

The Family Communique'

Additional Announcements

May 17, 2014

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."

Albert Schweitzer

Piedmont Park

"Support Good Neighbor Community Center"

May 29 is Give To Lincoln Day. This is a 24 hour day of giving to show support for local nonprofit organizations to raise awareness of current philanthropic needs and opportunities in our community. Your gift will be increased by helping us get a proportional share of the \$300,000 challenge match fund. You can *send your donation to Good Neighbor Community Center 2617 Y Street Lincoln, NE 68503 before May 29* or *Visit <http://gncclincoln.org> today to schedule a payment that will be processed on May 29 to support us or visit same website on May 29 to support us. Thank you*

College View Academy

Please join us for a come-and-go "Garden Party" to recognize Linda Conditt's retirement on May 17 from 4:00-6:00pm. The party will be held at College View Academy in the Multi-Purpose Room. There will be a brief presentation at 4:30pm to celebrate Linda's 31 years of commitment to Helen Hyatt Elementary and College View Academy. Questions? Lori Harvey lharvey@cvak12.org

GIVE TO LINCOLN DAY - Thanks to the Lincoln Community Foundation and many local sponsors with matching funds, the third Give To Lincoln Day is planned for May 29th. Several Adventist nonprofits are registered in this city-wide effort. Please plan on making an online donation to support these organizations. We specially would love your support for **COLLEGE VIEW ACADEMY**. Go to www.GiveToLincoln.com and look for us. This year you can actually donate NOW if you don't want to forget, and your donation will show up on the 29th. There will be giveaway every hour for the 24 hour period. Your name could be picked to receive a \$300 bonus for CVA. You can also come by the school and we have a giving station to help you donate online. Call Yolanda Doering at 402-483-1181 ext. 15 if you have questions. Please be a blessing to the CVA Fund, and let's keep a good thing going! Make a difference for Adventist Education on the 29th .

College View Academy Preschool is currently accepting students for the 2014/2015 school year. We have developed a program that fosters learning through a variety of methods. Our three year olds focus on social skills by learning to play, work, and communicate with other children. Children will learn through language experiences with books, letters, and pre-writing skills. Beginning math & number skills are developed through the use of manipulative materials. Our fours and fives work on letter and number recognition and pre-writing skills through activities designed to promote early literacy in math and language. The children in both age groups will explore the world around them with hands on activities in science and enjoy creative experiences with art & music. Group times and circle times include opportunities for singing, movement, stories, and sharing. We believe the key to all is the development of their faith life through Bible stories, songs, prayer. If you would like additional information about our program please contact Shannon Chilson at schilson@cvak12.org or 402.483.1181 ext.49

Save Money by Registering Early! It's not too early to enroll your child at CVA for the 2014-2015 school year! This year we are offering a **\$30 registration discount** to those of you who get all your registration forms filled out and turned in by June 1st. Contact Principal Brian Carlson at 402-483-1181 ext. 12 or bcarlson@cvak12.org with any questions.

Union College

The Teaching Learning Center at Union College seeks a part-time Academic Coach for a temporary position for the fall semester 2014. The academic coach works directly with students on a one-to-one or small-group basis to foster academic success. Candidates should send resumes to Debbie Forshee-Sweeney at deforshe@ucollege.edu or call 402-486-2506 for more information. Visit the website at www.ucollege.edu/staff-openings for a detailed job description.

We invite the Union College Alumni and Friends to join us for a fun, relaxing evening attending a Lincoln Saltdogs minor league baseball game on Wednesday, June 4, 2013 at 7:05pm. Call Kenna Lee Carlson in the Alumni Office at [\(402\) 486-2503](tel:4024862503) to purchase tickets at a special price and bring your friends!

Community and World

The Wildwood Lifestyle Programs are designed to help you reverse lifestyle diseases such as diabetes, heart disease, high blood pressure, arthritis, stress and depression. It will also help you shed pounds, increase your energy, boost your immune system and fight cancer. To invest in your health call 1-800-634-9355 and ask for Colleen Louw with the Wildwood Lifestyle Program.

