

# THE DAILY PLANET

Where Super Moms Get Their Information

JANUARY 2010

## SAVE THE DATE!

January 28  
MOPS

Playdate at  
Big Bounce

February 11  
Next MOPS  
Meeting



“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

Winston Churchill

Farmington

MOPS  
Mothers of Preschoolers

## Tips for Getting Organizing in 2010 by Mandi Ehman

If getting organized — or finding better ways to organize — is one of your goals or resolutions for 2010, you're not alone. It is definitely one of the top ten resolutions made each year. **Today, I want to look at 5 ways you can set yourself up for success when it comes to getting organized in 2010:**

### 1. Start small.

If you look at your home as a whole and write “get organized” on your **to-do list, you're going to fail.** There are too many drawers, cabinets and crevices where stuff hides for you to tackle this project as a whole. Instead, start by choosing *one* room in your home. Now, pick *one* drawer or cabinet in that room. That is where you should start. Completely clean out, declutter and organize that space and then move on to the next.

Now, it is important to acknowledge that getting organized sometimes takes a more holistic approach. I prefer to empty out all of the cabinets and drawers in a room and then work on organizing and finding homes for everything from there. However, if you're just getting started, approaching it in smaller tasks is a great way to set yourself up for success. **There's always time to reorganize and perfect your system later, but moving through each area quickly gives you a sense of accomplishment and builds a momentum that will help you reach your goal.**

### 2. Declutter.

If you truly want to get organized in 2010, there is no way around decluttering. You have to look at your stuff with a discerning eye and make the hard decisions about what to keep and what to get rid of. **Even the most organized system loses its effectiveness when overwhelmed by stuff, and the less stuff you have, the easier it will be to get organized.**

### 3. Give yourself a blank slate.

A common mistake when trying to organize a space is to simply move **things around within the drawer or between drawers and cabinets.** To create an organizational system that is easy to use and will last, try pulling everything out of the space you're organizing. Set it on a flat surface such as the floor or counter so that you can see all of it at once. Then, begin grouping like items and thinking about where things should be put away so that you can easily find them.

**Starting with a blank slate gives you room to start fresh without the constraints of your old system.** It also becomes a motivating factor of its own. Because you start with a clean, uncluttered area, you're more likely to think twice about every item you put back in it, which helps in the decluttering process.

### 4. Expect it to be an ongoing process.

Your organizational systems will naturally move from order to **disorder if you don't make an effort to maintain them.** Getting organized is not a one-time event. Rather than letting this discourage you, look at it as an opportunity. **You don't have to achieve perfection the first time around because you will be able to continually tweak your system.**

### 5. Don't fall prey to others' expectations.

**I truly believe that getting organized will only last if you find a system that works for you.** Sure, you could replicate a Martha Stewart system perfectly, and it would look organized. But chances are that you won't be able to maintain it because it's not *your* system and it doesn't take your needs, preferences and lifestyle into consideration.

**Don't let yourself become discouraged by the idea that you have to achieve this organizing nirvana in order to be truly organized. Instead, create your own systems that reflect your personality and vision for the space.** Try recycling different containers as storage for arts and crafts supplies, and you should think outside of the box when it comes to organizing every area of your home. You will be much more likely to maintain it if it meets your needs, even if it's not a system you would see sold in stores!

## Verse of the Week

“You are my lamp, O Lord; The Lord turns my darkness into light. With your help I can advance against a troop; with my God I can scale a wall.”

2 Samuel 22:29-30.

## Crockpot Corner

“People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas..”

### BBQ Pork for Sandwiches

#### Ingredients:

1 (14 oz) can beef broth

3 lbs boneless pork ribs

1 (18 oz) bottle barbeque sauce



1. Pour can of beef broth into slow cooker, and add boneless pork ribs. Cook on High heat for 4 hours, or until meat shreds easily. Remove meat, and shred with two forks. It will seem that it's not working right away, but it will.
2. Preheat oven to 350 degrees F (175 degrees C). Transfer the shredded pork to a Dutch oven or iron skillet, and stir in barbeque sauce.
3. Bake in the preheated oven for 30 minutes, or until heated through.

## Inspirational Moments

### The Blessing Box by Lynne Chapman (Bellaonline.com)

Will you make a New Year's Resolution, determining to make the next year a better one? Did you know that you can transform an ordinary life to one of excitement with one simple habit? A joyful life comes from recognizing the joy God sends our way every day and expressing gratitude to Him. Take charge of changing an ordinary existence to a life of joy and expectation of good things to come. Do this by making a daily habit of acknowledging God's gifts.

