

# JUNE 2015: CELEBRATING DADS AND GRADS



## Food

Vito's family-famous turkey chili.



## Fun

DIY printable placemats and cards for Father's Day.



## Conversation

Spark a lively conversation with our Conversations of the Week.





## Graduations: Imparting Wisdom for the Next Stage of Life

“Behind every worthwhile human achievement, big or small, there is, at least, one small act of kindness.”

-Forrest Whitaker

“You’ve got to trust in yourself and know what your internal passion is and that’s what’ll drive you to success.”

-Steve Wozniak

Each year, speakers at high schools and colleges across the country share their most important life lessons with the assembled graduates. Our friends at The Good Project make an annual tradition of compiling their favorite commencement speech moments, which are fantastic fodder for dinner conversations! Check them out at [thegoodproject.org](http://thegoodproject.org), or use some of these conversation starters about graduation at your next family mealtime.

- 1 Graduation is sometimes called “commencement,” which means “a beginning.” Why do you think it’s called this, even though we usually think of it as ending something?
- 2 If you could choose any school in the world to graduate from, which would you choose and why? What would you study there?
- 3 Finish this sentence: “In fifty years, I will say that my greatest achievement was \_\_\_\_\_.”



## FOOD: VITO'S TURKEY CHILI



In honor of Father's Day, this recipe comes to us courtesy of Executive Director Lynn Barendsen, her husband John, and John's dad, Vito. John says, "My father used to make a really robust chili with sausage and beef. Then he became sick and he couldn't eat a lot of what he used to enjoy. Nonetheless, he still loved to cook, so he worked to adapt his recipes as best he could. In a small way, this recipe represents my dad's resilience." John also notes that his dad wouldn't have added the cheese and sour cream many people love on top of their chili, and that the toppings – while delicious – aren't necessary to enjoy Vito's special chili recipe.



### Roasted Asparagus with Shaved Parmesan

#### Instructions:

1. Heat oil in a large pan. Add onion and cook over medium heat for 5 minutes, stirring often.
2. Add turkey and cook, stirring, until it changes color (about 5 minutes).
3. Add garlic, spices and black beans. Stir over low heat for a minute to coat the turkey in the spices.
4. Add tomatoes and juice and, if using, chipotle.
5. Bring to a boil, breaking tomatoes apart with a wooden spoon.
6. Cook, uncovered, over medium to low heat for 30 minutes or until the mixture is thickened.
7. Taste and adjust spices. Serve hot with toppings if desired, such as cheese, avocado, cilantro and sour cream.

#### Ingredients

- 2 Tblsp. olive oil
- 1 large onion, chopped
- 1 lb. ground turkey
- 4 large cloves garlic, minced
- 1/2 Tblsp. chili powder
- 1/2 Tblsp. ground cumin
- 1/2 Tblsp. dried oregano
- 1/2 tsp. hot pepper flakes salt and pepper to taste
- 1 (15-oz) can black beans, drained and rinsed
- 1 28-Oz can whole tomatoes, with juice
- Optional: 1 chipotle chile (canned in adobo), chopped







## FUN

Last month, we shared printable placecards to make Mother's Day a bit more memorable. This month, it's Dad's turn to shine, so we've got DIY printable placemats and cards to help capture the spirit of your Father's Day celebrations.

Your Printable Resources are at the end of this Newsletter and can also be downloaded here:

[thefamilydinnerproject.org/newsletter/june-2015-celebrating-dads-and-grads](http://thefamilydinnerproject.org/newsletter/june-2015-celebrating-dads-and-grads).



FATHER'S DAY	
<b>Conversation Starters:</b>	<b>A picture for my dad:</b>
<p>What is the best gift you've ever received?</p>	
<p>When you are upset, what helps calm you down?</p>	
FATHER'S DAY	
<b>Conversation Starters:</b>	<b>A picture for my dad:</b>
<p>Tell me something you learned today that you think I might not know.</p>	
<p>If you were a utensil, which you be. Why?</p>	
<p>Do you think it's possible to change the world? Why or why not?</p>	
<b>Your name:</b> _____	



## CONVERSATION

Spark a lively conversation this month with one of our most popular Conversation of the Week posts, like this one about MVP awards in sports.



## A MOST VALUABLE DINNER CONVERSATION

It's that time of the year again when basketball aficionados debate who should be awarded the 'most valuable player' title. Last year's MVP was the Thunder's Kevin Durant and upon receiving his award, he gave this powerful speech where he thanked and shared his love with many of his family members—his mom in particular (if you watch, be sure to have tissues handy). While the jury's still out on who this year's winner will be, here are some conversation starters on the topic that are sure to score big at the table tonight:

How would you define the term "valuable" in the title 'Most Valuable Player'?

