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# *Family*

**October  
2022/  
January  
2023**

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Resources**

**Your Guide to  
Family Friendly  
Events, Kids  
Activities  
& much more...**

***Harvest  
&  
Holidays!***



# Want to work with animals?

## Wildlife Images launches junior zookeeper program

By Ben Maki

Working with wildlife is a calling. A passion.

Wildlife Images has announced a new program to help young people get plugged into this calling in Grants Pass as a junior zookeeper.

It's called the Wolf Pack Junior Keeper Program, and it is designed to help students

12-17 years old get involved with conservation and animal care.

The program meets four times per month — on Saturdays and Sundays — offering a hands-on learning experience.

Each Wolf Pack session includes a lesson and STEAM-based learning opportunities as well as a chance to get hands-on in a variety of animal care areas, including animal husbandry, training, diets, handling, and more.

Wolf Pack members have aged out of Camp EEK! and the education reflects a more mature learning environment. It is still lots of fun, and

it offers plenty of opportunities for students to get involved around the park.

"Wildlife Images is so excited to offer area youth this hands-on opportunity to learn about the wildlife that surrounds them and what they can do to help save wildlife," said Krista Smith, Wildlife Images' Education Manager. "We are thrilled to be training the next generation of conservationists."

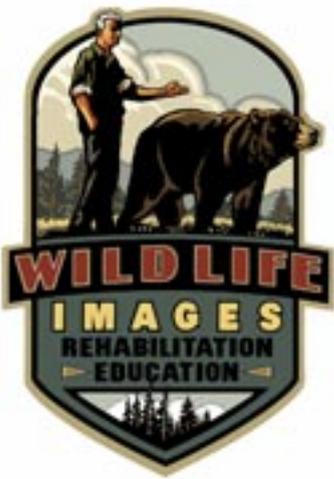
Pack members work alongside experienced staff and volunteers to learn about our resident animal ambassadors and assist in interpreting and presenting this knowledge to the public.

Wolf Pack members also may play an integral role in our Camp EEK! program, assisting in the classroom by leading activities, playing games, and helping campers with crafts and lessons.

The classes are reserved on a quarterly basis in line with the public school year. The first quarter is September-November, and the Wolf Pack meets from 10 a.m.-3 p.m. Pack members are not required to go to all four meetings each month. The dates are offered at the time of sign up to provide families flexibility in their scheduling.

Each quarter is \$600, and Wildlife Images members receive a 10% discount.

For more information, visit [www.wildlifeimages.org/education/wolfpack](http://www.wildlifeimages.org/education/wolfpack)



**Fall and Winter Camps are back at Wildlife Images!**

**CAMP EEK!**  
environment, education, kids

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For Ages 6-11

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# Brain-Building Benefits of Music

What can you do to help your child succeed in learning? Music lessons can be the most important back-to-school purchase you make this year.

If you're not sure this is a true statement, do an online search for information on "Music and the Brain." You will find that there are scores of articles on the subject.

Music has even been shown to enlarge the connection between the left and right sides of the brain called the corpus callosum. The corpus callosum allows both sides of the brain to communicate with each other and is responsible for eye movement and balance. It also holds the largest amount of white matter in the brain. White matter is responsible for communication between nerve cells; thus, the corpus callosum is the communicator for the brain.

Other benefits of music lessons include significant enhancement of listening skills, memory, literacy skills, and spatial reasoning abilities (geometry and other math skills).

Music making also helps develop executive function skills including:

- Paying attention
- More quickly processing and retaining information
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions and behaviors
- Self-monitoring (keeping track of what you're doing)

According to a study published in the online journal PLOS ONE\*, children with musical training exhibit advanced executive function skills during testing.

The scientists who conducted the study discussed the importance of these skills for learning in a press release:

"Since executive functioning is a strong predictor of academic achievement, even more than IQ, we think our findings have strong educational



implications. While many schools are cutting music programs and spending more and more time on test preparation, our findings suggest that musical training may actually help to set up children for a better academic future."

Of course, music not only is great for the brain and learning, it is an important part of life. In fact, it is one of the great joys of life!

