



TAB Extra

June 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 or when all the children have been dropped off. 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 I will open the door for you.

There will be **no TAB during the month of JULY**. This break will give TAB staff a chance to recharge and spend some time learning new skills during training opportunities. TAB will resume again on August 6th, 2010. We will miss everyone and wish everyone a safe and fun month of July!



When TAB resumes on August 6th, new registration materials and financial information will need to be provided in order to keep our records current.

Special points of interest:

- ☉ Homemade Finger Paint
- ☉ Family Activities
- ☉ Leadership and Public Service Institute Seeks Applicants
- ☉ What's happening at the YWCA

Women's and Family Services Invites Summer Scholarship Applications

Families and caregivers of children and youth with special needs and physical abilities are encouraged to apply for scholarship funds to support summer activities.

Through a grant received from the SE Respite Network Special Projects fund, the YWCA is able to provide financial assistance for recreational, educational and

social programs. To request applications or more information, contact Ginny Gross, YWCA Lincoln Director of Women's and Family Services at 434-3494 x104 or ggross@ywcalincoln.org.



TAB Surveys and Success Stories

TAB is made possible through grants from various funding sources including the United Way and Nebraska Children and Families. In order to continue to receive funding and apply for new funding, these agencies need to know how TAB is helping our families. In order to provide this information, we are asking that you complete a survey about your experience with TAB this year. We would also like to hear from you how TAB is making a difference in your life and the life of your family. Thank you for your time in helping us with this!

YWCA Lincoln seeking applicants for Leadership and Public Service Institute

The YWCA Lincoln is seeking high school freshmen aged women for the 2010-2011 school year to join its Leadership and Public Service Institute. All freshmen aged women are encouraged to apply, even if they lack prior leadership experience.

The Leadership and Public Service Institute is an eight month program beginning in September that focuses on leadership development through service-learning experiences in a variety of Lincoln agencies. Each member will be given the opportunity to shadow community leaders and elected officials including Nebraska State Senators.

A few of the opportunities will include working with the staff from the Friendship Home, Lincoln Food Bank and other organizations in the Community. Selection will be based on leadership potential and the desire to learn. Previous leadership experience is not required. Applications are due June 15. For more information contact Andrea Curtis at 434-3494 ext. 120 or acurtis@ywcalincoln.org Applications are available at www.ywcalincoln.org.

Free Family-Friendly Activities in Lincoln

(Courtesy of Lincoln Journal Star) ****Be sure to check out the libraries activities for the summer****

Saturday, June 12:

*BryanLGH Medical Center East will host its 14th annual free Health and Safety Fair from 10 a.m. to 2 p.m. in the hospital's Zone B parking garage, 1600 S. 48th St. The free fair will feature nearly 50 interactive exhibits on health, nutrition and exercise as well as giant inflatables, safety awareness demonstrations and live entertainment by Mike Mennard and the Lincoln Public Schools PANgea Steel Drum Band.

*The annual Cruzin' for a Cure car show to fight cancer will run noon to 5 p.m. in the parking lot at the corner of 17th and K streets. Organized by 8-year-old Ethan Teply, the event will raise money to be divided between the American Cancer Society's Relay for life and a fund to provide nutritional supplements to cancer patients who cannot afford them. Admission to the car show is free. The cost to enter a car in the show is \$10 per car. Games, prizes and food will be available.

*Bilingual storytime (Spanish and English), 10-11 a.m., Indigo Bridge Books, 701 P St. Free.

*Families can end their activity filled Saturday and the city's third Waterfest celebration from 5 to 8 p.m. at Holmes Lake Park. The free event includes fishing, canoeing, a raptor release, entertainment and hands-on activities.

*Homestead Days, 11 a.m. Friday, continues through June 20th, various locations in Beatrice. Activities for all ages.

Sunday, June 13:

*Family movie night at the library, 6 p.m. Sundays through June 27, South Branch Library.

Tuesday, June 15:

Free Hour at the Nebraska History Museum, 15th and P streets, 10 to 11 a.m. Tuesdays. Stories, crafts and exhibits.

