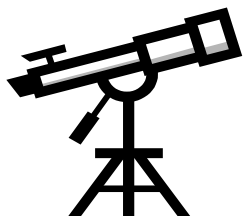




Take Me To Your Leaders

Coordinator	Cheri Eastwood 543-2210
Finance	Elizabeth Skinner 255-0229
Special Events	Denise Bauer 263-7719
Creative Activities	Michele Johnson 264-0345 Ann Combs 271-8197
Hospitality	Dawn Baker 873-0373 Lori Settles 492-3299
Moppets Coordinator	Mary Furnish 219-9111
Moppets Curriculum	Sherry Kenney 421-8254
D-Group Coordinator	Susan Marshall 296-2791
Mentor Moms	Anne Layton 278-1883 Ginny Ellington 223-1517
Publicity	Cathy Cramer 263-9362



"For where two or three come together in My name, there I am with them." Matthew 18:20

Mission Specialist: Amelia

Amelia Brown is the Fayette County Extension Agent for Family and Consumer Sciences. She graduated with an Undergraduate Degree in Family and Consumer Sciences and a Master's Degree in Career and Technical Education. Amelia will earn her Doctorate in Educational Leadership Studies in May.

Amelia is known for her sweet smile and her friendly, enthusiastic attitude, but more than that, she is known for her work with the Kentucky Organ Donor Affiliates, or KODA.

Amelia knows first hand what it is like waiting for a transplant, because while in college she developed a very serious illness and diagnosed with a failing liver, thus was put on the organ donor recipient list to receive a new liver as soon as possible. After 4 (or more) years of frequent hospitalizations, pain and illness, Amelia finally got the call late one night to get to the medical center, her liver had arrived.

this issue

- Take Me To Your Leaders **P.1**
- Mission Specialist: Amelia Brown **P.1**
- Spring Fees **P.2**
- Building our MOPS Community—Cheri **P.2**
- Little Dipper (MOPPET Children) **P.2**
- Step by Step Update **P.7**
- Kentucky Refugee Ministries **P.8**
- Upcoming Missions **P.9**

Amelia knows that God stepped in that night and saved her life, because she was so ill that she had to crawl down the steps of her apartment building to meet a friend who took her to the hospital.

Amelia has since spent much of her time speaking for local civic groups, youth groups and professional organizations, telling her story and talking about the importance of organ donation. She is a living miracle.

Continued on Page 7



Fun Websites

To join book discussions or share your book favorites and reviews with friends, join the free site. If you join, look me up. (Cathy Cramer)

<http://www.Shelfari.com>

Creative Homemaking
Recipes, cleaning tips, home decorating, gardening, organizing, budgeting, and more

<http://www.creativehomemaking.com/>

Frugal living site

<http://www.bellaonline.com/site/frugalliving>

MOPportunities

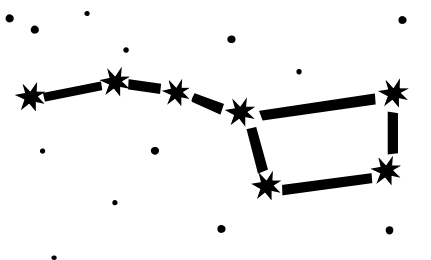
Tupperware business:
Lori Settles
loristupperware@insightbb.com,
www.my.tupperware.com/
lorissetles
859-492-3299

Karen Tallon Photos
504 Rosemont Garden
Lexington, KY 40503
Karentallon.com
(859) 333-9154

Mary Kay Consultant
Jessica Holbrook
jessholbrook914@hotmail.com
(859) 325-0174
(859) 368-0882

Rodan & Fields Dermatology
The Creators of Proactive
Contact Rachelle H. Brown
Phone: 806-3181
Email:
rachelle.higgins@insightbb.com

To include your business, contact Cathy Cramer at accstc@yahoo.com



Spring Dues- \$25

If you have not yet paid your spring dues please remember to turn in your \$25 to Elizabeth Skinner, Finance Mom. Our dues help cover the cost of the activities and crafts that we do together in MOPS. Checks can be made payable to TCCC MOPS.

Contact *Elizabeth Skinner, Finance Coordinator* at nicadliz@windstream.net or 255-0229

Stellar Commendations

Rob Silver at **HEARTFIT** for a door prize of four weeks personal training

Dawn Baker for **Melting Pot** gift certificates.

The **Rockin' Rockets** and **Shining Stars** groups for today's brunch.

Little Dipper (Moppet Children)

By Sherry Kenney

This month our children will be learning about how much God loves them! Our Bible verse is John 3:16. The children will play a game called "Who Does God Love?"

