

## SUMMER 2011 JUNE, JULY, AUGUST

### WHAT IS A FATHER?

A FATHER is someone who is forced to endure child birth without anesthetic.

FATHERS usually growl when they feel good and laugh very loud when they are scared to death.

A FATHER never feels entirely worthy of the worship in his children's eyes.

But he keeps trying to be the hero his daughter thinks he is... and the man his son believes him to be.

FATHERS sometimes go to war. They don't want to, but as always they know that war is part of their most important jobs in life...which is to make the world a better place for their children than it has been for them.

FATHERS are men who give daughters away to men who aren't nearly good enough...so they can have children who are smarter than anybody's.

FATHERS fight dragons almost daily. They hurry away from the breakfast table, off to the arena, which is sometimes called an office or workshop.

There they tackle the obstacles that stand in their way...schedules, hard work and occasionally, the boss. They never quite win the fight but they never give up.

I DON'T KNOW WHERE FATHERS go after life, but I've an idea that a Father doesn't just sit there on a cloud waiting for the girl he's loved and the children she bore. He'll be busy there, too, repairing the stairs, oiling the gates, improving the streets, smoothing the way.



### HOW OLD IS OLD ENOUGH?

Parents are usually faced with asking themselves, "When is my child old enough to stay home alone?"

In making this decision, parents must consider both the maturity level of the child and the conditions under which the child will be left alone. In some families, finances or a lack of other child-care options may also play a part in the decision.

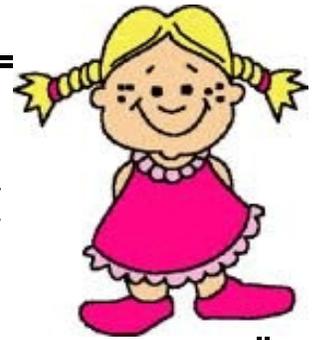
Some people think there is a specific age at which children are old enough to be home alone. Unfortunately, age does not always indicate maturity. There is no magic age at which all children are old enough to stay home alone.

As parents make this decision, they should ask themselves these questions:

- ◆ Is my child mature enough to handle a potentially dangerous situation? What would my child do if there were a fire, a power outage, or a stranger at the door?
- ◆ Is my child mature enough to handle responsibility? Can my child be trusted not to lose the house key? Will my child do chores or homework without supervision?
- ◆ Does my child want to stay home alone? Would my child be afraid in this situation? If brothers and sisters will be home too, will they all get along well together?
- ◆ Is the amount of time my child will be alone reasonable? If my child needed help quickly, are there people who could help?

HAPPY FATHER'S DAY!





Here are some tips to help your child make this transition:

- Be dependable. If you tell your child you'll be home by 6 pm, don't come home an hour later. If you are going to be late, call home. If you don't, your child may be afraid or worry that you have been hurt.
- Let your child know how to reach you in case of an emergency. Name a back-up person for them to call if they can't reach you. Let them know who to call if they just need to talk to someone or get a suggestion for what to do.
- Set rules for your child's home alone time before you try it out. Should your child answer the phone or the door? Are friends allowed to come over? Do you expect certain chores to be done before you get home? Be flexible enough to add or change the rules if necessary.
- Keep communication open. Communication is the key to self-care that works. It is also the key to successful family relationships.

Children should learn basic health, safety, and problem-solving skills before they are ready to supervise themselves. You can help children gain these skills through the activities you offer.

Start by bringing snack or meal preparation into your kitchen. Teach children what foods should be part of nutritious snacks and meals. Then teach them how to prepare them. Also, teach food safety skills. Stress the importance of clean hands, surfaces, and utensils. Children should also know how to safely use equipment such as cheese graters, peelers and microwaves.



Children also need basic first-aid skills. They should be able to recognize an emergency and know who to call. In some cases, children can handle the situation themselves. A child could easily put antiseptic and a band-aid on a paper cut without assistance. In other cases, they may need to call their parent or another adult for help. For very serious situations, they should be taught to immediately call "911".

Help children learn the problem solving skills they will need to deal with the situations that may come up. Help them learn to make good decisions and to be responsible for their actions and choices. Make decision-making a part of your program. Let children choose which activities they want to do. Build decision-making into the projects they choose.

Get the children together and discuss situations that could happen to kids who are staying home alone. For example, how would you deal with a bully on the way home? What would you do if a neighbor who had never been in your house came to your door and asked to use your phone? It is usually not possible to come up with one "right" answer. Talk about the many possible responses and help the kids decide what would work best in different situations.