#### An Exercise for the New Year

Find or create an attractive box, something that blends with the décor or stands out as an accent piece. It can be as simple as a decorated cardboard box or as unique as a rare antique. Place it in a prominent or private location where you will see it everyday. Place a small pad of paper and a pen near the box.

**Begin:** Name your blessings. A blessing can be your child's smile, your spouse, a loyal friend, or your church. It is also a special moment with family or friends, a job, enough food, or your health. Your belief in your eternal home, is a blessing. Think of the best things in your life. Write each one down on a slip of paper, date it, thank God for it, and place it in the box.

"Ralph Waldo Emerson observed that if the constellations appeared only once in a thousand years, what an exciting event it would be. Because they're there every night, we barely look." On This Day (Robert J. Morgan)

**Every Morning or Evening:** Think over the previous day and put at least one new blessing into the box; dated. These can be answered prayers, funny things that happened, pleasant moments, surprises, the kindness of a stranger, a Bible verse that spoke to you, etc. You may have to think hard to find a blessing to put into the box but, with each day, it will become easier, because it is God's will for you!

**Always be full of joy in the Lord. I say it again—rejoice!** Philippians 4:4

**No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.**

1 Thessalonians 5:18

**And whatever you do or say, let it be as a representative of the Lord Jesus, all the while giving thanks through him to God the Father.** Colossians 3:17

**The most important role of your Blessing Box:** On those days when you are down, depressed, disappointed, let down, sad, PMS, etc. open the Blessing Box and read through your many blessings. Remember to express your thankfulness to God for each one. Watch your mood and your life improve.



## Health Matters

10 Strategies for Parents to Get Active and Become Healthy Role Models by Greg Simmons

- Get Involved:** Volunteer to help with your child's sports team, youth group, dance or martial arts class (fundraiser, coach, asst coach)
- Year-Round Activities:** Take advantage of every day and every season. **Winter:** skiing, tobogganing, skating, snow shoveling and snow forts. **Fall:** hiking, raking leaves, road hockey. **Summer:** swimming, basketball, camping. **Spring:** soccer, cycling, fly a kite.
- Pack'n'Go:** Include the children in your activities. **Babies, Toddlers:** Hiking (back pack carrier), cycling (bike trailer or child seat), jogging/walking (jogger stroller). **School Age Children:** Jog beside your child on their bicycle cycle, hike, inline skate, etc. with older children. **Adolescents:** Challenge to a game of one on one, invite them along for an outdoor game.
- Smart Activity:** Incorporate exercise and education. Games need to be age appropriate. Nature hikes: I spy, identify plants animals or scavenger hunts. Shoot a game of 21(basketball) and incorporate studying (get a basket for 2 points, and answer a question (4x4, or the capital of Nova Scotia, etc.) and you get a bonus point. This is limited only by your imagination!
- Time Share:** Take turns watching neighbor's or friend's children and get them involved in activity, active game or sport. When it's your turn to leave your kids, workout differently than if your children were with you. Go to the gym or a fitness class.
- Gift of Health:** Give gifts to your kids that promote activity: registration for swimming, new bike, ball glove, skateboard, etc.
- Solo Time:** When the kids are in an organized activity, take advantage of this time and go for a walk, go to the gym, etc.
- Join a gym with child care:** Many facilities have child care while you workout, some have junior memberships, others have facilities for all ages: skating, swimming, fitness. Join a facility that best suits your family.
- Brain Food:** Combine nutrition, food preparation and education. Teach your children about healthy eating by giving them a role when making meals. Explain to them the nutritional contents of food or how to read food labels. (You might learn a few things yourself).
- Video Fit:** Exercise with your kids to fitness videos, yoga, dance, etc. When they are younger they may just watch, but as they get older they will want to do it just like Mom or Dad.

We too often expect our children to "act their age." Parents could learn a lesson by not acting their age but turning back the clock and remembering how much fun being a kid can be. Increased activity and more time spent together as a family will reward all involved. Living a healthy lifestyle is a lesson parents must take responsibility for and what better way than leading by example.



## KIDS' SPACE [www.familyfun.com](http://www.familyfun.com)

Kids can delight their feathered friends by decorating a snow angel with a mosaic made of birdseed.