They will also be making "Love Bugs" to take home and give to a friend or family member they would like to tell about God's love.

Children will learn this rhyme based on the Bible verse:

For God so loved the world

(point up, then hug self and spread arms wide),
He gave his only Son.

(cradle arms like you're holding a baby)

Jesus came to show us that

(cradle arms like you're holding a baby)

God loves each little one.
(Point up, then point to a child.)

-Sherry Kenney



Building our MOPS Community

By Cheri Eastwood, Coordinator



It is time for our group to start considering who will be leading us next year and continuing to nurture the wonderful community of moms that Tates Creek Christian Church for the last ten years has allowed us to build through the use of their building, their financial support and the participation of many of its members, especially our Moppet volunteers. Our Steering team helps plan the meetings for the year and creates a welcoming and supportive environment for us as moms to come together to not be alone, to support each other, to make friends, to learn about God, to help others. I appreciate the work that our team has done to do help us accomplish these goals.

It is important for each of us to consider if God is putting a little bug in our ears to get more involved in this wonderful group of moms and children. If so, there are many ways to be more involved. There are smaller roles and larger roles and some with certain requirements, but all help our group. Helping serve our little community is also a great learning experience.

- We have a leader that works with our Discussion group leaders.
- We have a mom that puts together activities for us to do outside of our regular moms meetings.
- We have hospitality leaders who help set up for our meetings, plan games, treats, and/or prizes for our group.
- We have a coordinator that helps lead the meetings and helps everyone's ideas be heard.
- We have a Moppet leader who coordinates all our volunteers and sets up our kids' rooms for each meeting, which is a paid position who must attend TCCC.
- We have a Moppet curriculum leader who plans the activities for the older Moppets using any of the curriculum guides we provide.
- We have a mom who organizes and publishes our monthly newsletter and creates publicity materials.
- There are d-group leaders who help guide our small group discussion time and keep in touch with the members of the group.
- We have one or two moms who plan our crafts or special activities portion of our meetings.
- We could use a couple of Moppet volunteers in the rare event we are short-handed one day to help watch one of the classes.
- We could have a publicity helper in the summer.
- A mom could help organize the Moppet Volunteer Appreciation Brunch in May.
- Another smaller job would be to take pictures and create our photo directory.

If you are interested in any of these areas, please contact or talk to one of our mentor moms, Ginny or Anne, or our coordinator Cheri. Please feel free to ask any of our current steering team about their positions. There are ways for us to share responsibilities that makes the work more evenly spread. If we ask you to serve on this team, please consider it a compliment and an opportunity. Don't wait to be asked! Let us know where you would like to make a difference. We surely can't do it without you, and we appreciate your consideration!

- Cheri Eastwood, Coordinator

Save Green, Go Green

During this time of economic uncertainty, many individuals are thinking of new, creative ways to save money. From the gas pump to the grocery store, Kentuckians are spending wisely and conserving to stretch their dollar. But why stop at the gas pump or the grocery store? Consider the dollars that can be saved by going green. The following tips are simple ways YOU can save money while conserving natural resources and reducing waste. **At home:**

- * Buy items you use frequently in bulk to save money and reduce packaging.
- * Use ingredients, such as baking soda and vinegar, to make your own nontoxic cleaners.
- * Purchase an ENERGY STAR qualified programmable thermostat to regulate your home's temperature.
- * Repair broken items instead of throwing them in the trash.
- * Lower the thermostat on your water heater to 120°F.
- * Plant a garden with all your favorite vegetables.
- * Don't throw items you no longer use in the trash. Instead have a yard sale or donate items to a local charity. Many charitable



organizations, such as Goodwill, offer tax incentives for donating items.

- * Fast food restaurant meals often come with a lot of packaging. Reduce waste and save money by preparing meals at home.

At work:

- * Take advantage of technology. Email documents and messages when possible. Post items, such as newsletters, upcoming events, and flyers on the Internet. Pay bills online if possible.

- * Think before you print.

- * Use both sides of paper for printing, copying, and taking notes.

- * Update mailing lists to reduce returned mailings and unneeded printing.

- * Turnoff computers, printers, and other equipment when not in use.

- * Eating out, especially fast food, can create a lot of waste due to packaging. Instead take your lunch. Once a week have a potluck meal with co-workers.

- * Use reusable cups, plates, and utensils.

- * Use rechargeable batteries.

- * Carpool, bike, or walk to work.

- * Need furniture? Restore what you already own or shop at second-hand stores.

When shopping:

- * Take advantage of online services, such as Craigslist and Free-cycle, to find new or second hand items.