When preparing for the new school year, don't forget to include music lessons. It is a gift your child will benefit from - and enjoy - for life!

\*Online link;

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0099868>

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**Saturday, October 15th, 11am to 3pm**

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Event Sponsored by:

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Tuesday, November 29 from 10am to Sunday, December 4 at 7pm

## WEEKEND HOLIDAY EVENTS

Saturday & Sunday, December 3 & 4 10am to 5pm

Tickets sold only at the door  
\$5 per person  
Children under 2 are free  
\$25 per family of 6

Enjoy viewing holiday trees & art pieces; experience The Southern Oregon Adventure; Visit Santa & Mrs. Claus - Family fun for everyone! All events take place at Evergreen Federal Bank's Bear Hotel, 2101 NE Spalding Ave, Grants Pass.



Proceeds help Family Solutions, Kairos, & Options for Southern Oregon provide mental health services to children, adults, & families in our community.

[roguewinterfest.org](http://roguewinterfest.org)

# Southern Oregon Family MAGAZINE

On the cover  
Jaxon Allen

Photo by Heather P Photography

Next issue Birthdays!, Deadline is January 20th



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# Calling All Bakers of All Ages for the 20th Annual Gingerbread Jubilee!



**Gingerbread  
JUBILEE**

Architects of all ages are invited to create imaginative wonders and fantastical objects using gingerbread and other edible materials for this year's 20th Annual Gingerbread Jubilee, a benefit for the Craterian Theater at the Collier Center for the Performing Arts in Medford. The contest is open to interested bakers of all ages and skill levels — individuals and groups, students, businesses, youth organizations, scout troops — anyone who loves the creative challenge of crafting with all-edible products. The deadline for submitting contest entry forms is 4:00 pm November 1st, and gingerbread creations must be delivered to the theater at 23 S. Central Ave., Medford, between 9:00 a.m. – 3:00 p.m. on Sunday, November 13th. There is no cost to participate and creations benefit the non-profit Craterian Theater.

Generous ongoing support from individuals, businesses, and foundations helps Craterian Performances provide high-quality cultural and entertainment opportunities for all ages.

Contest Entry Forms and more information can be found at [www.craterian.org](http://www.craterian.org).

An Exhibition category (not judged for cash awards) is also available. For more information, contact Baker Coordinator, Lynae Williams, at [Gingerbread@craterian.org](mailto:Gingerbread@craterian.org) or Development Manager, Aspen Drosch, at [aspen@craterian.org](mailto:aspen@craterian.org).

