



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: 541-730-8716 or 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 fsveditors@gmail.com or talk to Robin Veek.

Foster Lake Fun

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August 2015

By Katii

Events

One hot summer day, many people involved in our CPS group came together for a day of fun at the lake. We enjoyed the warm weather, the cool water, and each other. My favorite part of this day was that we were able to relax and be outside on such a beautiful day. We each brought some food and ate under a covered picnic structure in between swimming and floating on the water. The lake was full of people also having fun, and positive energy surrounded us for the most part. I think it is very important that we continue these activities because it is a great way to have fun and take a break from the challenges we face day by day.

- Aug 1 (10a-2p) Midsummer Arts Festival, Monteith Park.
- Tuesdays (6p-9p) Citizens Police Academy. Register: cityofalbany.net/images/stories/police/forms/Citizen_Academy_Application.pdf.
- Monday Night English and Spanish Storytime (6:30p); main Albany library. Free.

Word Scramble: Vegetables

1. nonoi

5. eprppe

9. ctroar

2. sepa

6. tcelteu

10. totpao

3. nebas

7. moaott

11. ciznichu

4. lkea

8. rptuni

12. csihnpa

Special Days in August

- Aug 2 = National Coloring Book Day
- Aug 9 = Book Lover's Day
- Aug 13 = Left-hander's Day
- Aug 16 = Tell a Joke Day
- Aug 18 = National Bad Poetry Day
- Aug 26 = National Dog Day
- Aug 27 = Global Forgiveness Day
- Aug 30 = Toasted Marshmallow Day

August is Family Fun Month, National Picnic Month, and National Catfish Month

Summer Groups

Albany—Thursdays from 9am to 11am at Oak Creek Christian Center, 5775 SE Columbus Street. and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW.

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

Youth Activities available at Albany and Lebanon locations.

If you have questions, please call 541-730-8716 or 541-971-0246, or visit: parentingtogether.us

Recipe:

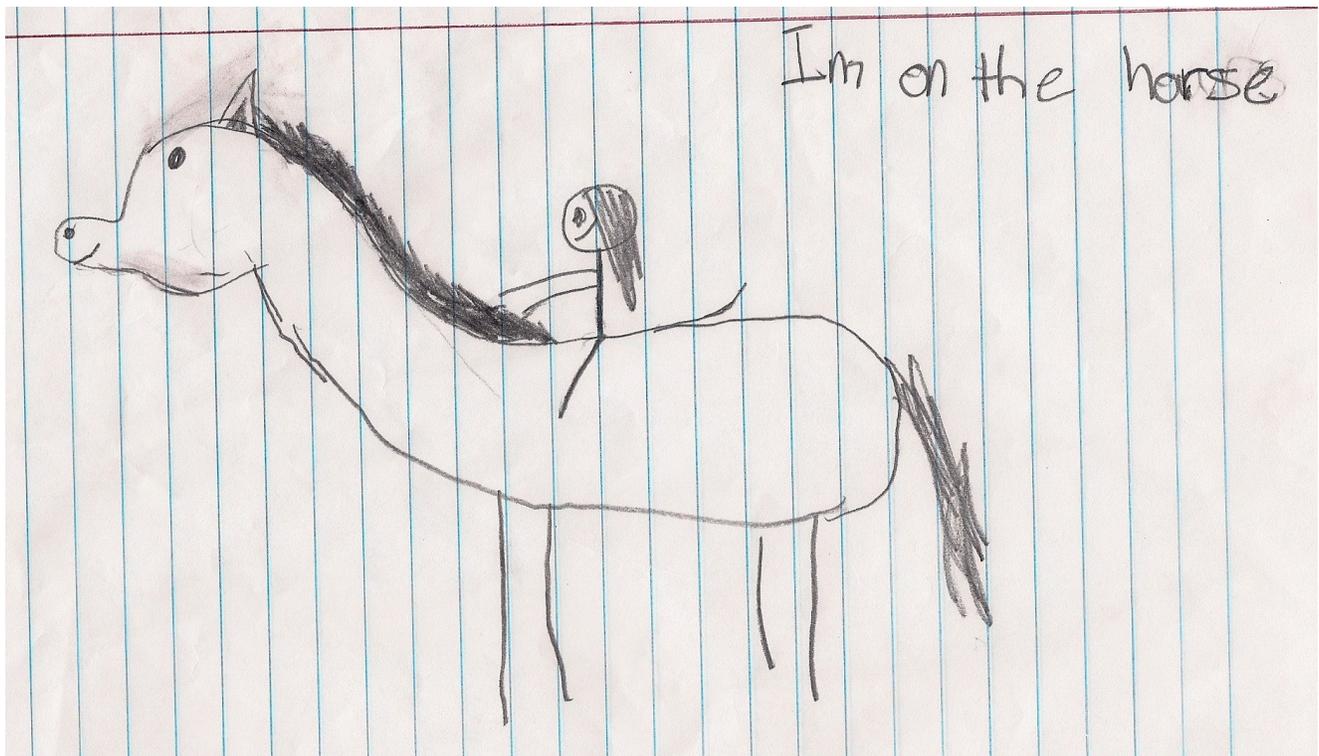
Ingredients:

4 zucchini
1 tablespoon olive oil
8 ounces ground turkey or hamburger
1/2 teaspoon oregano
1/2 teaspoon basil
Salt and freshly ground black pepper, to taste
1-1/2 cups marinara sauce
2/3 cup shredded mozzarella cheese—or your fave

Directions:

Preheat oven to 375°F. Line baking sheet with parchment paper.
Cut each zucchini in half horizontally, then carefully scoop out the center of the zucchini, reserving for another use, leaving about 1/2-inch of zucchini on the skin.
Heat olive oil in a saucepan over medium-high heat. Add turkey, oregano, basil, salt and pepper. Cook until browned, about 3-5 min. Crumble the turkey as it cooks; drain excess fat. Stir in marinara sauce until heated through, about 1-2 min. Add turkey mixture to each zucchini and sprinkle with cheese. Place in oven and bake until zucchini is tender and the cheese has melted, about 10-12 min.

Art by Destiny Fox



WANTED

**Your (or your kiddo's)
artwork here!**

Email us photos/scans of art made or text of poems
written by you or your kiddos!

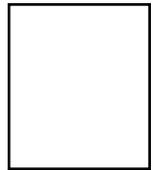
Inspiration

“Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along.”

—Rae Smith

Answers to scramble:
1. onion 2. peas 3. beans 4. kale 5. pepper 6. lettuce 7. tomato
8. turnip 9. carrot 10. potato 11. zucchini 12. spinach

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