- * Run multiple errands at once to save gas.

- * Use reusable bags.

Many stores offer discounts for bringing your own bag. Pennies add up to dollars!

- * Shop at consignment shops, thrift stores, and yard sales.

- * Buy items that are packaged in containers that can be reused. For example, glass jelly jars can be used to hold nails, screws, and other odds and ends.

- * If you planned to be parked for longer than 10 seconds, turn off your engine. Vehicle idling wastes gas and money, and causes increased vehicle emissions.

- * Forgo eating out and pack a snack or meal. Packaging and uneaten food can result in a lot of waste for the environment and your pocket book.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky, College of Agriculture

It's Not Easy Being Green..... Or Is It?

By Beth Gawlik

When you're spending all your time changing your baby's diapers, chasing your toddler, and answering your four-year-old's unceasing questions adding one more thing to your priority list can seem overwhelming. You might think that going green sounds like a great thing to try when your kids are older, but not something that fits into your crazy lifestyle right now. However, there are several ways you can go green with your kids and even get them involved in taking care of the beautiful world God made.

One of the easiest places to start is in your own neighborhood. When the weather warms up, take a walk around your neighborhood and bring two bags with you: one for recyclables and one for garbage. If you still have a child in a stroller this is even easier because you can just set the bags in the stroller's storage compartment. When you get home, just empty the bags into your recycling container or garbage can. You can even turn this into a spiritual teaching moment by telling your children that God created us to be stewards of the earth and this means we have to take care of it. I started doing this before my son was walking. Now, at the age of five, he routinely points out and helps pick up trash whenever he sees it. He even says, "I show I love God by picking up garbage."



Of course, you can't clean up your neighborhood and completely ignore your own home. Look around your house and see if there's anywhere you can save energy and decrease waste. The good news is this frequently also results in saving money. Wherever it's practical, replace your incandescent light bulbs with compact fluorescent bulbs. These use a fraction of the energy that the old incandescent use and last much longer. Speaking of lights, another easy way to save some energy is simply to turn off lights when you're not in the room. This can be a hard habit to start when you're chasing your toddler from room to room, but once you start it becomes second nature. Just be careful you don't leave your husband in the dark when you leave your bedroom. I've done that on more than one occasion ☺.

Think lunchboxes are only for school kids? Think again. You can reduce waste, save money, and eat healthier by packing a snack or a lunch when you're out and about. If you'll be running errands all afternoon, pack your food instead of going through the drive-thru. If your kids are old enough to have a favorite color or

character, have them choose their own lunchbox. The blow of not eating a *Happy Meal* is greatly softened if you're eating chicken nuggets from home out of your *Dora the Explorer* lunchbox. When packing your lunchbox, think reusable, not disposable. Invest in some small containers to pack things in. Instead of a juice box, put juice in a leak resistant sippy cup or thermos. Pack a sandwich in a reusable container instead of a bag. Don't buy small bags of chips or crackers. Buy a big bag and just pack a handful. And remember, lunchboxes are for Moms too. Your stomach will thank you for packing a sandwich or a salad instead of scarfing down a chili dog.

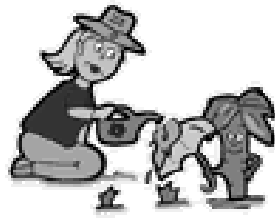
If you have time and space, consider starting your own vegetable garden in the spring. Have your kids help you pick out what vegetables to grow. Vegetables might gain some status in your house if the family planted and harvested them. Even if you don't grow your own vegetables, you can buy fresh local ones during the growing season at the Farmer's Market. Considering growing or buying more than you need and then canning or freezing them to use in the winter months.

You know all those fliers that get stuck in your front door? You'll never even read most of them, but don't throw them in the trash. They can be recycled. You can toss them in your

Continued from p.5
recycling bin or, if your kids are craft lovers, use them for coloring pages, collages, etc. Your junk mail could be turned into priceless treasures.

Most of our kids have an awful lot of toys. Make a habit of periodically going through the toy bin with your child and picking out a few to give away. You can pass them on to friends or neighbors, give them to a store such as Goodwill or the Salvation Army, or have a garage sale. When it's time to buy new toys or clothes for your kids, look at consignment sales or secondhand shops first. If you're done having kids, find new homes for outgrown toys and clothes instead of just letting them clutter up your house. Sure, it's okay to hold back a few things for future grandkids or visiting nieces and nephews, but you don't really need to keep all of it. Other moms will be able to use your old treasures instead of buying new ones.

