



MAY 2013 NEWSLETTER

GLEND A WEAVER 208-769-7096



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May 12, 2013

Coeur d'Alene Relative As Parents meet the second Thursday of the month at the Jewett House, 1501 Lakeshore Drive, at noon for a potluck lunch. Free childcare is provided .

208-769-7096

[northidahorap@gmail.com](mailto:northidahorap@gmail.com)

## ✧ Budget Meals ✧

*Presented By Shirley Young*

### Meals on a Budget

Shirley Young is a member of Relatives As Parents group in Coeur d'Alene. She and her husband, Chuck, are great-grandparents raising four great-grandchildren from 7 to 13 years old. They have been doing this for the past 4 years. It is very expensive to raise children and Shirley and Chuck do not receive any help from the state or government to help them with the support of these children. Shirley has developed a very economic way to feed her children on a limited budget and is going to share her recipes and tips on how

they have managed to have healthy cheap meals for their family. This should be a very informative meeting from one of our members that is living in the trenches as a relative raising relative children. Come join us for a potluck lunch at the Jewett House at noon on May 9, 2013. There will be free child care on the premises. In these hard times we are all experiencing, I am sure we will all learn some good tips and get some good recipes.

**Everyone is welcome!!**

For more information call:

Glenda Weaver at 208-769-7096

## FREE Grocery Store Tour!!

Want to save money at the store? Want to buy healthy foods to feed your family? Learn how by attending the grocery store tour! You will get a FREE workbook full of tasty recipes and a FREE shopping bag and calculator.

**When: Tuesday, May 21st, 11:am - 12:00 pm**

**Where: Super 1, Rathdrum (15837 N Westwood Dr., Rathdrum)**

**How To Sign Up: Contact Kim Young, Nutrition Advisor, at 208-446-1680 or [kimberlyy@uidaho.edu](mailto:kimberlyy@uidaho.edu).**

## Tackling Teen Issues from the Inside Out

**The Kootenai Alliance for Children & Families** will be sponsoring a “Lunch & Learn” presentation called “Tackling Teen Issues from the Inside Out” on May 17, 2013 at noon at the St. Pius Church, 625 Haycraft Ave., Coeur d’Alene. If you would like to eat lunch at this presentation the cost is \$5.00. The \$5.00 lunch fee is for non-members, so you are welcome to bring your own lunch or not eat. If you are a member of the KACF, \$15 per year, the lunch is free. Greg Summers of the Idaho Drug Free Youth organization will be doing this presentation. A 2 hour training certificate will be presented at the end of this presentation. If you are raising a teen ager or working with teens you won’t want to miss this presentation. Everyone is welcome!! You can register online at [www.KootenaiAlliance.org](http://www.KootenaiAlliance.org) or call 208-676-8293.

### “I Am Adam Lanza’s Mother”

**Idaho Children’s Mental Health Awareness Week is May 5-11, 2013.** A video conference featuring Ann Kirkwood, nationally renown expert on stigma, Liza Long, author of “I Am Adam Lanza’s Mother”, Dr Ninon Germaine, child psychiatrist, and Judy Gabert, suicide prevention expert will be held on May 7, 2013 at the Health & Welfare Office located on 2195 Ironwood Court in Coeur d’Alene. It will begin at 1 pm and go to 4 pm. Please pre-register for this conference at [www.idahofederation.org](http://www.idahofederation.org)

### Hayden Library May Schedule

**May 4th**, 10 am to 2 pm - Friends of the Community Library Network Book Sale.

**May 10th**, Noon to 2 pm - Free Card Making Workshop. Supplies are provided. Call to register 208-772-5612

**May 11th**, 1:00 pm to 3:00 pm - Free Finding Your Ancestors Class: How to Trace Their Military Service. No registration.

**May 14th** at 6:00 pm - Free Urban Beekeeping Class - Come learn the importance the honeybee plays in your backyard. No registration.