Think of a team you are on or a group you are part of. Who would you vote the 'MVP' of your team/group? Explain why you chose that person.

Do you think sports, whether professional or not, should assign the title 'Most Valuable Player'? Why or why not?

In the Kevin Durant video, Kevin ends by saying that his mom is the real MVP. Who in your life would you give the title 'MVP'? It can be more than one person. Explain why you chose each Most Valuable Person.

Do you think you are a competitive person?

Is it important for you to receive awards/trophies or be recognized for your contributions to a team or group? Why or why not?

What's your favorite sport to watch? To play?



See more at [thefamilydinnerproject.org/blogs/conversation-of-the-week/](http://thefamilydinnerproject.org/blogs/conversation-of-the-week/)

The Family Dinner Project Printable Placemats:

1. Print on standard 8.5 x 11 Paper. 2. Cut along red cutlines. 3. Write your names. 5. Set them on the table & have fun!

Cut Line

# FATHER'S DAY

## Conversation Starters:

A picture for my dad:

Tell me something you learned today that you think I might not know.

If you were a utensil, which you be. Why?

Do you think it's possible to change the world? Why or why not?

Your name: \_\_\_\_\_

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# FATHER'S DAY

**Conversation Starters:**

**A picture for my dad:**

What 3 words would you use to describe our family?

What makes you laugh really hard?

You have a sailboat big enough to sail around the world. Where would you go?

A large rectangular area with a dotted border, intended for drawing a picture of the father.

Your name: \_\_\_\_\_

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# FATHER'S DAY

## Conversation Starters:

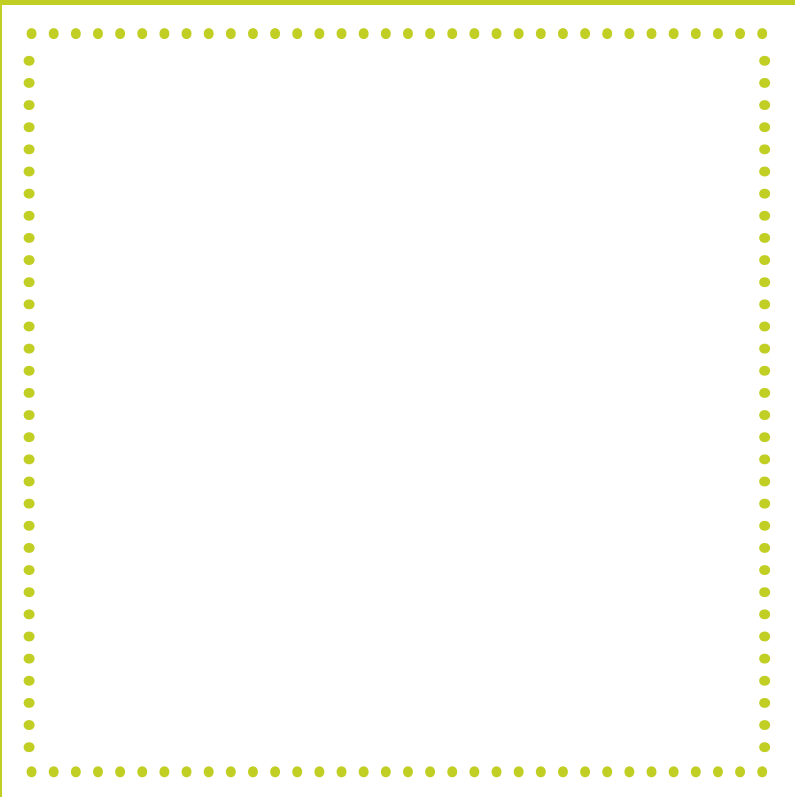
A picture for my dad:

What does it mean to be brave? When have you been brave?

What is one thing you did today to help other people?

If you could live during another time in history, when would you want to live? Why?

Your name: \_\_\_\_\_





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Cut Line

# FATHER'S DAY

## Conversation Starters:

A picture for my dad:

What is the best gift you've ever received?

When you are upset, what helps calm you down?

What is the hardest thing about being your age? What is the best thing about it?

Your name: \_\_\_\_\_

# The Family Dinner Project Printable Father's Day Card:

1. Print on standard 8.5 x 11 Paper    2. Cut along red cutlines    3. Fold along brown fold lines    4. Fill out your answers    5. Give it to your Dad

Cut Line

BACK

Fold Line

FRONT



From \_\_\_\_\_.

**HAPPY FATHER'S DAY!**

What 3 words would you use to describe our family?

If I spent a whole day with my dad, we would:

One thing my father has taught me is:

One word I would use to describe Dad is:

Fold Line