A discussion of going green with preschoolers



wouldn't be complete without a mention of cloth diapers. If you've never used them, you probably think of them as horribly old-fashioned and inconvenient. It's true that cloth diapers are a little more work and cost more money initially, but they actually aren't much more work once you get into a routine. There are cloth diapers being made now that are all one piece and fasten with Velcro just like disposables fasten with tape. (You can view and compare different types of cloth diapers at many websites, including my favorite, www.diaperpin.com.) The only real additional work is in washing them. In my experience, this means doing two or three more loads of laundry a week, depending on how many diapers you

own. Since you'd be doing laundry anyway, that's not a huge burden. But what happens when you put your child in the church nursery or hire a babysitter? In my experience, most caretakers are willing to have a short lesson on how your cloth diapers work. Even if they aren't, just using cloth when you're home with your baby or toddler can result in a huge savings both for the earth and for your wallet.

As I hope I've shown, going green with preschoolers can take a little extra work, but it's more than worthwhile in the end. It can be fun for you and your family, it leads to a healthier lifestyle, and it even saves money. Most importantly, to paraphrase my son, we can show God we love Him by being good stewards of the world He asked us to take care of.

- Beth Gawlik.

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Out of This World

Events for Kids (Not associated with MOPS)

The Explorium introduces its Preschool Day Camps from 9 a.m. - noon. Preschool Day Camps are designed for 3-5 year olds. **Dinosaur Discovery**, March 8 **Discover the world of dinosaurs**, learn about fossils, paleontologists, and dinosaurs in this fun day camp. **Storybook Playtime**, March 31 In this day camp we will explore different children's classics as we read, explore, play games and make crafts. The fee is \$15 per child, with \$10 due at registration. Registration forms can be picked up at the front desk or by emailing Kristi Barrowman, Education Coordinator, at barrowman@explorium.com.

Central Lexington Public Library—Springtime Drop-In Craft for Children, Friday, March 5, 10 AM—1 PM. Draw a map of your spring garden, make a paper flower, and get **your very own seed starting cup!**

Step by Step Update and A BIG Thank You!

By Cheri Eastwood

I would like to thank everyone who offered to give of their time and resources last month to help out the young moms of **Step-by-Step**. Those of you who wanted to be there to participate and those of you who donated food, and many who did both.

Thank you so much! Unfortunately, things did not go as we planned. It is good to know that we can pull together such a big task as feeding up to 140 people! Wow!

The best part is that we still have the opportunity to work with this great ministry. Someday, we will hear from one of the founders of this group and hear the passion she has for these young moms.



But **in two days, March 11th**, we can show up to serve this group and help them enjoy their time out as they learn about being better moms, women and how much Jesus loves them.

Please consider coming with us to help serve dinner and play a game Thursday evening at 6pm next door at Immanuel Baptist Church. Sign up today or e-mail Cheri at cherjess@insightbb.com.

Amelia Brown,
Continued from Page 1

The Extension Service provides speakers to talk to the public about "Going Green", an important issue in today's society.

Amelia will be giving the MOPS group today a presentation on what we can do to help "save the planet". Thank you, Amelia, for being with us today.

- Ginny Ellington



The Green Good Book

"The LORD God took the man and put him in the garden of Eden to till it and keep it."
- Genesis 2:15

"In His hand are the depths of the earth; the heights of the mountains are His also. The sea is His, for He made it, and the dry land, which His hands have formed." - Psalms 95:4-5

"O LORD, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures." - Psalms 104:24

"The LORD by wisdom founded the earth; by understanding He established the heavens; by His knowledge the deeps broke open and the clouds drop down the dew." - Proverbs 3:19-20

"Ever since the creation of the world His eternal power and divine nature, invisible though they are, have been understood and see through the things He has made." - Romans 1:20a

Kentucky Refugee Ministries

Apartment Set Up Supplies

Bedroom: *Please note sizes of sheet sets*

Twin or Full: pillow case, flat sheet, fitted sheet	
Pillow (1 per person)	
Blanket (1 per person + 1 or 2 extra per family)	
Hangers	
Alarm Clock	
Laundry Basket	

Bath:

Full sized towel (1 or 2 per person)	
Hand towel (1 per person, 4 per family)	
Washcloth (2 per person)	
Bath mat	
Toothpaste (1 per family, 2 if over five people)	
Toothbrush (1 per person)	
Deodorant (1 per person as age appropriate)	
Razor (1 per adult)	
Feminine hygiene product	
Toilet Paper (1 package per family)	
Soap (2 or 3 per family)	
Shampoo/Conditioner (1 per family)	
Toilet Brush	
Trash Can	
Shower Curtain/Liner/Rings	

