

Tuolumne County Recreation Department
Parent Pamphlet

25th Edition
Winter 2013

Fun On Wheels is Back in Action!

Henry Mulak, Assistant Youth Center Coordinator

Inside this issue:

<i>Spring Break Day Camp</i>	2
<i>Tiny Tots Recycling Program</i>	2
<i>Family Meals</i>	3
<i>Parenting Classes</i>	3
<i>Adult Dodgeball</i>	4
<i>Open Gym is Back at TYC</i>	4
<i>No Bake Energy Bites</i>	4

The Tuolumne County Recreation Department rolls out “Fun on Wheels” in April for the first time in years, offering those attending Sonora’s annual Spring Festival a chance to see some of what the department offers on a daily basis at its three Youth Centers.

“Fun on Wheels” is actually a van, packed with games and other activities. It was originally designed as a mobile youth center providing services to young people in areas around Tuolumne County where there were no youth centers. It had been mothballed by budget cuts over the past several years, but Tuolumne County leaders have been able to put “Fun on Wheels” back on the road, not as a youth center but as a way to bring awareness to our community of the services offered by the department.

Recreation Department Activity Coordinator, Sarah Garcia says the Sonora Spring Festival, April 27th from 11 a.m. until 4 p.m. in downtown Sonora, will be the perfect venue for relaunching “Fun on Wheels.” “We’ll be right on courthouse park in the center of all the

activity, providing great fun for kids while also showing parents some of the great things we have to offer,” Sarah said.

The Sonora Spring Festival is a family event originally designed to bring people to the city’s historic downtown and has grown from year to year to be one of Sonora’s biggest city-run events. Businesses and organizations all along Washington Street participate with many more vendors from throughout the region setting up booths along city streets and in parks and parking lots.

The Tuolumne County Recreation Department, headquartered in Sonora’s Old Town, runs a variety of programs throughout the county, including Youth Centers in Jamestown, Tuolumne City and Groveland. The Youth Centers provide a safe place for kids to go after school and during the summer break, offering a variety of games and other services, including Internet access, video games and television, all under adult supervision.

Tuolumne County
Recreation Department
2 South Green Street
Sonora, CA 95370
Phone: 209-533-5663
Fax: 209-532-2502
E-mail:
sgarcia@co.tuolumne.ca.us

A Short Stack for a Tall Cause



Join the Recreation Department Youth Center participants, staff, and volunteers for a fantastic pancake breakfast hosted by our Sonora Applebees on Saturday May 18th, 8:00am—10:00am.

You will be served by our local youth and all of the proceeds go toward funding our Youth Center Programs.

Breakfast includes three fluffy pancakes, two slices of Applewood smoked bacon, and a non-alcoholic beverage of your choice. All this for just \$6 per person.

Buy your tickets in advance from any of our three youth centers or from the Recreation Department office. For more information call 533-5663.



Spring Break Day Camp

Spring Break is March 25-29th. Are your children already looking forward to it? Are you already concerned with where your children will go during this week? Whether you are a working parent or just looking for something fun and exciting for your children to do over that week off from school, you should consider signing up your kids for our Spring Break Day Camp.

This camp is a full week of fun activities and field trips. It is also a great way for your kids to reconnect with their favorite Summer Recreation Leaders. This program will be staffed by our fantastic summer recreation leaders, our Youth Center Coordinators, as well as our Activity Coordinator, Sarah Garcia.

The camp is open to children ages 5-14 and runs from 7:30am until 5:30pm at Sonora Elementary School.

Each day we take a trip to a different location such as Columbia State Park, Black Oak Lanes, Heaven for Kids Park, Tuolumne Youth Center, and we end the week with a walking field trip to Signature 10 Theatres for a movie.

The cost is \$75 per person and there is a discount for families.

For more information visit our website at www.tcRecreation.com or call 533-5663.

Spaces are filling up fast so register today!

Reduce, Reuse, Recycle for Tiny Tots

Tina Cones, Tiny Tots Coordinator



The Sonora Tiny Tots program has gone green! Our center recycles on a daily basis with arts and crafts using recycled items. So we have decided on a fundraiser that involves helping the environment while raising money for equipment and craft supplies for our program. We have set up an account at Cal Sierra recycling center for anyone and everyone to donate their recyclables to this great cause. Do as you always do and bring your recycling to Cal Sierra. Just mention you would like the funds to go to the Sonora Tiny Tots Program. Get the kids involved and they can earn as they learn.

Kids are never too young to learn about the 3 R's - reduce, reuse & recycle. There are many opportunities around the home, at school and in the community to get young children involved in going green and learning to be environmentally-friendly.

Try some of these ideas to get your pre-schoolers involved.



The 3 R's At Home

1. Assign your child the task of "Chief Recycler" for the house. Teach them what items can be recycled and where items are place for recycling (maybe in your recycling bin, or your home collection area).
2. Turn off the water while brushing your teeth.
3. Make sure the lights, TV, radios and other 'plugged-in' items are turned off when you leave the room
4. When you take a bath, don't fill the water too high
5. Use your recycling for craft projects.

When you drop off your recyclables at Cal Sierra Recycling, consider donating your refund to the Sonora Tiny Tots program

Family Meals

Family meals are making a comeback. And that's good news for a couple of reasons:

- Shared family meals are more likely to be nutritious.
- Kids who eat regularly with their families are less likely to snack on unhealthy foods and more likely to eat fruits, vegetables, and whole grains.
- Studies have shown that teens who take part in regular family meals are less likely to smoke, drink alcohol, or use marijuana and other drugs, and are more likely to have healthier diets as adults.
- Beyond health and nutrition, family meals provide a valuable opportunity to reconnect. This becomes even more important as kids get older.

