

# the bulletin board

What's Happening at Forever Young

## REMINDERS:

- 7/1 - Re-enrollment Packets Due!!
- 7/5 - FY CLOSED!
- 7/7 - Wear an Under the Sea or Fish Shirt
- 7/10 - Maintenance Day and PS Open House (Ice Cream!)
- 7/13 - Bring in an Under the Sea or Fish Book
- 7/15 - Bring in an Under the Sea Soft Animal Toy
- 7/28 - Bring in Sea Shells

## 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.

### 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:

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 Themes:

**Fourth of July**  
and  
*Under the Sea*

## 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)

1. Preheat oven to 375 degrees F. Grease (or line with baking cups) a 12 cup muffin pan.
  2. 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.