

Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between.

Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-971-0246 or e-mail: parentingquestions@hotmail.com. To submit an article or feedback, or to sign up to receive this newsletter via email, write to pneditors@gmail.com or talk to Robin Veek.

Holidays Past and Present

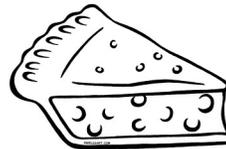
by April Wheeler

In my youth, holidays were filled with large family dinners—seats around a dining table, a card table for kids, chairs and sofas throughout the living room. Extended family packed together in the largest available house, each bringing traditional American holiday foods to form a potluck style meal. The home would be decorated with a tree and lights, and usually a pile of gifts to be opened at the end, each taking a turn, so all of us could enjoy the happy and surprised looks on faces (or even the pasted on smile for that *one* gift you know you'll get from that one family member—one year, mine was a bright pink sweatshirt with a large screenprinted brown eagle). Most memorable was the sense of being together, sharing laughs and light-hearted joking. The smell of the turkey and stuffing whetted the appetites, while the re-telling of past years' stories and catching up on current events sated curiosity of our family members. I remember choosing a living room corner and observing all the family interaction.

Somewhere along the way, we children grew up. We moved away and began our own families.

Some families split from one into two. A matriarch died. We no longer have the large family gatherings we once did, and during this time of year, I feel wistful, longing for those days of family community.

What I have now, though, is different, but just as significant. We sometimes have smaller gatherings with one section or another of the family, and while it's not big like in the past, we experience a deeper level of community, getting to learn even more about one another. We often meet with friends, talking about how our work or school treats us, how the kids are doing, how our families are. We play board games. We eat good food. We laugh. Our children have the opportunity to experience family and holiday at a pace they appreciate, and above all, we create new memories to re-tell to our future selves.



The Heart Loves Family

by Connie Kay

At this time of the year, I begin to plan for the holidays. As a child, my family was very close, and holidays meant spending time with aunts, uncles, and cousins. All of us gathered in one place with good food, games, and laughter. As a young adult, I moved away from my family, and built a group of friends who are still dear to me 40 years later. They became my "family of choice" (people I choose to be in my family), and we shared our good times with my "birth family." Through the years, both of my families increased. In my birth family, I have become a great-grandmother, and they are all precious. However, last Friday, when I needed help moving, it was my "family of choice" – my Family Support Volunteers family – who was there for me. The heart is a wonderful organ; it just loves family whether by birth or choice.

Volume 5, Issue 3

December 2014

Events

- Dec 4-6th Festival of Trees; Halsey. Dec 5th (5-7p) Tree lighting and activities.
- Dec 6th (3-7p) Holidays in the Park; Lebanon; Ralston Park
- Dec 7th (5-8p) Downtown Twice Around Parade & Community Tree Lighting; Albany.
- Dec 5-19th (M-F 6:30-8:30p; SS 10a-8:30p) Christmas Storybook Land; Linn Co. Fairgrounds; free, canned food donations welcomed.
- Dec 14th (5p) Halsey Parade of Lights; starts at Central Linn Elementary School; 2nd St.
- Wed and Sat (10a-1p) Fun-with-the-Animals Work Party; Lighthouse Farm Sanctuary, 36831 Richardson Gap Rd., Scio. Wear farm clothes/boots. Help care for rescue farm animals. Free.

Free Holiday Meals

- Nov 26th (5-6p); St. Mary's Soup Kitchen, 822 S. Ellingsworth, Albany.
- Nov 27th (4:30-6p) Albany Helping Hands, 619 SE 9th Ave.
- Nov 27th (12p & 1p); Novak's Hungarian Restaurant, 2306 Heritage Way SE, Albany; call 541.967.9488 for reservations.
- Nov 27th (11a-2p); The Point Restaurant, 6305 Hwy 20, Sweet Home.
- Nov 28th (4:30-5:30p) Lebanon Soup Kitchen, 170 E Grant St.
- Dec 25th (4:30-6p) Albany Helping Hands, 619 SE 9th Ave.

Recipe: Chocolate Chip Cookies

Ingredients

1 1/2 cups (3 sticks) butter or margarine
3/4 cup powdered sugar
1 tablespoon vanilla extract
1/2 teaspoon salt
3 cups all-purpose flour
2 cups semi-sweet chocolate chips
Powdered sugar
1/2 cup finely chopped nuts (optional)

Directions

PREHEAT oven to 375° F.

BEAT butter, sugar, vanilla extract and salt in large mixer bowl until creamy. Gradually beat in flour; stir in morsels and nuts. Shape level tablespoons of dough into 1-1/4-inch balls. Place on ungreased baking sheets.

BAKE for 10 to 12 minutes or until cookies are set and lightly browned. Remove from oven. Sift powdered sugar over hot cookies on baking sheets. Cool on baking sheets for 10 minutes; remove to wire racks to cool completely. Sprinkle with additional powdered sugar, if desired. Store in airtight containers.

Craft Corner

Cotton balls can be used to make all sorts of cool things. You can make snowmen, women or children with them. Just get some cotton balls, a piece of paper, some glue. If you have some colored paper, or pens, you can make accessories for the snow people you have created. Another thing you can make is pretend snow. Just get some string and attach the cotton balls by tying them on the string. Once all the cotton balls are on the string, you can hang them on the wall or from the ceiling.

Looks cool!



FSV Spotlight

Connie Kay has come back to Albany after a short stay in California. We are glad to have her back !! Connie has been a F.S.V. for almost five years, and she brings lots of wisdom and experience to the group. She is a mother of three grown children, grandmother of eleven kids, and great-grandmother of four. She loves to be of service to her family, friends, and community. She is looking forward to going to CPS winter groups and meeting new families. Some of Connie's hobbies are, reading, embroidery, and playing cards. She is very excited about being back in Albany and being closer to

Winter Word Scramble

1. naloweskf

6. aingrc

2. itwren

7. lfaymi

3. yhodia

8. nirefsd

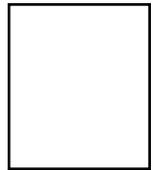
4. tugelrah

9. fodo

5. eolv

10. arwtmh

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