



# 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](mailto:parentingquestions@hotmail.com). To submit an article or feedback, or to sign up to receive this newsletter via email, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Robin Veek.

## Resolutions

By Crystal Rowell

Some people like to make New Year's resolutions on the first of January, but that never made sense to me. Why would anyone make plans to change a significant part of their life during the darkest, coldest part of the year right after the stress and family of the holidays when you're kicking yourself for indulging with food, or spending too much on gifts? To me, it sounds like a set up for failure. If my motivation for change is driven by negative emotions, I'm probably not going to be very gentle with myself through the process of change.

In spring though, the world seems to come alive. Trees that seemed dead,

start to turn green and full. Beautiful flowers poke their heads through the ground and show their colorful petals. Spring is a reminder that even though something feels dead or hopeless, there is a time of change, of rebirth and redefinition. To me, spring represents hope. Though things get dark, cold, and miserable, spring is on the way and it will come if I can just outlast the winter.

That is why I chose spring as a time to examine my life and see if there is any part of me that needs to change, or if there are any resolutions I need to make. It feels easier to make myself new when the world is making itself new all around me.

## Family Fun Days

The Family Support Volunteers held two winter Family Fun Day events for the CPS community; for one of those we rented the Boys and Girls Club party room. The event in January had a fantastic turn-out, with almost 45 people—nearly half of which were kiddos. Due to a mix-up, we had to move to the nearby park, but our kids (and adults!) showed lots of flexibility! Everyone was okay with the move. People ate cupcakes, kids played on the park jungle gym and swings, and adults socialized while watching the children.

A second Family Fun Day came in February, and the kids interacted well with one another, throwing footballs, bumping and setting volleyballs, and tackling a very large bouncy obstacle course. Even adults took a chance and set to overcome that bouncy crazy—and succeeded! Some kids took the moment to display their grace and quick-footedness by racing adults.

These events provided a couple of hours where families could relax, experiencing connectedness and acceptance without having to worry about what might happen if kiddos struggled with behaviors (which they didn't).

Volume 5, Issue 6

March 2015

### Events

- Monday Night English and Spanish Storytime (6:30p); main Albany library. Free.
- Art Tuesdays (6:30p-9p); Brownsville Art Center, City Hall, 255 N Main. Free. [thesketchbookclub.wordpress.com/2014/04/02/art-tuesdays-at-the-brownsville-art-center/](http://thesketchbookclub.wordpress.com/2014/04/02/art-tuesdays-at-the-brownsville-art-center/)
- 4th Thurs every month (4:30-5:30p) Lego Brick Builders; Albany Public Library. Free.
- Every other Saturday starting Feb 14th (10a); Children's Performing Arts Series; LBCC Forum. Free. Feb. features are Safari animals, and juggling.
- Wed (10a-12p), 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.

### Special Days in March

- Mar 1 = World Compliment Day
- Mar 2 = Read Across America Day
- Mar 12 = Plant a Flower Day
- Mar 14 = National Pi Day
- Mar 15 = Incredible Kid Day
- Mar 16 = Everything You Do is Right Day
- Mar 20 = International Earth Day
- Mar 26 = Make Up Your Own Holiday Day
- Mar 30 = Take a Walk in the Park Day

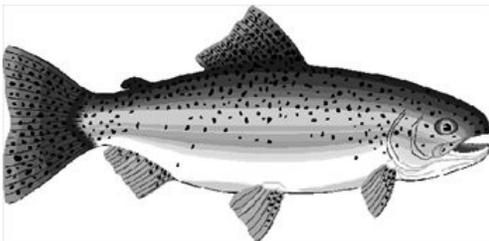
By Joel Wheeler

With snowfall low this year, some of the more popular winter outdoor activities are suffering. However, the recent cold spell means a fresh, if shallow layer of snow. Take advantage of it while you can – before it begins to melt off for the spring. Hoodoo is closed at this point, but Hood and Bachelor are open.

If you are thinking about planting any vegetables this year, now is the time to prep your gardens and plan when and what to plant. Also, the Woodburn tulip show kicks off on March 27<sup>th</sup>.

For those who are interested, the week of March 21<sup>st</sup> is a good time to visit the coast and watch for grey whales, just be prepared for both cold and possibly warm weather. March is the tail end of the off season at the coast, so crowds should be relatively light.

For the fishermen out there, word is that steelhead fishing is good in March – particularly in the Alsea river. Also, March is



the month when the stock trout are released – check the ODFW stock report to find out where they do releases.