### SUMMER SAFETY TIPS TIPS FROM THE AMERICAN ACADEMY OF PEDIATRICS

#### FUN IN THE SUN *Babies under 6 months*

❖ The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

#### **For All Other Children**

- ❖ The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- ❖ Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 am and 4 pm.



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- ❖ On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays.
- ❖ Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- ❖ Reapply sunscreen every two hours, or after swimming or sweating.
- ❖ Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.



### BUG SAFETY



- \* Don't use scented soaps, perfumes or hair sprays on your child.
- \* Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- \* Avoid dressing your child in clothing with bright colors or flowery prints.
- \* To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail.
- \* Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- \* Use insect repellents containing DEET when need to prevent insect related diseases such as ticks which can transmit Lyme Disease, and mosquitoes which can transmit West Nile Virus and other viruses.
- \* The current CDC and AAP recommendation for children over 2 months of age is to use 10-30 percent DEET. DEET should not be used on children under 2 months of age.
- \* The effectiveness is similar for 10-30% DEET but the duration of effect varies. Ten percent DEET provides protection for about 2 hours - 30% for about 5 hours - choose the lowest concentration that will provide required length of coverage.
- \* The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.
- \* As an alternative to DEET, Picaridin has become available in the US in concentrations of 5-10%.



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### BICYCLE SAFETY

- ❖ Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- ❖ Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one.
- ❖ Buy a bike that is the right size, not one your child has to "grow into". Oversized bikes are especially dangerous.
- ❖ Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.
- ❖ When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- ❖ A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- ❖ A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.



### SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY

Children should never ride skateboards or scooters in or near traffic

- All skateboarders and scooter-riders should wear a helmet and other protective gear. Wrist guards are particularly important.
- Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.
- While in-line skating or wearing Heelys, be sure to wear appropriate protective equipment and only skate on designated paths or rinks and not on the street.



## LAWN MOWER SAFETY

- ▲ Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- ▲ Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- ▲ Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
  - ▲ Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
  - ▲ Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
  - ▲ Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
  - ▲ Do not allow children to ride as passengers on ride-on mowers.



## HISTORY OF ICE CREAM

July is National Ice Cream Month

The origins of ice cream can be traced back to at least the 4<sup>th</sup> century B.C. Early references include the Roman emperor Nero (A.D. 37-68) who ordered ice to be brought from the mountains and combined with fruit toppings, and King Tang (A.D. 618-697) of Shang, China who had a method of creating ice and milk concoctions. Ice cream was likely brought from China to Europe to the United States.

After coming to the U.S. it was served by several famous Americans. George Washington and Thomas Jefferson served it to guests. In 1700, Governor Bladen of Maryland was recorded as having served it to his guests. Dolly Madison served it in 1812.

Whoever invented the method of using ice mixed with salt to lower and control the temperature of ice cream ingredients during its making provided a major breakthrough in ice cream technology. Also important was the invention of the wooden bucket freezer with rotary paddles.



- ◆ The first ice cream parlor opened in America in New York City in 1776. ◆ Augustus Jackson, a confectioner from Philadelphia, created new recipes for making ice cream in 1832.
- ◆ In 1846 a hand-cranked freezer established the basic method of making ice cream still used today. ◆ In 1851, the first large-scale commercial ice cream plant was established in Baltimore.
- ◆ On February 2, 1897 an ice cream mold and scooper was patented. ◆ The walk-away edible cone made its American debut at the 1904 St. Louis World's Fair. ◆ British chemists discovered a method of doubling the amount of air in ice cream creating soft ice cream.

## COCONUT ICE CREAM

Creamy ice cream with a rich coconut flavor. A sweet treat that any coconut lover would enjoy.

- 1 cup milk
- 1 (14 oz) can cream of coconut
- 1 ½ cup heavy cream
- 1 ½ cups sweetened flaked coconut (optional)

(1.) Combine the milk and cream of coconut in the container of a food processor or blender, and mix thoroughly. Stir in cream and flaked coconut. ( 2.) Pour into the container of an ice cream maker, and freeze according to the manufacturer's instructions.



### **BIG RED ICE CREAM**

- 2 cans Eagle Brand Milk
- 1 pkg of frozen strawberries with sugar
- 1 (2 liter) bottle of Big Red soda

Slightly thaw strawberries, cut into small pieces. Fold in or use a mixer to chop strawberries with milk. Pour into freezer, add Big Red and freeze.

### **EAZY CHOCOLATE ICE CREAM**

- 1 large tub of Cool Whip
- 2 cans of Eagle Brand Milk
- ½ gallon of chocolate milk

Combine Eagle Brand and Cool Whip, pour into freezer. Add milk and FREEZE. Makes a soft served ice cream.

