

# the bulletin board

What's Happening at Forever Young

## REMINDERS:

8/11 – Bring in an Outer Space Book

8/14 – Second Saturday Open House and Ice Cream Social 5:30 p.m. @ the Preschool

8/18 – Bring in an Outer Space Toy

8/20 – Preschool Graduation Day

8/27 – Recycle for Tricycles – Bring in Glass and Aluminum!

## Forever Young Committees!

Because Forever Young is a Parent Cooperative, Parent Participation is a key component to keeping our school running smoothly.

Parent Committees are a great way to earn parent hours, meet other families, and help our school. We need dedicated parent volunteers in the following committees:

- ↔ Fundraising ↔ Marketing ↔
- ↔ Maintenance ↔ Newsletter ↔
- ↔ Nurturing ↔ Website ↔

If you are interested in volunteering for any of these committees, or have questions, please contact Angela Brereton for more information.



FOREVER YOUNG CHILD CARE CENTER, INC.

### Board of Directors:

President: Angela Brereton  
 Vice President: Vacant  
 Treasurer: Olivier & Amy de la Salle  
 Secretary: Regina Jones  
 Parent Liaison: Peggy Blincoe  
 Members at Large: Carolyn Pickrel; Ed  
 Oswell & Kate Farrell

### Fundraising Committee:

Angela Brereton, Amy de la Salle

### Maintenance Committee:

Olivier de la Salle, Sara Fung

### Marketing Committee:

Angela Brereton, Amy de la Salle

### New Site Committee:

Angela Brereton, Olivier de la Salle, Sara Fung

### Nurturing Committee:

Elizabeth Biondi, Drew Brereton, Debbie Diller

### Website Committee:

Benn & Peggy Blincoe

### Saturday Cleaning Coordinator:

Maria Marois

### Newsletter:

Rebecca Bitter, Peggy Blincoe, Angela Brereton, Maria Marois



## Summer's Here!



As the weather heats up, our children will be having fun in the sun. To stay safe in the sun, they need their warm weather supplies on hand:

Hats      Sunscreen      Water Play Clothes  
 Protective Items (Ear Plugs, etc.)      Extra Changes of Clothes

Please remember to label all items with your child(ren)'s name(s).

### This Month's Theme:

# Outer Space

## from the kitchen

### What's Cooking at Forever Young

Got some nice ripe bananas at home? Why not bring in some FY-friendly muffins to give to our Staff and Kids this summer! Here's a simple recipe to try at home:

#### Forever Young Banana Muffins

##### Dry Ingredients:

2 cups whole wheat flour      1/2 tsp baking soda  
 1/2 cup raw sugar      1/2 tsp salt  
 2 tsp baking powder      1/4 - 1/2 tsp cinnamon

##### Wet Ingredients:

1 medium banana, mashed  
 1/2 cup milk  
 1/3 cup canola or vegetable oil  
 1 egg, slightly beaten

##### Directions (Makes 12 Muffins)

- Preheat oven to 375 degrees F. Grease (or line with baking cups) a 12 cup muffin pan.
  - In a medium bowl, combine dry ingredients. Stir in remaining ingredients, except sliced fruit, only until moistened. Spoon batter into muffin cups.
- Bake for 15-20 minutes. Immediately remove the muffins from the pan and place on a cooling rack.  
 Serve warm. Store uneaten muffins in a plastic bag or container in the freezer to reheat later!

Is Your Child  
 Turning 2 Soon?  
 Check Out

Forever Young's  
 Preschool Program,  
 and Stay with FY!

Call 916-442-6111 or email  
[selina@foreveryoungchildcare.org](mailto:selina@foreveryoungchildcare.org)  
 for more information  
 and to schedule a tour.