



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.

The Outdoors

Volume 5, Issue 17
March 2016

By Scott Jondahl

This is a beautiful time of year to take your kids on a nature walk or fishing, but when hunting season is in progress, make sure your dressed in brightly colored clothing. There are many inexperienced hunters out there so be mindful and be safe.

Many of the region's streams continue to produce winter steelhead and trout stocking is underway at many of the area's lakes and ponds.

Early spring is a great time for bird watching. Some migratory birds are heading back to our area soon and many species can be seen. Look up and you may see hundreds of Canadian geese headed for ponds and wetlands to feed. Eagles have been spotted on Hwy. 34 between Albany and Lebanon, they are majestic birds and a pleasure to see.

Plan some outdoor time with your family now, as the weather allows. It is great exercise and bonding time for you and your kids.

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, 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

FSV Spotlight:

Hi I'm Ginny M.

I was born in the Midwest and my family moved to California during the boom in the aerospace industry. I met my future husband at Sacramento State College and we moved to Oregon from California so he could finish his education at OSU. We settled down had two boys and became full time family farmers. About 15 years later I went back to school and got a job as a illustrator and graphic designer with a multinational corporation developing documentation, packaging, web design, training materials and tutorials, promotional and collateral advertising materials for a world-wide market.

After spending most of my career as a designer, it was natural that much of my energies in retirement would be spent on using those design skills in anything creative: fiber arts, craft, landscape design, interior design, or coming up with off-beat solutions to problems. Thrift stores and estate sales provide lots of projects But the most fun of all has been reconnecting with my inner child and having fun spending as much time as I can with the youngest generation.

All families face tough times. My family has been through struggles also. I first came to Collaborative Problem Solving Group to help a family member through a difficult time. In the process, I found that the skills learned here could help me improve my own relationships. I learned how group members in CPS supported one another and worked through difficult challenges. It was inspirational and I wanted to be part of that. So here I am.

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

Time to Start Growing!

Items needed:

*Seeds *Soil *Water *Popsicle sticks

*Containers of your choice, like yogurt cups, Dixie cups, school lunch-size milk cartons

1. Fill container halfway with soil.
2. Place seeds in soil.
3. Cover seeds with soil to inch of top of container.
4. Pour water into container 'til soil is wet but not soggy.
5. Write plant name on popsicle stick and put in soil.
6. Place in window sill or sunny spot and keep soil moist.
7. When plant is 3-4 inches tall, and the weather is warming up, you can plant in the ground or garden pot.

Enjoy the fruits of your labor!



Kiddo of the Month



 ★ Domanick is a 15-year-old who is ★
 ★ very creative. He has actually developed ★
 ★ some games that help use your cogni- ★
 ★ tive flexibility skills. ★
 ★ Domanick has gone to summer camp ★
 ★ each year, and this summer he gets to ★
 ★ be a counselor-in-training. He is also on ★
 ★ the swim club and is training to be a ★
 ★ lifeguard. Domanick really loves going ★
 ★ to a new Teen Connections group ★
 ★ called "The Blazing Innovation Youth ★
 ★ Voice and Choice." Domanick al- ★
 ★ so is a Youth Teen Worker for our par- ★
 ★ enting group in Lebanon on Tuesday. ★
 ★ *****

Recipe: Gluten-Free Banana Bread

Ingredients:

- 1 box of gluten free yellow cake mix
- 1 cup mashed, very ripe bananas (2 medium)
- ½ cup butter, softened
- 3 eggs
- Add ½ cup chopped nuts, if you want to!

Directions:

- Heat oven to 350°F. Grease bottom of 9x5-inch or 8x4-inch loaf pan with shortening.
- In large bowl, beat cake mix, mashed

bananas, butter and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour into pan.

- Bake 9-inch loaf 55-60 minutes, 8-inch loaf 1 hour 5 minutes to 1 hour 15 minutes, or until toothpick inserted in center comes out clean. (Place sheet of foil over loaf to prevent overbrowning.) Cool 10 minutes. Loosen loaf sides from pan; remove from pan to cooling rack. Cool 1 hour before slicing.

Word Scramble: Springtime

- | | | |
|--------------|------------------|-----------------|
| 1. lssobms o | 6. sbubl | 11. seshlunn |
| _____ | _____ | _____ |
| 2. rleofsw | 7. flolsaddf | 12. bseglngn |
| _____ | _____ | _____ |
| 3. roeshws | 8. occusr | 13. emrlualb |
| _____ | _____ | _____ |
| 4. rlsnowba | 9. lutpsl | 14. trfbluety |
| _____ | _____ | _____ |
| 5. pglanltn | 10. srpgnl ekbra | 15. ybba shclck |
| _____ | _____ | _____ |

Spring is coming, and daffodils blooming. What is your favorite part about spring?

Using collaboration, our CPS teens decided on a name and logo for their group:



Inspiration

“All the art of living lies in a fine mingling of letting go and holding on.”

—Henry Ellis

“Life begins as the end of your comfort zone.”

—Neale Donald Walsch

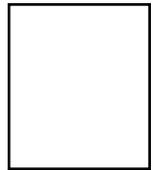
“Life is like riding a bicycle. To keep your balance, you must keep moving.”

-Albert Einstein

1. Blossom 2. Flowers 3. Showers 4. Rainbow 5. Planting
6. Bulbs 7. Daffodils 8. Crocus 9. Tulips 10. Spring Break
11. Sunshine 12. Beginnings 13. Umbrella 14. Butterfly
15. baby chicks

Answers to scramble:

Parenting News



Volume 5, Issue 17