### **WATERMELON ICE CREAM**

- 4 quarts watermelon pieces with juice
- 1 quart heavy cream
- 2 cups sugar
- 8 egg yolks
- 1 pound semi-sweet chocolate chips

1. Split the watermelon in half, reserving the other half for a later use. Using a large spoon, remove the fruit from the halved watermelon. Using your hands and knife, remove all seeds from watermelon and discard.
2. Dice watermelon into 2 inch pieces and put in a large bowl with the juice. In a large saucepan over medium heat, combine heavy cream and sugar. Bring the mixture up to a simmer.
3. Whisk the egg yolks until smooth and temper into the hot cream mixture. Cook the egg mixture for four minutes. Remove from the heat.
4. Pour hot cream mixture over watermelon pieces and mix thoroughly. Cool to room temperature.
5. Using a hand held blender puree the mixture until smooth and strain.
6. Add the ice cream mixture with the chocolate chips to the ice cream machine.
7. Follow ice cream machine directions.
8. Serve ice cream or scoop out ice cream and place ice cream back into the empty half of watermelon.
9. Cover with plastic wrap. Freeze until very firm.
10. To serve, slice watermelon into 1 inch slices.

### **CANTALOUPE ICE CREAM**

- 8 cups milk
- 3 cups sugar
- 6 tablespoons flour
- 6 tablespoons lemon juice
- 6 cups cantaloupe, pureed
- 3 cups pecans, finely ground
- 4 teaspoons vanilla extract
- 24 ounces whipping cream

Combine first three ingredients. Cook over medium heat, stirring constantly until mixture thickens and coats the spoon. Remove from heat and cool. Add remaining ingredients, pour into a 6 quart ice cream freezer. Freeze according to freezer instructions.



## STEPS TO A SUCCESSFUL FAMILY REUNION



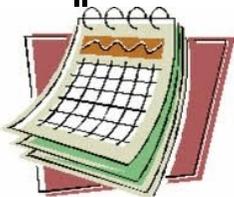
1. **Which family?** It may seem obvious, but the first step for any family reunion is to decide who is family. Which side of the family are you inviting? Do you want to include only close relatives or all descendants of Great Grandpa Jones. Are you inviting only direct-line relatives (parents, grandparents, grandkids) or do you plan to include cousins of all kinds. Just remember, every step back on the ancestral tree adds a ton of new potential attendees. Know your limits.

2. **Create a guest list.** Start by assembling a list of family members, including spouses, partners and children. Get in touch with at least one person from each branch of the family to help you track down contact information for each person on your list. Make sure to collect e-mail addresses for those that have them-it really helps with updates and last-minute correspondence.



3. **Survey attendees.** If you are planning to include a lot of people in your family reunion, consider sending out a survey (mail and/or email) to let people know that a reunion is in the works. This will help you gauge interest and preferences, and ask for help with the planning. Include possible dates, proposed reunion type, and a general location (discussing possible costs early on can discourage a positive response), and politely ask for a timely response to your questions. Add the names of interested relatives who return the survey to your reunion list for future mailings, and/or keep them up-to-date on reunion plans via a family reunion Web site.

4. **Form a reunion committee.** Unless this is a get-together of five sisters at Aunt Maggie's house, a reunion committee is almost essential to planning a smooth, successful family reunion. Put someone in charge of each major aspect of the reunion-location, social events, budget, mailings, recordkeeping, etc. Why do all the work yourself if you don't have to?



5. **Select the date(s).** It's not much of a reunion if no one can attend. Whether you plan your family reunion to coincide with a family milestone or special day, summer vacation, or a holiday, it helps to poll family members to avoid time and date conflicts. Since family reunions can encompass everything from an afternoon barbecue to a large affair lasting three or more days, you'll also need to determine how long you plan to get together. A good rule of thumb - the farther people have to travel to reach the reunion location, the longer the reunion should last. Most importantly, remember that you won't be able to accommodate everyone. Choose your final date(s) based on what's best for the majority of attendees.

6. **Pick a location.** Aim for a family reunion location that is most accessible and affordable to the majority of people you want to attend. If family members are clustered in one area, then select a reunion location that's nearby. If everyone's scattered, then choose a central location to help cut down on travel expenses for far-flung relatives.

7. **Develop a budget.** This will determine the scale of the food, decorations, accommodations and activities for your family reunion. You can choose to have families pay for their own overnight accommodations, bring a covered dish, etc. but unless you have another source of income, you'll also need to set a per-family registration fee to help with decoration, activity and location costs.

8. **Reserve a reunion site.** Once you have chosen a location and set a date, it's time to select a site for the reunion. "Going home" is a big draw for family reunions, so you may want to consider the old family homestead or other historic site connected to your family's past. Depending on the size of the reunion, you may be able to find a family member who will volunteer to have it at their home. For larger reunions, parks, hotels, restaurants and community halls are a good place to start. If you're planning a multi-day reunion, then consider a resort location where people can combine reunion activities with a family vacation.