Winter Groups

**Albany**—Thursday mornings from 9:30am to 11:30am at Oak Creek Christian Center, 5775 SE Columbus Street. Thursdays evenings from 5:30 pm to 7:30 pm at Eastside Christian Church,

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

**Sweet Home**—Tuesdays mornings from 10:00am to 12:00pm Hillside Fellowship, 501 Nandina St.

*If you have questions, please call 541-730-8716 or 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)*

By Alanna Warren

Looking for a fun way to teach others about gratitude? Try this:

Draw (or have your kids draw—or both!) items on individual pieces of paper that people are usually thankful for: house, sunshine, shoes, food—and then draw some that are not so obvious—rain cloud, hour-glass timer, broken leg.

Place all the drawings into a hat or basket. Each person takes a turn pulling out a picture and has to talk about why they are grateful for it. Easy with an example like shoes: keep feet comfy. Harder for an example like a broken leg, but do-able: a cast means friends can sign it.



Kiddo of the Month



\*\*\*\*\*  
★ Michael will be ten in April and is the ★  
★ youngest in the family. He loves animals ★  
★ and “kind of takes after his mom on ★  
★ that one.” Michael’s family has three ★  
★ Chihuahuas: Yoda, Gizmo and Angel, ★  
★ and one cat named Whiteclaw. Michael ★  
★ is really partial to Yoda. He loves arts ★  
★ and crafts, watercolors, and anything ★  
★ that has to do with superheroes. He ★  
★ likes to make things with his hands and ★  
★ can build airplanes with wood and nails. ★  
★ He even has tools that are for his own ★  
★ use. He likes to spend time with his ★  
★ mom when he can and they do many ★  
★ things together like, shooting hoops in ★  
★ the backyard and walking the track. ★  
\*\*\*\*\*

# Recipe: Pea Salad

## Ingredients:

Pea Salad  
1 pkg corkscrew pasta  
2 cans peas  
Crumbled bacon or bacon bits  
Chopped green onions  
Cubed cheese  
2 cans sliced olives  
Mayonnaise  
Ranch dressing  
Sour cream  
Garlic powder or minced garlic  
Onion powder  
Pepper  
Celery salt

## Directions:

Boil pasta, drain, rinse, and then refrigerate about half an hour.  
Drain peas. In a large bowl combine peas, bacon, onions, cheese, and olives with the chilled pasta.  
Add three to four heaping tablespoons of sour cream and mayonnaise. Stir together.  
Add ranch and seasonings to taste.  
Refrigerate until ready to serve. (Salad is also delicious with cubed ham.)

## FSV Spotlight

Our FSV for March is April Wheeler. She has lived in Oregon for a total of 20 years off and on.

She originally came to CPS due to relative fostering and has continued as a CPS volunteer for herself and her family. She has been involved as a volunteer for almost 5 years.

She will graduate LBCC this spring and she is proud of her accomplishment, and so she should be.

Her volunteer roles are school support, consumer voice, mentoring, newsletter editor, and natural support, but she has tried on many hats.

She has been with Joel for 18 years and has 2 kids, 1 behavior dog, 2 guinea pigs, and 1 cat.

Since taking CPS April has learned that she has to work on herself to initiate changes for all.

## All Things Green Scramble

1. erultt

2. ssarg

3. vocelr

4. euehlarncp

5. vealse

6. urmeucbc

BONUS:

erraG nnLeent

7. demrlea

8. obmaob

9. aretpeak

10. elwtaenomr

11. ircalatepri

12. nerge enabs

BONUS:

duIcernHbiIekI

## Inspiration

“Look for something positive in each day, even if some days you have to look a little harder. Let the challenges make you strong.” –Unknown

“Everything that can be counted does not necessarily count; everything that counts cannot necessarily be counted.” –Albert Einstein

“Sometimes things fall apart so that better things can fall together.” –Marilyn Monroe

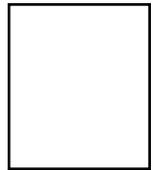
## Project for Kids

Cut out shapes from cardboard. Cover each side with peanut butter then cover with bird seed and hang outside using string. (You can also use toilet paper rolls.)

(Go to [exploratorium.edu/explore/activities](http://exploratorium.edu/explore/activities) for more things to try or learn about!)

*Announcement: We humbly apologize to anyone who may have attempted to contact the editors using the email address “pneditors@gmail.com”. The correct email address is: [fsveditors@gmail.com](mailto:fsveditors@gmail.com).*

# Parenting News



Volume 5, Issue 6