Making Family Meals Happen

It can be a big challenge to find the time to plan, prepare, and share family meals, then be relaxed enough to enjoy them.

Try these three steps to schedule family meals and make them enjoyable for everyone who pulls up a chair.

1. Plan

To plan more family meals, look over the calendar to choose a time when everyone can be there.

Figure out which obstacles are getting in the way of more family meals — busy schedules, no supplies in the house, no time to cook. Ask for the family's help and ideas on how these roadblocks can be removed. For instance, figure out a way to get groceries purchased for a family meal. Or if time to cook is the problem, try doing some prep work on weekends or even completely preparing a dish ahead of time and putting it in the freezer.

2. Prepare

Once you have all your supplies on hand, involve the kids in preparations. Recruiting younger kids can mean a little extra work, but it's often worth it. Simple tasks such as putting plates on the table, tossing the salad, pouring a beverage, folding the napkins, or being a "taster" are appropriate jobs for preschoolers and school-age kids.

Older kids may be able to pitch in even more, such as getting ingredients, washing produce, mixing and stirring, and serving. If you have teens around, consider assigning them a night to cook, with you as the helper.

If kids help out, set a good example by saying please and thanks for their help. Being upbeat and pleasant as you prepare the meal can rub off on your kids. If you're grumbling about the task at hand, chances are they will too. But if the atmosphere is light, you're showing them how the family can work together and enjoy the fruits of its labor.

3. Enjoy

Even if you're thinking of all you must accomplish after dinner's done (doing dishes, making lunches, etc.), try not to focus on that during dinner. Make your time at the table pleasant and a chance for everyone to decompress from the day and enjoy being together as a family.

They may be starving, but have your kids wait until everyone is seated before digging in. Create a moment of calm before the meal begins, so the cook can shift gears. It also presents a chance to say grace, thank the cook, wish everyone a good meal, or to raise a glass of milk and toast each other. You're setting the mood and modeling good manners and patience.

Upcoming ICES Parenting Classes

Parenting is one of the toughest and most important jobs on the planet. The future of humanity rests on the shoulders of each and every parent and caregiver. The toughest part is that no parent knows exactly what to do or how to do it. Luckily for our community we have ICES (Infant/Child, Enrichment, Services).

Throughout the year, ICES offers classes for parents to assist with the challenges of parenting. The upcoming classes are:

Communicating with Respect for Parents with Teens (4 weeks) March 14 - April 4, 2013

Parent/Teen Class (8 week class) April 18 - June 6, 2013

For more information on each class, and for information on how to sign up, please call ICES at 533-0377



Jamestown Community Yard Sale

Jamestown Youth Center is hosting a community yard sale on Saturday, May 4th from 10:00am—5:00pm at the Jamestown Community Hall. We are currently seeking donations of garage sale type items to sell. If you have any unwanted items you would like to donate, please call John at the Jamestown Youth Center, 984-4188, Mark at the Groveland Youth Center 962-7263, or Robert at the Tuolumne Youth Center 928-4527 or the Recreation Department office at 533-5663. All proceeds from the Yard Sale will go to the Tuolumne County Recreation Department's Youth Center programs.



Open Gym is Back at TYC

T.Y.C. (Tuolumne Youth Center) has reignited its open gym night at the Memorial Hall. It is open for youth ages 8-18 on Wednesday nights from 4-6pm. It's free so send your kids down for some fun.

No Bake Energy Bites

Throw together these simple ingredients for a fantastic "Go To" snack. These bites contain tons of healthy fats and fiber that fill you up and keep you or your child satisfied. Great for a quick breakfast or to eat on the go. They are so simple even your children could make them. Let them give it a try.

- 1/2 C nut butter (almond butter, peanut butter, sunflower seed butter or any other nut or seed butter.)
- 1/3 C honey
- 1 C old fashioned rolled oats
- 1 C shredded unsweetened coconut (you can substitute any dry ingredients for this, wheat bran or germ, oat bran, some ground flax seed (I wouldn't recommend using an entire cup!), any kind of ground nuts or seeds. For a cookie dough type bite try adding a few tablespoons of your favorite whole grain flour)
- 1-2 tsp vanilla
- pinch of sea salt if using a natural nut butter with no added salt
- 1-2 tsp your favorite spices or spice combinations such as cinnamon, nutmeg, etc. (optional)
- 1/2 C other add-ins (any kind of whole or roughly chopped nuts or seeds, dried fruit, good quality chocolate chips, etc)



In a large bowl add the nut butter, honey and salt if needed. Use less vanilla if yours is very strong or more if you really enjoy the vanilla flavor. If all your ingredients are room temperature you should be able to stir to combine. If this is difficult you can warm in the microwave for a few seconds or even place the bowl in an inch or two hot water for a few minutes to soften everything. Once this is combined add the remaining ingredients.

Mix well. Once it's all combined place in the fridge for about 30 minutes. Then remove from the fridge, scoop out some dough and roll into a ball. I find it's much easier, and works better to squeeze the handful together to compact it and then roll it into a ball.

If yours are too sticky you can consider adding more dry ingredients into them or rolling them in something like ground nuts, coconut, etc so they aren't as sticky. Place the balls in an airtight container either in the fridge or freezer for quick and easy snacks. Makes approximately 2 dozen depending on size