9. **What about a theme?** Creating a theme for a family reunion is a great way to interest people and make them more likely to attend. It also makes things more fun when it comes to being imaginative with food, games, activities, invitations and just about every other aspect of the reunion. Family history themes are especially popular, as are reunions which celebrate a very special family member's birthday or anniversary, or the family's cultural heritage.



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10. **Determine the menu.** Feeding a large group of people with different tastes is perhaps one of the trickiest parts of planning a reunion. Make it easy on yourself by selecting a menu that relates to your theme, or perhaps one that celebrates your family's heritage. Organize a group of family members to prepare the food for the family reunion or, have a large group and budget allows, find a caterer or restaurant to do at least part of the work for you. A tasty menu makes for an unforgettable family reunion.

11. **Plan social activities.** You don't need to occupy everyone all the time, but planned activities and ice-breakers at your family reunion will provide an easy way for people who do not know each other well to comfortably spend time together.

Include activities that will appeal to all ages and further family knowledge of shared heritage. You may want to award prizes for special distinctions such as oldest family member or longest distance traveled to attend.

12. **Set the stage.** You've got a bunch of people, now what do you plan to do with them? It's time now to make arrangements for tents (if an outside reunion), chairs, parking decorations, programs, signs, t-shirts, goodie bags and other reunion-day requirements. This is the time to consult a family reunion checklist!



13. **Say cheese!** While many family members will no doubt bring their own cameras, it helps to also make plans to record the overall event. Whether you designate a specific relative as the official reunion photographer, or hire a professional photographer to take photos or videos, you should prepare a list of the people and events that you want recorded. For spontaneous "moments," purchase a dozen disposable cameras and hand them out to volunteer guests. Don't forget to collect them at the end of the day!

14. **Invite the guests.** Once you have most of your plans in place, it's time to invite the guests by mail, email and/or phone. You'll want to do this way in advance to make sure and give everyone time to get it on their calendar. If you're charging admission fees, mention this in the invitation and set an advance deadline by which at least a percentage of the ticket price is required (unless you are wealthy enough to cover all the costs yourself and can wait until the actual reunion for reimbursement). Tickets purchased in advance also means people will be less likely to cancel at the last moment! This is also a good opportunity to ask people, even if they can't attend the reunion, to provide family trees, photos, collectibles and stories to share with other family members.



15. **Fund the extras.** If you don't want to charge admission fees for your reunion, then you'll need to plan for a little fund raising. Even if you do collect admissions, fund raising can provide money for some fancy "extras." Creative ways for raising money include holding an auction or raffle at the reunion or making and selling family hats, t-shirts, books or reunion videos.

16. **Print up a program.** Create a program that outlines the lineup of scheduled reunion events to provide to family members as they arrive for the reunion. You may also want to send this out via email or your reunion Web site in advance of the reunion as well. This will help serve as a reminder to people of activities which may require they bring something with them, such as a photo wall or family tree chart.

17. **Decorate for the big day.** The big day is almost here and now it's time to make sure it goes smoothly. Create catchy, easy-to-read signs to point arriving guests to registration, parking, and important locations such as bathrooms. Purchase or make a guest book to collect signatures, addresses, and other important information, as well as serve as a permanent record of the reunion. Purchase pre-made name badges, or



print your own, to facilitate mixing and mingling between unacquainted family members. Family tree wall charts are always a big hit as reunion attendees always want to know where they fit into the family. Framed photos or printed posters of common ancestors or past family reunions are also popular. And, if you want to know what everyone thought of all your reunion planning, print up some evaluation forms for people to fill out as they leave.

18. **Keep the fun going.** Designate a volunteer or volunteers to create and send out a post-reunion newsletter with stories, photos and news items from the reunion. If you collected family information, send along an updated genealogy chart as well. This is a great way to get people excited about the next reunion, as well as include less fortunate family members who were not able to attend.



### CHEWEY GRANOLA BARS

4 ½ cups rolled oats  
1 cup flour  
1 tsp baking soda  
1 tsp vanilla  
2/3 cup butter, softened  
½ cup honey  
1/3 cup brown sugar, packed  
2 cups miniature semi-sweet chocolate chips

Preheat oven to 325°. Lightly grease one 9x13 inch pan.

In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups chocolate chips.

Lightly press mixture into the prepared pan. Bake for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into bars. Store in air tight container.

Jan Yanez  
CEA-FCS

HAVE A SAFE AND FUN SUMMER !!!!