



TAB Extra

August 2010

Please note.....

☑ For the safety of everyone in the building, the YWCA doors are locked until 6:00 pm on Fridays and once again at 6:30. The door will remain locked until 9:00 p.m. If you need to pick up your child earlier, please call the TAB emergency cell phone at 402-499-1129 and TAB staff will gladly open the door for you.

☑ Please see the calendar on the last page. There is NO TAB on August 13th due to Ribfest at Pershing Center. TAB will be held August 6, 20, and 27th. In September, TAB will be held September 10, 17, and 24th. There will be NO TAB Labor Day weekend.



☑ Over the next month, each returning family will be asked to complete a new registration form and provide updated financial information. This is to ensure we have current information about your family. Thank you for your help with this!

Points of Interest:

- ☺ Apple Crisp Recipe
- ☺ Back to School Events at the Center for People in Need
- ☺ What's happening at the YWCA
- ☺ Free Family Activities

YWCA Lincoln Seeks Applicants for Young Women's Advisory Board

YWCA Lincoln is searching for young women between the ages of 14-18 who are interested in philanthropy, service, and leadership to serve on the YWCA Lincoln's Young Women's Advisory Board.

The youth board provides insight into new programs or services and events that meet the needs of young people in the community. The members will be provided with leadership opportunities, skills, experiences, and the confidence to become successful community leaders. The young women will work on projects throughout the year and play an important role in empowering women and eliminating racism.

The Young Women's Advisory Board consists of 1-2 students from each local high school between the ages of 14-18. Applications must be submitted by August 20th. For more information or to apply please contact Mary Jacobsen at (402) 434-3494 ext. 139 or email mjacobsen@ywcalincoln.org. Applications can also be found at <http://www.ywcalincoln.org/young-womens-advisory-board>.



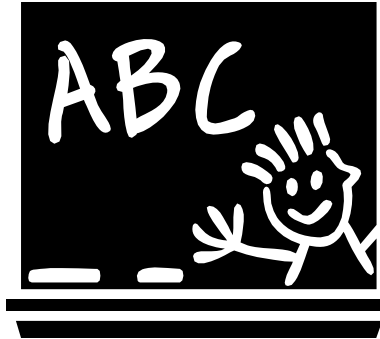
Upcoming Back to School Events at the Center for People in Need

TOOLS FOR EDUCATION:

CENTER FOR PEOPLE IN NEED'S BACK TO SCHOOL EVENT

August 14th 10am-4pm and

August 15th 1-4pm at the Center for People in Need: Free backpacks and school supplies will be given to low-income students kindergarten through high school. (Preschool not eligible). Please bring your Center Card or Service Point Card. If you do not have one, a short application can be filled out. Parents or guardians must be present. For more information, please contact The Center for People in Need.



TEEN FOR A DAY:

CENTER FOR PEOPLE IN NEED'S TEEN EVENT

August 21st 10am-4pm and August 22nd 1-4pm at the Center for People in Need: Teen girls who are low-income grades 6th through 12th can shop for new clothes and accessories for free! Teens must be present to shop. Please bring your family's Center Card or Service Point Card. For more information, please contact the Center for People in Need at 402-476-4357.

Budget Friendly Family Activities in Lincoln

(Courtesy of "Lincoln Kids")

August 5-14: Lancaster County Super Fair, superfair.org; Lancaster Event Center, 4100 N 84th St., 441-6545. Go to any U-Stop for a FREE admission ticket.

August 7: Art of Rock Festival hosted by Northeast Family Center Academy of Rock, noon-5pm, 14th Street between O and P streets. Sidewalk chalk, live music, acoustic tent, Air guitar contest, crafts, art and more for all ages. Free.

August 12: Kiwanis Day at the Zoo, Free admission for children 2-12 and seniors, 62 + years. 10a.m.-5pm.

August 20: YWCA Back to School Bash includes fashion show, Clinic with a Heart, fire truck, and more. 7pm in the Community Foundation Gardens (across the street from the YWCA).