### Materials

- Various types of birdseed (like thistle, corn, sunflower and safflower)
- Cups
- Pine boughs

### Instructions

1. This angel is easiest made by a team: One partner lies down to make a snow angel while the other partner stands by to help the maker get up without messing up the imprint.
2. After the imprint is formed, pour cups of birdseed into the angel, filling the head and body with bands of variously colored seed.
3. For a finishing touch, add pine boughs for the angel's spreading wings.



## OUT AND ABOUT



# Robotics

Now thru March 27  
10:00 a.m. – 5:00 p.m.  
Tue - Sat

This exceptional exhibit at the [E3 Children's Museum & Science Center](#) includes a variety of hands-on educational interactives. Engage in sensing, thinking, and acting activities where visitors can fool the motion detector, participate in simple programming, compare human and robotic actions, and even race a robot. **Admission**  
\$5.00 Adults  
\$4.00 Seniors  
\$3.00 Children 12 & under (children under 2 are free)

**Toddler Playdate at the E3 Children's Museum & Science Center** every Wednesday from 10:00am-noon. Visit Tots Turf with your crawler, toddling walker, and climber. Playdates are designed for families with young children to develop early motor skills and find new playmates.

### At the Library:

Reel Readers: Monday, January 18 at 6 pm.  
Read the book and come to watch the movie. This month  
*Persuasion* by Jane Austen

Children's Story Time will begin again on Feb. 1, 2010. See [www.infoway.org](http://www.infoway.org) for times and all other events

## It's Easy Being Green



We can recycle most plastics and papers, glass and cans, but what about those big items you have starting to collect in closets or the garage? How do you get rid of those in a "green" way? One solution is to **Freecycle it!** Most cities these days have a Yahoo! Group set up for *Freecycle*. You can usually Google search your town's name and the word *Freecycle* and find it. Joining the group is free and puts you in contact with many other people in your local community who care about the earth just as much as you do and don't want to see it getting junked up. The idea behind *Freecycle* is that you post your unwanted material and others who want it will be able to come pick it up – freely. It is a way to recycle or repurpose goods that you no longer want.



## Household Tips and Tricks

### Resources for Getting Organized:

*The One-Minute Organizer Plain and Simple* by Donna Smalling

*Let Go of Clutter* by Harriet Schechter

*Managing Life with Kids: Simple Solutions to Organize Your Family and Home* by Mary Caroline Walker

*Unclutter Your Life in One Week* by Erin Rooney Doland

*Sink Reflections* by Marla Cilley

*Organize Now!: A Week By Week Guide To Simplify Your Space And Your Life* by Jennifer Berry

*House Works: Cut the Clutter, Speed Your Cleaning and Calm the Chaos* by Cynthia Townley Ewer

*The Busy Mom's Guide to a Happy, Organized Home* by Kathy Peel

*Desperate Households: How to Restore Order and Harmony to Your Life and Home* by Kathy Peel

### Organizing Websites:

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

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

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

[www.organizingyourway.net](http://www.organizingyourway.net)

[www.simplemom.net](http://www.simplemom.net)

[www.simplify101.com](http://www.simplify101.com)

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

# MOPS NEWS

## MOPS Playdate at

### Big Bounce!

3050 E. 20th Street

Farmington, NM 87401

Time: 10-12

For children ages 5 and under

\$5 per child who is bouncing

Food is available for purchase at Big Bounce

### Cell Phones for Soldiers

Please bring all your old cell phones and cell phone accessories (no cell phone cases). We will be sending them off in the spring to help send phone cards overseas to our military personnel so they can call home. The website for more info is [cellphonesforsoldiers.com](http://cellphonesforsoldiers.com).



Our next MOPS meeting will be **February** ! We look forward to seeing you!

Food for next MOPS meeting will be provided by:  
**The Purple Table**

Also, please bring cheerios, graham crackers, goldfish or pretzels for Moppets

### ChildHaven Fundraiser

We are going to have moms and children donate any change each month to a bottle we have at the front table to raise money for **ChildHaven**. Our goal is to fill it full of change throughout the whole year and then we will give ChildHaven a check in the amount we raise.

## MOPS 2009-2010 Steering Team

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Do you have an article, book review, announcement or recipe you would like to submit to the MOPS **DAILY PLANET** newsletter? Send it to Jennifer Jackson at [jacksonj002@yahoo.com](mailto:jacksonj002@yahoo.com).

Check us out, we're on the web! <http://www.orgsites.com/nm/farmingtonmops>