



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: questions@parentingtogether.us. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

To The Woman I Have Become

Volume 5, Issue 16
February 2016

By Alanna Warren

I know I am not what I expected to be. I yell too much. My house is a mess. I forget things too often, and forgive my crude words, but I have gotten fat. I know sometimes I let my emotions get the better of me. I always fight my disabilities, and most of the time I feel like I am failing. It is so easy to look at myself and see what is wrong; simply skim over the good or "cancel it out" with the mistakes. But I don't judge other people the way I judge myself. If I were someone else looking in, what would I see? What would I say to the woman I have become?

To The Woman I Have Become,

I have been watching you for many years. Waiting to see what kind of a woman you would be. You are a forgiving person and try your hardest to see the best in other people. I know sometimes you think this gets you in too much trouble, but try not to forget about the lives you have touched and all the people you have helped because of this kindness. Your kindness and likeability are the reasons you are able to help people so much. They feel like they can open up to you and you won't judge them. You are so much harder on yourself than anybody else. You think what people see is a fat, lazy woman. You think people are only nice to you because you are broken and they don't want to hurt you. But Sweetie, that is just the voice in your head. What people really see is a beautiful strong woman with a drive to save the world. What they see is passion and empathy. I have heard it said "if you can make a difference in just one life, then nothing was in vain", and you have. You have made a difference in many lives. I think you are scared, and that's okay. I give you permission to be frightened as long as you still push forward. Don't give up, and don't hide away. Take some of that compassion and give it to yourself. Forgive yourself for forgetting the small stuff. There is so much you do; remember, you are only human.

I know I don't say this often enough, but I love you. I love your smile and your hair. I love your passion and your heart. I love your compassion and your creativity. I hope this is something you never forget. If this isn't enough I have just one more thought: your son is amazing. He looks at you with so much love it makes my heart swell. You are so proud of him. Next time you get to feeling like you mess everything up, take a look at that wonderful young man, and know that it takes someone pretty special to raise such a great kid. Please don't forget, I love you.

Winter 2015-2016 Groups

Albany—Thursdays, 9:15am to 11:15am and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW.

Lebanon—Tuesdays, 12:30pm-2:30pm and 5:30pm to 7:30pm at the Free Methodist Church located at 580 F St.

Sweet Home—Tuesdays mornings from 9:30am to 11:30am at First Baptist Church, 2470 Main St.

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: Two Cauliflower Dishes

Mashed Cauliflower

Ingredients:

Frozen cauliflower (2-16oz bags) Butter (if desired)
Pepper & salt (if desired)

Directions:

- Empty frozen cauliflower into a pot and fill with water.
- Cook until tender.
- Mash with fork, masher, or hand mixer. Add butter. Mix.

Cheesy Cauliflower Bake

Ingredients:

Fresh cauliflower (1 head) Salt & pepper (if desired)

Shredded cheese (6oz) 2TBSP flour
2TBSP butter 1C milk

Directions:

- Preheat oven to 375°.
- Cut cauliflower into florets and boil in water for about 5 min. Put these in a large glass baking dish.
- In saucepan, melt butter. When melted, add flour to make a paste. Take pan from stove.
- Add milk slowly, stirring constantly. Return to low heat. and add 2/3 of the cheese a little at a time. When melted, pour over cauliflower. Top with remaining cheese.
- Bake 20-30 minutes, or until cheese bubbles.

Word Scramble: Linn County Cities

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|--------------|----------------|-----------------|
| 1. enlaonb | 6. rsharugbri | 11. lvlodsaie |
| _____ | _____ | _____ |
| 2. liml cyti | 7. taesg | 12. dahnia |
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| 3. cosi | 8. ysnlo | 13. ybla an |
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| 4. lhsaey | 9. gnae ttn | 14. lirbugrlmes |
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Inspiration
 "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
 -Maya Angelou

Warm Hearts

By Ginny Morgan

The Collaborative Problem Solving Group is fortunate to have communities that believe in and support its programs. That confidence and help is shown in many ways. In Lebanon, as part of their ongoing Gift of Health program, Ronald Clifton and the hard working staff at Healthsource Chiropractic Clinic, have a donated to CPS, 40-50 lbs. of food and paper products from their annual food drive. In addition, a woman from the Lebanon Church of Jesus Christ of Latter Day Saints donated a warm and timely gift of 70 knitted children's hats. In this chilly season, we are especially appreciative of the busy hands and warm hearts that contribute to our local community and help CPS build strong and functioning families.

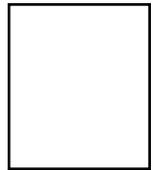
WANTED

Your (or your kiddo's) artwork here!

Email us photos/scans of art made or text of poems written by you or your kiddos:
fsveditors@gmail.com

Answers to scramble:
 1. Lebanon 2. Mill City 3. Scio 4. Halsey 5. Waterloo
 6. Harrisburg 7. Gates 8. Lyons 9. Tangent
 10. Sweet Home 11. Sodaville 12. Idanha
 13. Albany 14. Millersburg 15. Brownsville

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