

**Welcome to the February 2010**  
**“Thanks Dad”**  
**E News letter**



***“Winner of Best photo taken by Primary School photographer 2009”***

Photo taken by Zoe Oldfield of Western Australia

Don't forget to take pictures of your family having fun together this Festive season and send them to us to share with others and celebrate the great times spent with our kids! New entry forms available to download off our website at [www.thanksdadphotos.org.au](http://www.thanksdadphotos.org.au)

**Thanks to all those who entered our Christmas photo competition – the winner is :**



Photo was taken by Lisa Ainsworth of Tenterfield

Congratulations – we will be sending out your prize shortly!

Take a minute to check out our website (see above link) – it now features all 2009 entries, past newsletters, locations of the exhibition as it travels around the country as well as the winners.

You can now also simply snap a moment on your mobile phone and send immediately to us at [tdpcoord@communityconnections.org.au](mailto:tdpcoord@communityconnections.org.au) and you will be entered into this year's competition.



## **Family Friendly Valentine's Day Ideas**

Valentine's Day is traditionally a holiday celebrating romantic love between couples, but it can be an excuse to celebrate all kinds of love. If your budget won't stretch to include a fancy dinner at a five-star restaurant with your partner this year; you're a single, separated or divorced parent; or you'd simply rather include your kids in your Valentine's Day celebrations this year; here are a few easy and low-cost ideas to help you create a family friendly Valentine's Day.

### **Valentine's Day Crafts for Kids**

Most kids love making arts and crafts, and holidays are a great excuse to break out the paint, paper doilies, construction paper and glitter glue. Make valentines for each other, for your children's friends and classmates, and don't forget to make a few for your friends too! Handmade valentines are a wonderful expression of affection and love for all the special people in your life. Kids also love to make decorations to display around the house and in your front windows.

### **Valentine's Day Treats**

Heart-shaped sugar cookies, love heart candies and cinnamon hearts all say, "I love you." Turn sweet treats into a family celebration by baking them together, learning how to make fudge or decorating edible valentines with icing and candies. Other treats include a special family outing or event, which show loved ones that you care and want to spend time together without breaking the budget or blowing your diet.

### **Create a Valentine's Day Surprise**

There is something thrilling about finding a secret love note, a hidden bag of candy or a flower delivered to you at school or work, no matter what your age. Valentine's Day is

the perfect holiday to surprise someone you love with a special treat they're not expecting. Here's a few ways to deliver a sweet surprise to your kids, partner or friends on Valentine's Day.

- Send a Valentine to their cell phone by text.
- Write a love note on the bathroom mirror.
- Set the table for breakfast with red napkins, handmade valentines and a special edible treat (whether that means chocolate-dipped strawberries, homemade waffles or normally forbidden foods – it is up to you!)
- Hide some candy hearts and a valentine in their lunch bag, coat pocket or purse.
- Almost everyone loves to receive flowers, even kids and teens. If you're sending flowers to a teen at their school or home, consider writing something like, "From your greatest admirer" on the note. Younger kids will probably still appreciate getting flowers from mom or dad.

Valentine's Day can be a fun excuse to be playful and sweet about love, whether that love is romantic or familial. Families can celebrate Valentine's Day with handmade crafts, edible treats, a family outing or a sweet surprise. Showing your love doesn't have to be expensive or fattening, just look for a way to show you care that fits your own family. Happy Valentine's Day!

## **Chocolate Fondue**



**Serving size: Serves 2 – 4 (depending on how much everyone wants!)**

**Cooking time: Less than 15 minutes**

**Course: Dessert**

### **INGREDIENTS**

250g chocolate, broken

100ml cream

1 tablespoon hazelnut liqueur

To dip: strawberries, cherries, banana, cake, marshmallows etc

### **METHOD**

Place chocolate, cream and liqueur in a small saucepan (or fondue saucepan). Stir over low heat until chocolate melts. Dip strawberries, cherries and banana and cake into the melted chocolate and eat immediately.

## Picture and story



This is a photo of my husband Greg and our daughter Erin leaving on a bus to attend a black tie event of her graduation from the Royal Australian Navy College, HMAS Creswell as a Midshipman Seaman Officer on June 26th 2009. It was taken by Greg himself and Erin could only take one person to the Graduation Ball held the evening of her passing out parade and she chose her dad. She is 18 and now based at HMAS Watson after 22 weeks at HMAS Creswell, Jervis Bay, in her first phase of training as a Seaman Officer.

As Erin's 'father' and I separated when I was 4 months pregnant with her - she has known Greg as her dad since she was 8 months old - they share a special bond and he was very proud to see her graduate last month. They think alike and he has always encouraged her to pursue her dream to join the Navy.

I too was very proud and just love this 'self portrait' taken on the bus on the way to the venue.

**By Donna De Lanty**

Have a wonderful February with your children!

Kay Knights  
Thanks Dad Photos Organiser  
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PS: If you would like us to take you off the list to receive this newsletter then please send us an email to [tdpcoord@communityconnections.org.au](mailto:tdpcoord@communityconnections.org.au) letting us know.