



# TAB Extra

May 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!



☑ There will be **NO TAB on Friday, June 4th**. Bright Morning Star and TAB are having a carnival to kick-off the summer. More information will be coming soon!

## Special points of interest:

- ☉ Guacamole Recipe
- ☉ Family Activities
- ☉ Leadership and Public Service Institute Seeks Applicants
- ☉ What's happening at the YWCA
- ☉ Job Outfitters Shopping Night for TAB

## 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@ywcaincoln.org](mailto:ggross@ywcaincoln.org).



## Job Outfitters Open House and No-Cost Shopping Spree

On Friday, May 21st TAB mother's and caregivers are invited to shop at Job Outfitters. Job Outfitters is on the 3rd floor of the YWCA and will be open from 6:00 p.m. until 7:30 p.m. Job Outfitters has a wide variety of career clothing in various sizes and styles along with shoes and accessories. No appointment is needed for this special shopping night for TAB.

## 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](mailto:acurtis@ywcalincoln.org) Applications are available at [www.ywcalincoln.org](http://www.ywcalincoln.org).

## Free Clothing

The first Saturday of every month from 9:00 a.m. to 12:00 p.m.

Northwest Lincoln Church of Christ 3110 N 1st Street. Set up in the white house at the corner of 1st and Adams.

Call 475-3313 for more information. All items are free to your family. They have clothing for all ages—men, women, and children.



## Free Family-Friendly Activities in Lincoln

(Courtesy of Lincoln Journal Star)

### Saturday, May 15th

Bilingual story time (Spanish and English), 10-11 a.m., Indigo Bridge Books, 701 P St.

Story time, "Dino-Storytime," 10:30 a.m., Barnes & Noble, 5150 O St.

### Monday, May 17th

Lincoln City Libraries Storytimes, Toddlers: 10:30 a.m., Anderson Branch. Elementary ages: 4:15 p.m., Williams Branch. Storytime Spectacular, 10:30 a.m., SouthPointe Barnes & Noble Booksellers. Theme: "Zoomer."

### Tuesday, May 18th

Lincoln City Libraries Storytimes, Toddlers: 10:30 a.m. Anderson Branch. Elementary ages: 4:15 p.m., Williams Branch.

Safe Kids Blast, 3-6 p.m., Salvation Army Community Center, 1645 N. 27th St. Free.

### Wednesday, May 19th

Lincoln City Libraries Storytimes, Preschool: 10:30 a.m., Eiseley, South and Walt Branches. Toddlers: 10:30 a.m. Walt; 10:35 a.m. Eiseley.

### Thursday, May 20th

Lincoln City Libraries Storytimes, Preschool: 10:15 a.m. Bennett Martin; 10:30 a.m. Bethany, Eiseley, Gere; 7 p.m. Williams Branch. Toddlers: 10:10:35 a.m. Gere; 10:35 a.m. Eiseley.

Clinic with a Heart: 5:30-7 p.m., Saratoga Elementary School, Community Learning Center, 2215 S. 13th St. Free medical (all ages) and pediatric dental assessment.

### Saturday, May 22nd

Salvation Army Free Thank You Community Picnic, 11 a.m.-1 p.m. May 22, Pentzer Park, 27th and Potter streets. Rebels Auto Club car show, live

## Upcoming Events at the YWCA

### Mental Health Forum May 18th

Please join us for a Mental Health Forum in honor of Mental Health Awareness month on May 18th from noon-1 pm at the YWCA Lincoln in the Third Floor Conference Room with Dr. Kim Corner. Learn how to keep your mind healthy at all stages of life.

### Book Club Kickoff on May 20th

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 May 20th from noon-1 pm in the Third Floor Conference Room at the YWCA Lincoln for our first discussion. We'll work through it over the next few months. Our next book will be the *Female Brain*.

### Valentino's Dine Out to help the YWCA Lincoln Day

Valentino's dine-out to help out the YWCA Lincoln day is May 26th. Valentino's at 2655 South 70th St. #B location will donate a percentage of sales on May 26th if you mention YWCA Lincoln when you place your order. Carry-out orders are included.



## 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.

### **Guacamole submitted by Ginny Gross**

Avocados are once again plentiful and on sale. My family's "house favorite" guacamole is easy for children to help make and comes from a children's cookbook that we've used for many years.

Cut in half and remove pits from:

**3 ripe avocados**

Scoop the flesh out of the skins with a spoon into a bowl and mash roughly with a fork. (Save one of the pits and put it aside.)

Stir in and mix thoroughly:

**1 tablespoon lemon juice**

**1 clove garlic or ½ teaspoon garlic powder**

**1 tablespoon (or a bit more if you like) chopped cilantro (optional)**

**1 green onion**

**1 diced tomato**

Note: If you have any leftovers, place the pit you saved into the leftovers and store covered in the refrigerator. The pit will keep the guacamole from turning brown.

## May 2010

						1
2	3	4	5	6	7 TAB 6-9:30	8
9	10	11	12	13	14 TAB 6-9:30	15
16	17	18 Mental Health Forum 12:00-1:00	19	20 YW Book Club Kickoff 12:00- 1:00	21 TAB 6-9:30 Job Outfitters Shopping night	22
23	24 Weddings: Surviving the Chaos 12-1:00	25	26 Valentino's Dine Out at 70th Street location	27	28 Dancing Out Loud-EnPointe Dance Recital	29
30	31 Memorial Day					

## June 2010

		1	2	3	4 NO TAB Bright Morning Star Carnival	5
6	7	8	9	10	11 TAB 6-9:30	12
13	14	15	16	17	18 TAB 6-9:30	19
20	21	22	23	24	25	26
27	28	29	30		REMINDER: NO TAB in JULY	