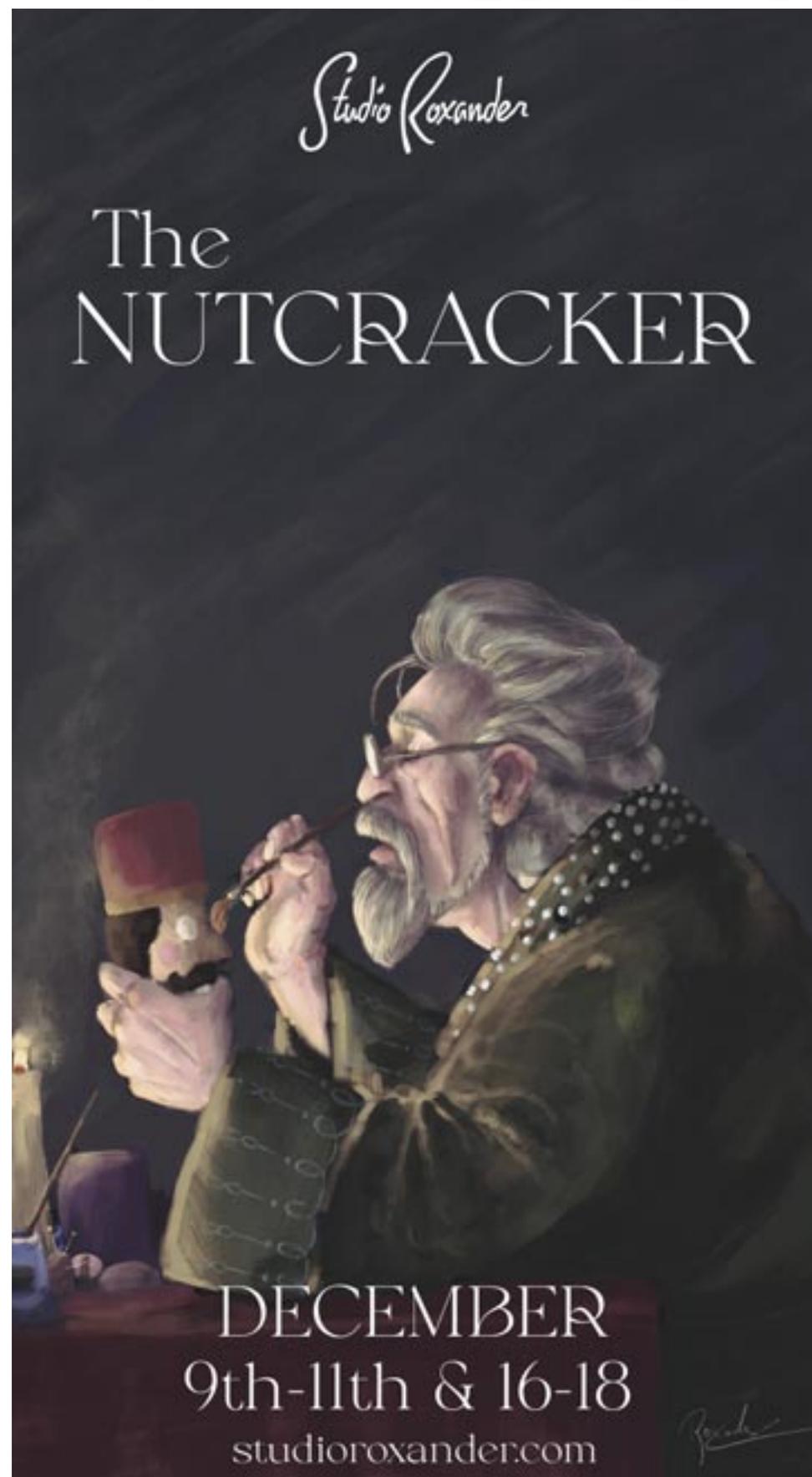


More than \$3,850 in cash prizes – including \$1,000 for Best in Show – will be awarded in multiple categories (adult, group, student, and the new jr. student category for kids under 11). Participants will be invited to attend a Baker's Reception & Award Ceremony at the Craterian. Following the reception, all gingerbread creations are sold at the Gingerbread Jubilee Auction on November 18th and are then featured in the Community Tour that follows. The last in-person Community Tour in 2019 drew nearly 3,000 visitors. Tour hours are 10:00 a.m. – 6:00 p.m. Saturday November 19th, 10:00 a.m. – 6:00 p.m. Sunday November 20th, and 10:00 a.m. – 4:00 p.m. Monday November 21st. Admission is \$3 and benefits the nonprofit Craterian Theater.



The Gingerbread Jubilee is one of the Rogue Valley's most unique benefit auctions and a favorite holiday celebration. Proceeds from this event help make it possible for Craterian Performances to fulfill its mission to increase and enhance the Rogue Valley by:

- Presenting a diverse season of national and international performing artists: Including, for the 2022-23 season: The Buddy Holly Story, Zephyr Cirque Mechanics, Mandy Patinkin in Concert, Catapult Magic Shadows, Forever Young, Postmodern Jukebox Life in the Past Lane, Soweto Gospel Choir, Jefferson Starship, A Celtic Christmas, Straight No Chaser, Shawn Colvin, Marc Cohn and Sarah Jarosz in Concert, Recycled Percussion, Live from Laurel Canyon, Yamato Drummers of Japan, Storm Large, Yesterday & Today the Interactive Beatles Experience, Bette Babs & Beyond, Forever Tango and more!
- Producing high-quality, family friendly, affordable theater featuring local/regional talent by The Teen Musical Theater of Oregon (TMTO) and Next Stage Repertory Company (NSRC) including: Rogers & Hammerstein's Cinderella, Songs for a New World, and Shrek the Musical.
- Providing the Craterian facility as a one-of-a-kind rental resource for countless organizations and individuals in the community, including the Rogue Valley Symphony, Rogue Valley Chorale, Youth Symphony of Southern Oregon, and many more!



