



Kinship Konnections

January/February 2020

Kinship is going Tubing

On Friday, Jan. 10th our Kinship Kids, their mentors, our Kinship Board and staff will be heading to Detroit Mountain to go snow tubing. Expect to meet new friends, have lots of laughs and giggles and to be thrilled as you race down the tubing hill. Pizza will be provided. Please make sure that everyone dresses warm enough, as we don't want cold fingers and toes. We will meet at the Northwoods bank parking lot at 4:00 and will return by 8:15 or a bit later.



Kinship Game Day at Northern Pines Camp

SUNDAY, January 26, 3:00 to 5:00 pm

Kinship Kids and their Mentors are invited to join us at Northern Pines camp for some fun and activities. The camp has a game room with ping pong, carpet ball, air hockey, and much more and we will also have lots of board games for everyone to play. This will be a fun afternoon to spend time with other Kinship Kids and Mentors, so please join in on the fun. A small snack will be provided.



Return Medical Release Forms!!!

These are *critical, essential and absolutely necessary* for mentors to have when they have your child with them. Without them, they will not be able to get emergency medical care for your child, should they need it, without your permission. We would not want to waste precious time waiting for the emergency department to contact you while your child would have to wait for care. These forms are good for up to one year from the date you sign them. Please complete and return them ASAP. Thank you! These forms are included with this newsletter.

Return Boating & Swimming Permission Forms

The annual permission forms for your child to go boating and/or swimming are enclosed. The form needs to be signed and returned to Kinship before your child can attend any Swim Parties or boating any time in 2020. Please return them now with the medical release form and you will be set for the year! Thank you.

Summer Camperships in process ~

Kinship Kids will have until the end of May to turn in "Campership community volunteering hours into Empowerment Points" to register for camp. Mentees will need a minimum of 5 hours of volunteering time. 1st year campers are priority, and 2nd and 3rd year campers will be awarded a campership based on the highest number of volunteering hours they have. Limitations may apply based on availability of funds.

If you are interested in your child attending camp this summer, please call the Kinship office. 732-0058

Information about local camps is included with this newsletter.

Quick and Easy Meal—But Oh So Healthy

Cheesy Chicken Casserole

Ingredients:

- 1 TB oil
- 1 Cup onion, diced
- 1 Clove garlic, minced
- 1 1/2 Cups reduced sodium chicken broth
- 1 cup instant brown rice, uncooked
- 2 Cups frozen vegetables (broccoli, carrots, corn, mixed vegetables, peas)
- 2 Cups cooked Chicken (shredded or cut up)
- 3/4 cup cheddar cheese, shredded



Instructions:

1. Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes.
2. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
3. Reduce heat to low. Cover and cook for 10 minutes.
4. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

Tips:

Use leftover chicken or turkey. Or cook your favorite way (bake, broil, or grill). Leftovers can be stored in the refrigerator for up to four days.

Fighting the Minnesota Winter Blahs



1. Play games— When was the last time you played games as a family. Or invite the kids' friends or neighbors over and have an afternoon of fun board games.
2. Rube Goldberg Machine—For ambitious kids (or adults), set forth the challenge of creating a Rube Goldberg machine. Not sure what that is? It's one of those contraptions where you might drop a marble into a cup that then lowers to knock over dominoes which then releases a balloon which then...well, you get the idea.

Let them use their K'nex, Legos, paper tubes, string, toy cars, spoons, or whatever else they can imagine (and won't get them into trouble). You can start with the challenge of having their machine close a door and work up from there.

3. Cook & Bake— Help your kids to cook or bake and then enjoy the rewards.
4. Lego's—Break out the legos and see what the kids can create. This can easily keep kids busy for hours or maybe even days.
5. Art Projects—are the kids driving you bonkers? Dig out whatever art supplies you have—paper, glue, stamps, popsicle sticks, anything you can think of, and let them at it.
6. Make paper snowflakes—
7. Movie marathon—get out the popcorn and blankets and watch movies as a family.
8. Snow play—Get out and play. Go sledding, make a snow fort, build a snowman. We live in Minnesota—you need to embrace it!

Our new website will be up and running soon. Check it out.

www.kinshiparkrapids.org