Dining:

(2 per person)	
Bowls	
Dinner plates	
Smaller plates	
Cups (if there are small children, try to include some plastic cups)	
Glasses	
Silverware	
Table cloth	

Kitchen:

Paper towels	
Paper napkins	
Pots & pans (1 lge pot, 2 smaller pots, frying pan)	
Strainer / Colander	
Cutting board	
Mixing bowl (1 or 2 large enough for family)	
Cookie sheet – 2 (lge, small)	
Baking dish – 2 (lge, small)	
Teapot	
Canisters	
Scissors	
Dish towels, dish rags (3-4)	
Sponges (3)	
Storage containers	
Plastic wrap or Ziploc-type bags	
Mixing spoons (2 or 3)---slotted, wooden	
Spatulas (2-3)	
Manual can opener	
2 knives 1 small, 1 large (for cutting bread & meat)	
Dish soap	
Broom & dust pan	
Mop	
Trash can & bags	
Spray multipurpose cleaner	
Dishwasher soap if needed	
Laundry detergent	
Powdered cleanser / spray cleanser	

Upcoming Missions

Special Events—Denise Bauer



March 3 – Moms & Kids

We'll meet at the UK Arboretum at 10:00am and join in there "Lil' Sprouts" program. On this day, the kids will take a walk and plant pea seeds. They will also make a "seed cup" to take home and observe their seeds grow! If the weather's nice, bring a picnic lunch if you like to stay a bit longer. Cost for this event is \$1 per child, please sign up/cancel ASAP so the Arboretum is prepared. Visit www.ca.uky.edu/arboretum/cal_events.php for more information.

Monday, March 15 – Moms Night Out

Say buenas noches to the kids and join us for dinner at Abuelos (adjacent to Fayette Mall) 6:30pm.

March 18 - Moms & Kids

Playdate at 10:00am at TCCC in Critterland.

Tuesday, March 23 – Moms & Kids

Let the playing begin! Let's meet at 11:00am for some playtime and lunch at Chick-Fil-A on Nicholasville Road.

Thursday, March 25 – Moms Night Out – Rescheduled from January

Want a better you? Join us at TCCC at 7:00pm for a short "sample" yoga class by Debbie Akers and what should be a great talk from Wellington Family Chiropractic's "Dr. Dutch." Debbie is a certified yoga instructor and would love to introduce you to this easy form of exercise. Dr. Dutch is a Chiropractor that will discuss raising healthy kids and helping ourselves as well.

Wednesday, April 7 – Moms & Kids

It's tour time! We'll meet at 9:30 at the Liberty Road Post Office and let Willie show us around.

Monday, April 19 – Mom's Night Out

Let's have some fun and fondue at the Melting Pot! We'll meet for cheese & chocolate at 6:30.

Tuesday, April 27 – Moms & Kids

Join your MOPS friends at 10:00 for a no-fuss playdate. Location to be determined.

Thursday, April 29—Moms and Kids, Musikgarten of Lexington

There are two classes: Birth—2 1/2 10-10:30, 2 1/2 and Up 10:45-11:15, at Chapel Hill Presbyterian Church. There's a playroom for the kids between classes.

Friday, May 7 – Moms & Kids

Let's go enjoy some sunshine! We'll meet at Woodland Park at 10:30am. There are plenty of picnic tables, so bring a sack lunch if you want.

Thursday, May 20 – Moms Night Out - TENTATIVE

Back by popular demand! Join us for an evening of fun. We'll start out at 6:30pm with appetizers at ? (or coffee and dessert if you prefer) and then head into the mall for an old fashioned scavenger hunt! Prizes will be awarded to the winners! Teams will be made once sign-ups are done. If you have a preference who is on your team just let me know! If you want to join in for just the scavenger hunt feel free (just let me know)!

Tuesday, May 25 – Moms & Kids

Join your MOPS friends at 10:00 for a no-fuss playdate. Location to be determined.

StarDate

March 2010

Sun Mon Tue Wed Thu Fri Sat

	1	2	3 Arboretum 10:00 AM	4	5	6
7	8	9 MOPS 9:00	10	11 Step by Step meeting	12	13
14	15 Abuelos 6:30	16	17	18 Critterland 10:00	19	20
21	22	23 Chic-Fil-A 11:00	24	25 Yoga 7:00	26	27
28	29	30	31			

April 2010

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7 Post Office 9:30	8	9	10
11	12	13	14	15	16	17
18	19 Melting Pot 6:30	20	21	22	23	24
25	26	27 Moms & Kids	28	29 Musik garten	30	