Thursday, June 17:

*Free Thursday night admission to Morrill Hall, 4:30-8 p.m. Thursdays through August. Regular admission to Muel-ler Planetarium full-dome shows.

*Music & Mozzarella, 5 p.m. pizza (\$2); 6 p.m. The Doo-Dads, Lincoln Children's Museum. Outdoor concert is free.

*Stransky Park family concert series, Darryl White, jazz trumpet, 7 p.m., 17th and Harrison streets. Free entertainment, snowcones, popcorn and lemonade.

Saturday, June 19th:

*Juneteenth 2010, 11 a.m.-5 p.m., June 19, Pentzer Park, 27th and Potter streets. Free entertainment, food and kids games

Upcoming YWCA Evens

YWCA Lincoln's Book Club to meet Join our relaxed new YWCA Lincoln Book Club. Join us for whichever books interest you and when your schedule allows. We are kicking off the book club by reading *Mayor Helen Boosalis: My Mother's Life in Politics*. Read the 1st chapter and join us on June 9th from noon-1 pm at Sunrise Coffee in the Piedmont Shopping Center where we will be discussing the Introduction and Chapter 1. We'll work through it over the next few months. Our next book will be the *Female Brain*.

Shop to help YWCA Lincoln Ten Thousand Villages will be donating a portion of proceeds to YWCA Lincoln on Saturday, June 12. Shop at Ten Thousand Villages from 10:00 am to 9:00 pm and mention YWCA Lincoln. Your support is vital to our success. Please contact YWCA Lincoln for more information at 434-3494.

YW Afternoon Club Join us for a gathering of our fun social club called the "YW Afternoon Club" on June 23rd at Doc's Place from 5:30-7:30 pm. Bring your friends to this laid back, relaxed social gathering and perhaps even make a new friend or two. We started the YW Afternoon Club because we want to get to know you better.

MENTors and Allies Awards and Fundraiser Help us celebrate the MENtors who empower women and eliminate racism and Allies- the volunteers who work diligently to achieve YWCA Lincoln's mission. Tickets are \$20 per person which includes an appetizer reception. There will be a cash bar featuring Scotch tasting. For more information call 434-3494.

Valentino's Dine-Out to help YWCA Lincoln Day is June 30th. Valentino's at 2655 South 70th St. #B location will donate a percentage of sales on June 30th and all you have to do is mention YWCA Lincoln when you place your order. For those of you who cannot go to the buffet the carry-out location is participating as well. Help YWCA Lincoln thank Valentino's by attending dine out to help out on June 30th. Your support is vital to our success.

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.

Homemade Finger Paint (courtesy of Ecoart)

Finger paints can be made from many things. You can use shaving cream to finger paint on washable surfaces. Liquid starch can be colored with a squirt of food coloring.

Materials:

1/2 C Flour	Paper
2 C Water	Newspapers
Food Coloring	Saucepan and spoon
Baby food jars, yogurt containers or similar containers to store paint	

Mix the flour with a little water, stirring out the lumps. When smooth, slowly stir in the rest of the water. Ask a grown up to help you cook over medium heat, stirring constantly until the mixture gets thick and shiny.

Carefully pour some of the mixture into each jar or container. Stir in drops of food coloring until the paint is bright and the color you want. Let cool.

While waiting, cover the table or floor painting area with old newspapers. Wet the painting paper with water, smoothing the wet paper out on the newspapers. Spoon the finger paint onto the paper and get started.

Salt can be sprinkled into the wet paint to create a sparkling effect when dry. Use this technique on dark-colored paper for snow scenes.

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		1	2	3	4 NO TAB Bright Morning Star Carnival	5
6	7	8	9 YWCA Lincoln's Book Club 12-1pm at Sunrise Coffee	10	11 TAB 6-9:30	12 YWCA Shopping Day at Ten Thousand Villages
13	14	15	16	17	18 TAB 6-9:30	19
20	21	22	23 YW Afternoon Club Doc's Place 5:30-7:30	24 MENTors and Allies Awards and Fundraiser 5 -7 pm	25	26
27	28	29	30 Valentono's Dine Out to help the YWCA Day-2655 70th Street		REMINDER: NO TAB in JULY	TAB starts again August 6th