The "Empty Bowls" fundraiser event to benefit the Lincoln Food Bank will be held Tuesday, May 27 at the Embassy Suites Downtown. Each person leaves with a hand-crafted pottery bowl of their choosing from "Down Unter Pottery." The bowls symbolize the bowls our community has filled over the years, and the bowls that still need filling. Get you tickets.

Log on to http://lincolnfoodbank.org/empty_bowls.php

The Annual Meeting to Feature Tomasevicz, Greene

May 28, 2014

1:30 - 3 p.m.

Bryan Medical Center East, Plaza Conference Center, 1600 S. 48th Street



This year's CHE Annual Meeting will feature Curt Tomasevicz, Nebraska native, UNL graduate and Olympic Gold and Bronze medalist. Tomasevicz will present *"As Good As Gold"* and help kick off *Move More Lincoln: The 5 Million Minute Challenge*, a community campaign encouraging Lincoln residents to be more active. Charlie Greene, 1968 Olympic Gold and Bronze medalist and Lincoln resident, will be a special guest at the meeting.

Register [here](#) for this motivating session.

For Health Care Professionals: Put Your Oxygen Mask on First

Many people become a "helping professional" because they care about others want to contribute to society by providing strength and guidance to those who are suffering, helping them to find their way back to health and happiness, and to find meaning in their lives. In order to provide our clients with the care they need, we must first take care of ourselves. **On Thursday, June 12, 2014**, Region V Systems is hosting "Compassion Fatigue: Put Your Oxygen On First," presented by Rod Bauer, a certified compassion fatigue educator. Please see our website at <http://www.region5systems.net/trainings> for more details.

Camp Erin Lincoln

Mourning Hope is partnering with The Moyer Foundation to launch CampErin@Lincoln.

Camp Erin is a free, weekend overnight camp for children between ages six and seventeen who have experienced the death of someone close to them. Registration is now open for the camp's inaugural Lincoln location. The camp will be held September 26-28, 2014. Space is limited. Campers are accepted on a first-come, first-serve basis. More information can be found at

<http://www.mourninghope.org/newsandevents/camperin.html>

The Nebraska Respite Network is a statewide program funded through the Department of Health and Human Services and administered by the YWCA Lincoln for the Southeast Region of Nebraska. Our primary function is to coordinate respite resources across the state. We do that by acting as a resource for caregivers to contact when they are in need of respite services and for providers of respite services to utilize in order to get connected with families in need of care. If you know of a caregiver in need of respite services, or if you are interested in becoming an individual or agency respite provider, please call the Nebraska Respite Network at 1-866-RESPITE. For more information, please visit our website at www.ywcalincoln.org/programs_services/se_ne_respite.html

BeHIP Program

The Arc of Lincoln invites participants and volunteers to be a part of the Be Healthy Inclusive Project (BeHIP). People of all ages with developmental disabilities can participate in team sports, lessons, or individual activities with the help of a trained volunteer. For more information, call 402-421-8866

Recipe

Apple, Grape and Celery Salad

Prep: 10 minutes

Total Time: 10 minutes

Servings: 4

Ingredients:

- ¼ cup coarsely chopped pecans
- 2 celery stalks, thinly sliced on the diagonal, plus leaves for garnish
- 1 Granny Smith apple, cored, halved, and cubed in ½ inch cubes with peel on
- 1 cup seedless red grapes, halved
- 2 tsp fresh lemon juice
- 2 teaspoons pear infused white wine vinegar
- 2 teaspoons oil (walnut oil or vegetable oil)
- pinch of sea salt and white pepper

Variation: Red Sweet Apples, Green Seedless Grapes, Pecans

<http://www.marthastewart.com/342090/apple-grape-and-celery-salad?czone=food%2Fproduce-guide-cnt%2Fyear-round-produce-recipes&gallery=274670&slide=342090¢er=276955>