



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 Alanna Warren.

Joining the Family

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By Jake Miller

About 2 years ago I started dating a woman I had known off and on throughout the past 20 years. As we were getting reacquainted she explained to me that her boys, 11 and 13, had some behavioral issues, and the oldest was in residential treatment at the time, in hopes of finding some missing pieces. In the beginning, when I witnessed behaviors that the youngest was displaying, I remember thinking to myself "I got this...I was a drug and alcohol counselor...it can't be hard to use my skills...I can help".

After a few months of experiencing some bumps in the road with the youngest, the oldest came home from treatment and, for myself, everything changed. The youngest was on edge, mom was on edge, and I was confident it wouldn't be that bad. Boy was I in for a shock! When an outsider or significant other is introduced into a family dynamic it changes. Their world and my world were completely different. I have to change everything I thought I knew about parenting from how I was raised and then raised my children.

I joined Collaborative Problem Solving and have been able to start learning some new skills. I still struggle everyday. Trying to use the skills I'm learning, looking inside myself to see what I can do different, and then being able to put into action the things I'm learning. These boys have some challenges that aren't always easy to deal with. However, what they bring to me with love, smiles, hugs, and laughter outweighs any pitfalls. Mom has been patient with me on my journey as I try not to mess up their hard work as a family.

In spite of my struggles, I am growing. Sometimes faster than others. I feel blessed to now be on this journey with them breathing, embracing, loving unconditionally the gift our children bring. Even when we are at the end of our ropes, the sun always comes back out! Peace.



Activities

- Apr 30th (6:30p-7:30p) 5th Wednesday Literati; Garden Room, Main Albany Library. Teen to Adult read personal writing.
- May 3rd (9a-3p) Container Planting Day at Tom's Garden Center; 350 Hickory St. NW, Albany. Bring/buy plants/containers; Master Gardeners pot them. Soil is provided.
- May 3rd (9a-4p) Festival of Flowers; Main St., Jefferson.
- May 3rd (9a-12p) Free Kids Workshop: Build a Flower Planter Albany Home Depot. Ages 5-12.
- May 12th (7p-8p) Create a Container; Lebanon Library. Demonstration of hand-creating flower container.
- May 15th (4:30p-5:30p) Anime Club; Main Albany Library. Ages 11 to adult.
- May 20th (8a-12p) Prosperity Summit; River Center, 3000 S. Santiam Hwy, Lebanon. Rob Hess, Donna Beagle; discussion on reducing poverty.
- May 21st (11:30a) Teddy Roosevelt is Coming to Brownsville; Brownsville Comm. Church, 198 Washburn St. Info: Linn Co. Museum 541-466-3390.
- May 24th-25th (10a-4p) Mid Valley Coin Club; Linn County Fair and Expo Center, Albany.
- Tuesdays (10:30a) Preschool Storytime with Puppets; Downtown Albany Library.

By Veronica McClatchey

The Collaborative Problem Solving Family Support Volunteers and their families welcomed Spring to Albany on March 27th with a Spring Fling at the Eastside Christian Church. It was a time not only to welcome Spring into our community, but to enjoy each other and just have fun. The Church was set up perfectly. In one room tables were set up for cookie decorating. Volunteers did a wonderful job creating frostings that hosted every color of the rainbow, sprinkles, candy pieces, and some imagination and there you have it delicious cookies that any bakery would be proud to sell and display in their store.

At another station, paper butterflies were crafted out of paper tubes that were painted pink and green. Kids and adults had fun cutting, pasting, and crafting their own Magical Butterflies. The cake walk got everyone up and moving. When there are cupcakes and Snow balls involved who wouldn't want to join in the fun?

The movie Frozen was shown in the other room. It was nice to have a place that was quiet where families could just go relax and take a break from the excitement outside. The Limbo game took place, where everyone was challenged to show off their best moves. Toward the end, kids got a chance to scavenge around outside searching for brightly colored, prize filled eggs. It always amazes me how quickly the kids find the cleverly hidden prizes.

Right in the middle of all the excitement, I think it was while I was while I was enjoying my second... or *maybe* my third cupcake, when I noticed that the room had a different feel about it. I stopped what I was doing, looked up, and listened. The air was filled with laughter; kids were running around thoroughly enjoying themselves without a care in the world, and the worry and stress seemed to vanish from everyone's faces. I have known all of these people for a while now and they do smile and laugh all of them, but what made this time different was that everyone was smiling and laughing at the same time, as though it was planned to happen spontaneously. These are people that live their life with challenges: either their own, their families, or both. So usually when I see or hear them laughing or smiling it's at different times and short lived. Seeing everyone happy and relaxed was a memory that I will never forget. This is a great group of people that I feel very fortunate to be connected to. They are people that I am proud to call my friends and they deserve all the happiness and laughter life has to offer. Spring is about new beginnings I believe that part of my new beginning will be a constant effort to notice the positives in life and try to help others see theirs as well. Happy Spring everyone!

