



# EAGLE EYE NEWS

Echo Lake PTA Newsletter

OCTOBER 2009



## Imagine Replacing "Ought To" with a New Perspective

I don't know about you, but it takes until late September for me to settle into a new school year as a parent, in my job, and in my volunteer activities. Part of me is reluctant to give up the freedom, lighter calendar, and lower responsibility level of summer.

This year I'm intrigued by a new perspective on this transition. (It is different enough that it may take a few paragraphs to describe, so stick with me on this.)

When I looked at my various to-do lists, I had the sinking feeling that there wasn't enough time for all my tasks and commitments. I was ready for a new perspective: It offered help in getting out of the rut of listing "what do I have to do?" and "what do others want me to do?" and then squeezing in a little "what would I like to do?". Instead, this new perspective urged me to change the question to "what enhances my family's life and my life?" It in-

vites me to set aside the voice in my head that says I "ought to" do this or that. It also allows me to be honest and relaxed about my answers.

This new perspective seems to lift a weight from some tasks I feel I "have to do" by helping me recall how *rewarding* they are. I find that I also am able to see differently and say "no" to other activities when I ask, "Is this fulfilling for anyone?" It allows me to focus on things that are truly rewarding for us rather than just ones that some commercial says we'd enjoy.

For example, we've all heard parents complain how children today spend too much time plugged into various technologies. When I reviewed *my own* use of those technologies, some were "life enriching" and some looked a lot like our complaint about "kids today." I remember the time I just listened to what my husband and son said about each of their gadgets and edged them to choose a board game we all could play instead. It

proved more engaging and enjoyable for us all!

This new perspective emphasizes a truth we don't hear enough from our culture: "If you want others to be happy, show compassion. If you want to be happy, show compassion." That's a great way to explore what is "life enhancing."

I encourage you to take a look at the activities listed in this newsletter and in the volunteer form that recently went home, and ask our new and different question: "How might this enrich our children's lives and my life?" You may want to find out more about a few of these activities to answer the question. When I look at PTA activities from this viewpoint, I'm amazed at how many are ones that parents have proclaimed afterwards how much more rewarding volunteering was than they expected.

This fall, let's make choices that inspire us to say, "That activity really meant something

to our children!". . . "I helped make that event a success!". . .

"Volunteering was fulfilling for me on a deeper level than most things I do!"

You'll be glad you did... and so will our kids.

**Jocelyn Hudson**

*Echo Lake PTA President*



### Thank you!

Many thanks to the following people for their help with the Room Parent Tea:

Mrs. Crosby  
Mrs. Bemis  
Mrs. Boykin  
Johanna Polit  
Kendra Mirante  
Bess Tanaka

Questions about being a room parent? Call Terry Stevens-Ayers, Room Parent Coordinator, at 206-542-9938.

**Echo Lake PTA  
2009-2010  
Executive Officers**

**President  
Jocelyn Hudson**

**Co-VP Ways and Means  
Sean Fleming  
Krista Fleming**

**Co-VP Socials  
Susie O'Donnell  
Heidi Triesch**

**Secretary  
Michele Hamilton**

**Treasurer  
Kathy Lynn**

**Contact us:  
[echolakepta@hotmail.com](mailto:echolakepta@hotmail.com)**

*Soaring to New  
Heights!*

**EVENT CALENDAR**

**October**

6: PTA Board Meeting, 7 p.m.  
9: No School - Teacher Work Day  
14-16: ADK-6, Parent/Teacher  
Conferences, Early Dismissal 11:50  
27: PTA Roller Skating Night

**November**

11: No School - Veterans Day  
13: PTA Dads and Doughnuts  
25: Early Dismissal 11:50, K - 6  
26-27: No School - Thanksgiving

**Green Tip of the Month**

As the autumn leaves begin to fall, gather them using your trusty yard rake. One hour of using a gas-powered leaf blower produces as much combustion emissions as a car puts out while traveling 350 miles – all in your yard! You can also use those leaves to feed your lawn. Go over the leaves with a mulching mower, pulverizing them along with grass clippings for a compost-rich lawn feeding.

**Skate Night on October 27**

Join us for roller skating on Tuesday, October 27, from 6 to 8 p.m. Roller Skating Night will be held at Lynnwood Bowl and Skate at 6210 200<sup>th</sup> St. SW in Lynnwood. The PTA is providing a reduced price of \$3 per skater, which includes skates. In-line skates are \$2 extra. The snack bar will be open, selling pizza by the slice, hotdogs, sodas, and other snacks. Please contact us with questions. — Susie O'Donnell, 206-365-4163 or Heidi Triesch, 206-914-1366.



**Echo Lake PTA Seeking a Legislative Chair**

PTA needs your help! Are you interested in being a voice for kids? Want to dip your toe in the water with PTA, learn more about how PTA works to help children across our state and have a positive impact on your local community? The Legislative Chair committee position is open and looking for someone like you!

The Washington State PTA is a very active, vital lobby in the General Assembly and this position serves to watch the issues before the State PTA (which are frequently updated on the WSPTA website) and help keep our families informed of the resolutions that are being considered by reporting at monthly board meetings. In many years our Legislative Chair has attended the annual fall Legislative Assembly, where you would have the opportunity to learn about the many issues that are addressed in the PTA platform. Also, there is an annual PTA focus day in Olympia where PTA members and their families from all across the state gather at the capital to show support and witness government in action.

Echo Lake PTA is a fun, supportive group that respects people's busy schedules by keeping meetings short and productive. We welcome everyone and always have delicious treats at every meeting! Please consider joining us. For more information, contact your PTA volunteer coordinators: Terry Stevens-Ayers ([jtsayers@pacifier.com](mailto:jtsayers@pacifier.com)) or Johanna Polit ([johannapolit@comcast.net](mailto:johannapolit@comcast.net)).

**More Volunteers Needed!**

A special thanks to all those who have stepped up to be committee chairs already (you know who you are, and we'll publish a full list next month), and if you have not volunteered already, please remember to return the bright orange "Join in the Fun...this year, Pick One!" volunteer form which came home in kidmail. We're looking forward to seeing you volunteering at an event this year!