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# PARENTING AND HOLIDAYS

Compiled from OPEC's Parenting Together Newsletter by Diana Bennington from The Family Connection

As holidays approach, the demands on families increase dramatically. However, what children need from parents is time and attention, which may be in short supply this time of year. One way to enhance family relationships this season is to establish meaningful family rituals and traditions that help give children a sense of connection, identity, and values.

Keep it simple.

Try not to overextend yourself (easier said than done!). People may be excited and feel more comfortable to attend get togethers this holiday season, but you don't have to say "yes" to every invitation that comes your (or your child's) way. Having some downtime is important for kids, especially for younger children, be mindful of their limitations in order to avoid meltdowns, tantrums, etc.

Think about how you want your family to experience the holidays.

Holidays do not have to be perfect or elaborate in order to be meaningful. The best holiday traditions for children may involve them helping with a manageable festive task or activity.

Focus on traditions that emphasize connections.

Research on happiness has found that the biggest predictor of happiness is the social-emotional connections a person has. Religious families often enjoy attending a service together, which strengthens ties to a particular faith. Working together as a family unit volunteering to do something for others also helps combat some of the commercialism of the season by emphasizing giving rather than receiving. Remembering to check in on friends who may have experienced the loss of a loved one in the past year is another way we extend our circle of concern beyond our immediate family.

Sometimes we need to create new traditions.

Even more so, if there have been major family changes, such as a divorce or remarriage. The best way to identify what might be meaningful to children is to ask them what they look forward to and build on that. What children remember most fondly from last year might surprise you. If you had just

thought of those as one-time only events, consider making them part of your annual traditions.

And it's okay to drop some traditions, too!

If an activity or ritual causes too much stress for a family member who's in charge, it might need to change, be delegated, or eliminated altogether. Remember, the emphasis should be on family, and if parents are feeling stressed, kids will, too. Doing less can create a more meaningful and enjoyable holiday season.

Join The Family Connection for a free parenting program to learn how to destress and meet other parents: [thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents)



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# Grandmas2Go: Volunteer Grandmothers Help the Next Generation of Parents

Early experiences in a baby's life affect the wiring of the developing brain—for better or worse. Research has shown that the first 1,000 days of a child's life are crucial for healthy development. Babies need positive interactions for the best start in life. Our Grandmas2Go volunteers support parents and families to thrive! This intergenerational approach also helps parents deal with the stresses of parenting and everyday life.

Grandmas2Go connects volunteer grandmothers to families from pregnancy to age 5. The grandmothers offer advice and emotional support, especially important for young parents who come from troubled backgrounds or who don't have other positive role models to guide them. The grandmothers can cuddle infants, change diapers, fold baby clothes, read to babies, play with older siblings – whatever it takes to make a child feel safe and loved, and an overwhelmed parent to relax and enjoy their parenting journey. We are compassionate listeners who understand the stress that parents experience.

Our volunteers have the wisdom and experience that uniquely qualifies them to help new families, like a tribal council of elders. For millennia, grandmothers have used their experience and leadership to strengthen families. Grandmas2Go gives senior women an opportunity to use their time and talent to make a modern version of the social safety net – one that benefits the whole community.

We're rebuilding the village and the extended family model that has sustained our species, and we're disrupting the loneliness and isolation for new moms and for senior women. That isolation existed long before the Covid pandemic hit, but it has increased exponentially since 2020. We are giving back to the community and building connections that are changing lives – for babies,



for parents and for senior women.

If you're a senior woman with love in your heart for children and families, come join us. If you're a family needing help and support, contact us ... because it does take a village!