August 29: Car Show and Family Fun Day. Community wide end of summer fun day for the entire family. Admission and all activities are free to everyone. Bounce houses, games, face painting, clowns, and more. For adults: car show and motorcycles. Boxed lunches \$4.00/adults, \$2.00/child. 9:30 a.m. worship service, 10:30 a.m.– 2 p.m. Car show and activities.

August 1-October: Martin's Hillside Orchard, 2024 Ashland Road, Ceresco NE, 665-2140. Pick your own apples, pumpkins and raspberries. Bring the family and spend an afternoon at the orchard enjoying the butterfly garden, discovery trail, Mount Strawtower, and corn maze. www.hillside-orchard.com

Saturdays: (ongoing) Spanish/English Bilingual Story and Craft Hour 10-11 a.m. at Indigo Bridge Books, 701 P Street, Ste 102, 477-7770. (In the Creamery Building in the Haymarket).

Lincoln City Libraries: lincolnlibraries.org. Each location offers preschool storytime for ages 3-5 and Toddler time for parents and children ages 18-36 months. Enjoy reading aloud, singing, playing and dancing. Contact each location for days and times.

Barnes and Noble: SouthPointe, 2910 Pine Lake Road, 421-7979. Every Monday and Friday at 10:30 a.m. story-time with a new them and activity each week. August 27th and 28th meet Curious George at 10:30 a.m.

Upcoming Events at the YWCA

Valentino's Dine Out to help the YWCA Lincoln Day

Valentino's dine-out to help out the YWCA Lincoln day is August 25th. Valentino's at 2655 South 70th St. #B location will donate a percentage of sales on August 25th if you mention YWCA Lincoln when you place your order. Carry-out orders are included.

YWCA Lincoln is now accepting Tribute to Women award nominations

The YWCA Lincoln is pleased to announce that the Tribute to Women reception will be on September 9th at Embassy Suites. There will be a social hour starting at 5:30 p.m. Tribute to Women, a 29-year-old Lincoln tradition, has begun to request award nominations. Award nominations will be accepted through August 20. Community members are encouraged to nominate outstanding women who have demonstrated a commitment to empowering women and eliminating racism in the Lincoln Community. Award recipients will be recognized for efforts made through professional and volunteer work. YWCA Lincoln Tribute to Women is one of the last recognition ceremonies solely dedicated to honoring women for their contributions to the Lincoln Community. For the nomination form, please visit ywcalincoln.org.

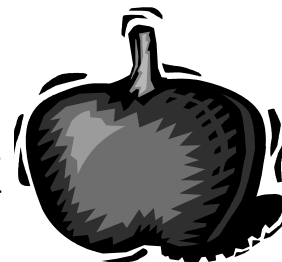


RECIPE EXCHANGE

In our TAB newsletter, I will include recipes that myself or someone on the TAB staff have tried and thought it was worth sharing with our TAB families. If you have a recipe you would like have featured in our newsletter, please give to Misti on Friday, or email to Misti at TABLincoln@gmail.com.

Apple Crisp submitted by Misti McInteer

It is APPLE time again! Fall is my favorite season and I love picking apples and making apple crisp. Apple crisp is very easy—you can't goof it up and you can change it to make it your own, or use what you have in your cupboard. I can't stand to peel apples— and hate throwing out the peeling, so I leave the peeling on and my family likes it.



- ½ cup quick-cooking rolled oats
- ½ cup packed brown sugar
- ¼ cup flour
- ½ tsp. cinnamon
- ¼ cup butter or margarine
- 2 pounds apples (6 medium)
- 2 tbsp. granulated sugar

Combine oats, brown sugar, flour cinnamon and dash of salt. Cut in butter till mixture resembles coarse crumbs; set aside. Peel, core, and slice fruit to make 5 to 6 cups. Place fruit in a 10x6x2-inch baking dish. Sprinkle with granulated sugar. Sprinkle crumb mixture over all. Bake in a 350 F oven for 40 to 45 minutes. Serve with ice cream.

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