**For more information on these topics call 208-772-5612**

### Relatives As Parents Information Resources

There are several place you can go to get information on resources for Relatives As Parents. I will list the resources and contacts here for you as a reminder. Relatives As Parents here in North Idaho now have a Facebook page to keep you updated and to place our events and other events in the community you might be interested in. It is under “Relatives As Parents - North Idaho” or you can click on this link:

[www.facebook.com/RAPNorthIdaho](http://www.facebook.com/RAPNorthIdaho) , [211.idaho.gov](http://211.idaho.gov) , <http://www.kootenaialliance.org/news/> , contacts: [northidahorap@gmail.com](mailto:northidahorap@gmail.com), [glendainidaho@hotmail.com](mailto:glendainidaho@hotmail.com),

## Inland Northwest SIDS Foundation Needs Our Help!

The Inland Northwest SIDS Foundation is a local 501C3 in need of volunteers! The Coeur d'Alene Marathon has chosen to work with this organization this year. If they can come up with 60 volunteers to help at the marathon on May 26, they will give them a very generous donation. This donation will enable their organization to continue to purchase packs and plays and sleep sacks to give out to those who need a safe place for their baby to sleep after taking their free Safe Sleep Class at Dirne Community Health.

Here is our chance to give back to the community that has so generously helped many of us RAP's out in the past. This is something you and your family can do and have fun! What a great way for us to teach our kiddos about giving back! They need people to work the water stations near Sanders Beach handing out water to the runners/walkers. This shift is from 7 am - 11:30 am. This is a great activity for the morning. Kids 10 and up usually have the most fun! The other position is one of great importance as you keep runners on the track during the marathon. You and a friend sit/stand at a designated spot and cheer runners on and making sure they stay on course. This shift starts at 6:30 am until all runners have cleared your spot. If your place is at the starting line, you will be done fairly quickly, but the latest you would be at a spot would be 11:30 am.

After the marathon, there will be a volunteer appreciation BBQ at the park near the water station. ALL VOLUNTEERS WILL RECEIVE A CDA MARATHON SHIRT! If you can help please register at :

<http://www.inwsids.org>



## Relatives As Parents Have a Facebook Page

**Relatives As Parents here in North Idaho now have a Facebook page to keep you updated and to place our events and other events in the community you might be interested in. It is under "Relatives As Parents - North Idaho" or you can click on this link: [www.facebook.com/RAPNorthIdaho](http://www.facebook.com/RAPNorthIdaho). Once you are at the site click the button that says "Like". As people "Like" the page the audience will grow and more people will see our posts. If you have anything you would like to add to this page please let me know so I can post it. Our RAP Newsletter will also be posted on this page every month. This will be a great way to get communication out to the Relatives As Parents families that cannot attend our meetings because of their work schedule.**



## Idaho Virtual Academy

Do you think your child would do better if they were home schooled, but you feel you cannot adequately teach your child. You might want to check out Idaho Virtual Academy. Often, a one-to-one approach is what it takes to realize a child's innermost possibilities. Idaho Virtual Academy is fully accredited, tuition free, online public schooling from Kindergarten through the 12th grade. It's the choice between a child trying to fit the school, or a school that fits your child. The school is taught by passionate certified teachers that use an innovative proven curriculum. The school not only accommodates regular students, but also special needs students and accelerated students. Online public schooling means individual learning for every student. If this sounds like it might be the answer for your student they are accepting enrollments for the fall.

For more information visit [www.K12.com/ID](http://www.K12.com/ID) or call 866-339-9068

## What's Happening In May in Coeur d'Alene

**Relay for Life at Kootenai County Fairgrounds - May 17, 2013** [www.RelayforLife.org](http://www.RelayforLife.org)

**Fourth Annual Dog d'Lane - May 18, 2013 10 am to 3 pm** [www.cdadowntown.com](http://www.cdadowntown.com)

**Horse Show by Diablos 4-H -May 18-19, 2013 Kootenai County Fairgrounds 208-772-2763**

**Harrison Barn Dance and Auction - May 11, 2013 fundraiser for fourth of July fireworks**

**Coeur d'Alene Marathon at Riverstone - May 26, 2013 Marathon, 1/2 Marathon & 5K.  
Register at [www.cdamarathon.com](http://www.cdamarathon.com)**

**Dog Show by Coeur d'Alene Dog Fanciers - Memorial Day weekend. Kootenai County  
Fairgrounds [www.cdadogfanciers.org](http://www.cdadogfanciers.org)**