Grandmas2Go Family Coaches is part of the Family Nurturing Center. Call us at 541-779-5242 or visit our website [Grandmas2Go.org](http://Grandmas2Go.org). We are waiting to hear from you!



*Pictured are left to right, Linda Otto and Joy Marshall, Grandmas2Go*

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Learn more at [grandmas2go.org](http://grandmas2go.org)

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# New Year's brings New Opportunities to Grow As A Family

By Tammi Pitzen, Executive Director of Children's Advocacy Center of Jackson County

As the new year begins, many people will begin to make resolutions. They usually involve something regarding exercise, better eating habits, or healthier living in general. What if part of healthier living was a healthier family? I am a firm believer that the best gift we can give our child as a parent is our time. Being "fully present" in your child's life is one of the best ways to be informed about their emotional well-being, reduce their risk for sexual abuse, substance abuse and to increase their resiliency. What does being "fully present" mean? In a busy, hectic life where many parents work long hours to be able to provide food on the table for our family it can



be hard. Begin a practice of eating dinner together as a family at the table as often as you can. You can use this time to

check in as a family. You can play "20 Questions" or if 20 seems like too many decrease the number. Everyone gets a turn to ask a question and everyone gets a turn to answer the question being asked. One of the favorites asked in my family is, what was one good choice you made today? Another great way to "be present" and to have a healthier lifestyle is to schedule family hikes, walks, or bike rides. Start Family Game Night and play board games together. Be creative! Come up with your own new family routine in the new year. The idea is to have on going regular time to talk to your child so that when they have a big issue to deal with they already feel comfortable talking with you. The older your child gets the more awkward it becomes to have discussions about some of the simple things much less the difficult complex things. If they already are in the habit of sharing with you it will come natural.

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# The Ice Rink Season is Open!

The Ashland Rotary Centennial Ice Rink is set to open on Saturday, November 19, 2022. The rink is located at 95 Winburn Way from the Lithia Park playground and has become a centerpiece for the wintertime experience in downtown Ashland. Every November Ashland Parks and Recreation Commission staff turn a parking lot into a public ice-skating rink complete with rental skates, and friendly staff to help all skaters have a safe and enjoyable experience. We're excited to invite all our neighbors and visitors back to the rink for fun-family-friendly-skating!

The ice rink provides a budget-friendly wintertime experience for every member of your family. We have programs available for hockey players and options for you and your children to learn basic skating skills and figure skating with our talented instructors.

On Saturday, December 17 at 4 p.m., the Ashland Rotary Centennial Ice Rink will host our Annual First Frost Gala Community Event. We will have a discounted family skating session from 4-6 p.m. followed by figure skating performances from local skaters. The evening will continue with festive music and skating for all ages until 9 p.m. The figure skating performances are always a treat! Even if you're not an ice skater, the ice rink is an awesome community atmosphere. Despite the cold temperatures, we are sure you'll leave with a warm feeling after enjoying our magical little outdoor rink in Lithia Park!

Keep up to date on our schedule by visiting [ashland.or.us/icerink](http://ashland.or.us/icerink). We may adjust daily schedules to accommodate needs for the community and respond to the weather that can result in schedule changes – Please check the online calendar/website before heading out the door! As of November 19, you can reach the rink directly at 541.552.2258.

The Ashland Rotary Centennial Ice Rink is managed by Ashland Parks and Recreation Commission and sponsored by the Rotary Club of Ashland. Follow us on social media. Facebook & Instagram



Photo by Lanessa Pierce, What to Do in Southern Oregon

An advertisement for the "First Frost" opening celebration at the Ashland Rotary Centennial Ice Rink. The text reads: "Ashland Rotary Centennial Ice Rink FIRST FROST OPENING CELEBRATION DEC 17, 4-9pm". Below this, it lists "Live Music | Figure Skate Performance" and "Family Discount Specials!". At the bottom, it says "For complete details visit: [ashland.or.us/IceRink](http://ashland.or.us/IceRink)". The ad features a photo of two children ice skating and logos for the Ashland Parks & Recreation Commission and the Rotary Club of Ashland.