Current Class Schedule

Spring Groups

Albany—Thursday Mornings beginning April 10th from 9:15 am to 11:15 am and

Thursdays evenings beginning April 10th from 5:30 pm to 7:30 pm.

Both are at the Eastside Community Church at 1910 Grand Prairie St.

Sweet Home—Tuesdays beginning April 8th from 9:30 am to 11:30 am at The United Methodist Church located at 845 6th Ave.

Lebanon—Tuesdays beginning April 8th from 12:30 pm to 2:30 pm at The Free Methodist Church located at the corner of F and 7th.

If you have questions, please contact Debbi Barreras at 541-971-0246, or visit: parentingtogether.us

By Bettie B. Youngs

I keep a paintbrush with me wherever I may go, In case I need to cover up so the real me doesn't show. I'm so afraid to show you me, afraid of what you'll do- that you might laugh or say mean things. I'm afraid I might lose you.

I'd like to remove all my paint coats to show you the real, true me, but I want you to try and understand, I need you to accept what you see. So if you'll be patient and close your eyes, I'll strip off all my coats real slow. Please understand how much it hurts to let the real me show.

Now my coats are all stripped off. I feel naked, bare and cold, and if you still love me with all that you see, you are my friend, pure as gold. I need to save my paintbrush, though, and hold it in my hand, I want to keep it handy in case somebody doesn't understand. So please protect me, my dear friend and thanks for loving me true, But please let me keep my paintbrush with me until I love me, too.

Also in *Teenage Chicken Soup for the Soul*.

Recognition

By Josi Winkler

I'd like to recognize my son Jake Poirier for his hard work and recent graduation from day treatment. He is now a full time student... an avid marvel super hero kinda guy... especially Spiderman and Captain America. He loves animals of all kinds and his brand new baby cousin... plus he hearts his mama and likes to help with whatever is needed. smiley face

By Alanna Warren

Stuffed Morels or Portobello Mushrooms

Ingredients

2 pounds crab or imitation crab meat
 1 cup of crushed crackers or croutons
 1/4 cup of mayonnaise
 1 large egg
 About 12 medium to large mushrooms
 The same number strips of bacon as you have mushrooms

Directions

Mix together rolling mixture around with your fingers. Remove stems from mushrooms. Take a small amount of the crab mixture and stuff the morels with it. Wrap a strip of bacon around the stuffed mushroom (or crab patty for Portobellos). Then bake at 375° for 30 minutes or until crisp to your liking.

I am happy to introduce to you April and Brad Springer. They have been with FSVs for almost a year now, but had been attending CPS for almost a year before that. April and Brad have a very bright, energetic little boy named Eldon who is 8 years old now. They have worked hard together as a family and were able to get Eldon back home from a 9 month stay in DHS custody. Now Eldon has shown huge improvements both at school and home, and April and Brad are very happy to have found CPS and to have developed the supports and friends they have through the classes. CPS made such a difference in their lives they decided they wanted to help give back to our community. April describes her experience with CPS as “life saving” April and Brad, we are happy to welcome you into our FSV family, and thank you for making a difference!

Puppet Madness!!

Try This!

With an adult’s help you can make a puppet theater from a large cardboard box. Have the adult cut away one side of the box and create a stage opening in the other side.

Fasten some fabric scraps across the stage opening to make a curtain. Use old socks, buttons, yarn, and other craft supplies to make sock puppets. Choose a familiar story, or try writing your own script. Now you’re ready to perform a puppet show for your family and friends.

Just for Laughs

Why couldn’t the puppet get any work done?

No one would give him a hand.

Why was the marionette hesitant to believe people?

Someone was always pulling his leg.

Did you know?

Muppets creator Jim Henson made the first Kermit the Frog using fabric from his mother’s old coat and a couple of Ping-Pong ball eyes. Kermit, who originally looked like a lizard, became a frog just before his television debut.

In *bunraku*, a traditional form of Japanese puppet show, the puppets are often as large as people. Each puppet needs as many as three puppeteers to move it.

The most common puppets around the world are probably the “string puppets” where dolls are suspended and controlled by a number of strings. They are also known as *marionettes*.

Dating back to 10th century, when the rice fields would flood, and villagers would have nothing much to do, they entertained themselves with water puppets. The wooden puppets, controlled by rods under the water, were made to perform in a pool of water.

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