## RAP Families/Foster Care Families July Annual Picnic

Save the date by marking your calendar for July 11, 2013 for our annual picnic. This year the theme is "Luau". Bring your whole family and enjoy the afternoon filled with food, games, swimming and great socialization. Each child will receive a beach bag with goodies and a mascot stuffed turtle pillow (if they haven't received a turtle yet). "We will supply the beverages, paper plates, utensils, napkins, hot dogs & fixings. Bring something such as cookies, salad, chips, fruit or anything you would like to share. Bring lawn chairs, blankets, towels, swimming suits and water/sand toys. There will be games for kids of all ages set up in the yard with adult supervision provided. If you came to last year you can remember all the fun we had at our picnic. You won't want to miss this years picnic! It is going to be better than last years!!! Everyone is welcome! It will be held at the Jewett House, 1501 E. Lakeshore Drive, Coeur d'Alene, from 11:30 am to 2:00 pm.



## Christian Youth Theater & North Idaho Summer Camp Registration is Open

Christian Youth Theater - North Idaho is partnering with Camp Fire USA and Camp Sweyolakan to bring 2, one-week theater arts camps to kids grades 1-7 and 8-12. Camp Sweyolakan sits on nearly 300 beautiful wooded acres on the shores of Lake Coeur d'Alene at the mouth of Mica Bay. There is no better place for a camper to enjoy all the great water activities, cooking out over a campfire, archery, and other outdoor activities AND learn theater arts from Coeur d'Alene's own, CYT-North Idaho all in one week! Campers July 12-18 will perform *Camp Pixar* for grades 1-7 with songs from Pixar films like *Toy Story*, *Monsters Inc.*, *A Bug's Life* etc. July 8-12, will be the Teen Camp for campers grades 8-12. The camp theme and performance will be *Jukebox Love*, a look at Jukebox Broadway musicals, like *Jersey Boys*, *Movin' Out*, *All Shook Up* and *Mama Mia*. Both camps are residential and include acting, singing, dancing and specialty workshops as well as team time, competitions, rehearsals, outdoor fun and a performance on the last day. All campers will be cast in the shows and will receive a free CYT tee shirt. To find out more details about either of the camps or about CYT-North Idaho's **other junior theater day camps** at the CYT Campus in Coeur d'Alene, Jun 24-28 or Jul 29-Aug 2, please visit the CYT-North Idaho website at: [cytnorthidaho.org](http://cytnorthidaho.org). You can register online for all camps. The CYT-North Idaho website will link you to the Camp Fire USA website to register for the 2 camps at Camp Sweyolakan.

For more information call Bliss Lanier at 208-819-9281

## Idaho Parents Unlimited Mid Week Mini Conference

Does your child have an Individualized Education Plan (**IEP**) or do you know or work with someone that has an IEP. Is that child getting all their rights met with their IEP? If you have a special needs child you need to attend this mini conference. Don't rely on the schools to tell you about your child's rights. This conference is **FREE** to parents or guardians but you must **Register by May 7, 2013**.

**When: May 14th 2 pm to 6 pm**

Parent Training: Advocacy Skills, Support Group Training, IEP Training and Health mentoring.

**May 15th 9 am to 5 pm**

Early Childhood Outcomes, School Based Medicaid Services, Dispute Resolutions, Facilitated Roundtable Discussion, Transition to Adulthood.

**Where: Best Western Inn**

506 W. Appleway Avenue  
Coeur d'Alene, ID.

**Lunch is provided with the second day from 11:30 to 12:45**

**The full registration and program details with times can be found on the Idaho Parents Unlimited web site: <http://www.ipulidaho.org>**

**For more information call 208-342-5884**



N O R T H I D A H O

the  
**R.A.P. family**



*R.A.P. family*

3202 Wedgewood Loop  
 Coeur d'Alene, ID. 83815



The RAP/GAP Mascot is the turtle. The turtle, like us and our children, has a hard shell to protect it from getting hurt, but the inside is soft, vulnerable and lovable. We must learn to stick our heads out of our shell and take a chance.