An advertisement for Rogue Community Health celebrating 50 years. The top section has a dark blue background with a white logo of a stylized 'R' and the text "50 YEARS Celebrating 50 years of service to our community." Below this is a photograph of a female healthcare professional in blue scrubs and safety glasses, smiling and talking to a patient who is wearing a white protective bib. The patient is sitting in a chair, and the healthcare professional is leaning in towards her.

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[www.bugsrus.org](http://www.bugsrus.org)

Specializing in on-site educational presentations for schools, birthdays, or public events.




# HELL'S GATE ASYLUM

HAUNTED HOUSE

Find us at the Fairgrounds this year!  
Open Oct 21-31 - Admission: \$10  
Preview Night Oct 20th - \$7

Location:  
Commercial Building at the  
Josephine County Fairgrounds!

[www.OneElevenTheatreCompany.com](http://www.OneElevenTheatreCompany.com)



# CORN MAZE and PUMPKIN PATCH

## Family Fun All Month!

Oct. 1st - 31st • 10am - 6pm



Launch a Pumpkin in the Pumpkin Chunker, shoot apples from the Apple Blaster, visit the Petting Zoo, ride the Cow Train, enjoy Tasty Treats at our Farm Store, then pick your perfect pumpkin from our 8 Acre Pumpkin Patch.





[www.FortVannoyFarms.com](http://www.FortVannoyFarms.com)  
[events@fortvannoyfarms.com](mailto:events@fortvannoyfarms.com)  
See us on facebook

Buy fresh! Get your fresh produce at our year-round Farm Stand  
Fort Vannoy Farms, 5791 Lower River Rd., Grants Pass

# Magic Man

COSTUME & FUN SHOP

Open 7 Days a Week • [magicmanshop.com](http://magicmanshop.com)

MEDFORD	GRANTS PASS	GRANTS PASS
541-776-5818	541-956-4420	541-507-1485
880 Biddle Rd	1624 Williams Hwy.	216 SW G St.
Bear Creek Plaza	Safeway Plaza	Town Center Plaza

Costumes and Gifts for All Ages!  
OPEN YEAR ROUND  
• Wigs • Shoes  
• Masks • Accessories  
• Make up • Hats  
• Gifts - Novelties  
• Collectibles & More!

Contact Us for "Nightmare Chamber" Tickets



## 2022 HAUNTING SEASON

Fri. & Sat. 5:30pm to 9pm 9/30 & 10/1, 10/7 & 10/8, 10/14 & 10/15, 10/21 & 10/22  
Friday 10/28 5:30pm - 9pm • Saturday 10/29 5:30pm - 10pm  
Sunday 10/30 5:30pm - 9pm • Monday 10/31 5:30pm - 10pm

LOW SCARE ALWAYS AVAILABLE UPON REQUEST  
Admission \$10.00 credit & debit cards accepted  
[frightmaretheatre6](mailto:frightmaretheatre6) • [frightmaretheatrehauntedhouse@gmail.com](mailto:frightmaretheatrehauntedhouse@gmail.com)

Frightmare Theatre reserves the right to refuse admittance to anyone who is hostile, aggressive, obnoxious or intoxicated. All proceeds go toward Brighton Academy School's operating fund.

# TWICE THE TERROR!

#1 RATED HALLOWEEN ATTRACTION IN OREGON  
BY HAUNTS.COM AND OREGONHAUNTEDHOUSES.COM

## NIGHTMARES ON THE ROGUE

MEDFORD, OR

## CARNIVAL OF CHAOS

EAGLE POINT, OR

[WWW.NIGHTMARESONTHEROGUE.COM](http://WWW.NIGHTMARESONTHEROGUE.COM)



**Welcome back**

**to having someone to talk to.**

If you struggle with mental health or substance use issues, please know you're not alone. Our providers are ready to help with counseling, substance use and recovery treatment, and more. And if you're a Jackson Care Connect member, it's free.



[jacksoncareconnect.org/care](https://jacksoncareconnect.org/care)

