



Crockpot Corner

Cranberry Pot Roast

“My doctor told me to stop having intimate dinners for four; unless there are three other people.”
~Orson Wells

3 cups beef broth
1 cup water
2 (14.5 ounce) cans cranberry sauce
1 (4 pound) beef chuck roast
salt and ground black pepper to taste
3 tablespoons all-purpose flour
2 tablespoons vegetable oil
1 large sweet onion, chopped

1. Bring the beef broth and water to a boil in a saucepan over high heat. Stir in the cranberry sauce until dissolved. Pour the sauce into a slow cooker set to High.
2. Meanwhile, season the beef roast with salt and pepper, then sprinkle evenly with the flour. Heat the vegetable oil in large skillet over medium heat. Cook the roast in the hot oil until brown on all sides, about 2 minutes per side. Transfer the roast to the slow cooker along with the chopped onion.
3. Cook until the roast easily pulls apart with a fork, about 4 hours.



Health Matters

If you are a guest of a Thanksgiving dinner:

- **Don't go to the Thanksgiving dinner hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.
- **Thanksgiving dinner is not an all-you-can-eat buffet:** fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- **Turkey - go skinless:** choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.
- **Side Dishes - watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again moderation is the key.
- **Drink plenty of water:** alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

If you are the honorable chef of a Thanksgiving dinner:

- **Substitute** high fat ingredients with lower-fat or fat-free ingredients.
- **Leftover Turkey?** Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables.
- **Experiment with new recipes:** we did a search on Google and found numerous delicious, yet healthy low-fat contemporary Thanksgiving recipes. Experiment!



Inspirational Moments

Teaching Your Children to be Thankful

- Have your child make a thankful list.
- Lead your children in prayer thanking God for the things that they are thankful.
- Memorize a verse about thankfulness.
- Encourage them to thank others.
- Help your children to think of others who are not as "fortunate" as they are.
- Practice giving to others. One thing we've enjoyed in the past is Operation Christmas Child. Another idea is to adopt a child through Angel Tree Ministry.
- Practice serving others. Check and see where you can volunteer with your children. Some ideas are homeless shelters, food pantries, and nursing homes.

Show Your Children that YOU are Thankful for THEM!

- Write a note about how thankful you are for them and put in on their pillow, backpack or lunchbox.
- Thank them all day long for the things they do for you!
- Modeling thankfulness for the things they do will go a long way toward fostering a thankful attitude towards you.



KIDS' SPACE

www.familyfun.com

Add a touch of color -- and order -- to the kids' table with this clever marker holder. To inspire holiday artwork, use plain white butcher paper as a tablecloth, or just supply a few sheets of paper.



Materials

- Bread knife or fine-toothed saw
- Styrofoam ball (ours was 7 inches in diameter)
- Brown acrylic paint and brush
- Scissors
- Card stock
- Glue dots
- Googly eyes

1. Using the bread knife or saw, cut the Styrofoam ball in half. Paint it brown and let it dry. Cut out a card stock beak and snood, and use glue dots to attach them, along with googly eyes, to a card stock head. Use more glue dots to attach the head to the ball.
2. Make holes in the Styrofoam with the ends of the markers, pressing each straight down about an inch deep.

GREAT WEBSITES!

youvegotsupper.com (they will send you recipes and a shopping list every week, free!)

allrecipes.com

cooks.com



OUT AND ABOUT



Holiday Craft Fair

Saturday, November 28

8:00 a.m. – 5:00 p.m.

In the Exhibit Halls at the Farmington Civic Center. For more information, call (505) 599-1145.

Farmington High School Kelly Greens Arts & Craft Fair

November 21, 9am-3:30pm
Farmington High School

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.

Musical Mondays at the Farmington Museum

We will be outside when the weather is fine and inside when it is cold or rainy.

Every Monday from 10:00am we will have a small craft and an interactive circle of singing, movement, and storytelling. You should bring: a voice ready to sing, a body ready to move, a toddler (or two), sunscreen, sunhat, water, blanket, and snacks for later.

It's Easy Being Green



Lots of toys and electronic products around your house? Switch to rechargeable batteries. You will limit toxins that leak into the earth from old batteries and save money at the same time!



Household Tips and Tricks

Top 10 Hints and Tricks from clearclutter.com

1. Clear out your refrigerator before you go grocery shopping this week.
2. Rotate your clothing. You know those shirts you keep piling your freshly laundered shirts on top of? Put them on top this week. Then either wear them or get rid of them!
3. Throw out catalogs. It's easy to find what you need online.
4. Allow time for being human (spills, upsets, even joys).
5. If you're more pressed for time than money, order in. Dinner, weekly groceries, dry cleaning, even videos. Why not?
6. Set up automatic bill payment.
7. Make a big pot of stew or soup for the week. Freeze it in single serving containers. Remember to label the containers.
8. Gradually replace your high maintenance clothing with easy wash & wear fabrics.
9. Your cell phone - friend or foe? Do you control your phone or does it control you? Turn it off when you've got things to do. Or when you just need a little peace.
10. Leave room to grow. Clear out a little more space than you think you need. You'll be glad you did.

MOPS NEWS MOPS 2008-2009 Steering Team

Ready to get more organized with your meal planning? *The Dinner Solution* is a unique software program that allows you to plan out your dinners on a calendar, and then instantly print a complete grocery list! Enter and organize your recipes and create your own menus, or use the menus included in the software. You can also organize freezer meals, print freezer labels, a freezer inventory list, and more! *The Dinner Solution* is offering our MOPS group a 20% discount. For more information or to purchase, visit www.thedinnersolution and use coupon code **MOPS2524**. (Only available for Windows, they do not have a Mac version at this time.)

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.

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.

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Our next MOPS meeting will be
December 10! We look forward to seeing
you!

Food for next MOPS meeting will be
provided by:
THE BLUE TABLE

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

MOPS Fees for the 2009-2010 year:

MOPS International Fee: \$23.95 for the year. Due at the time of registration. Need help? Sign up to work in MOPPETS for one meeting and we will pay your MOPS Intl. fee!
Monthly meeting fee: \$7.00 per month. This can be paid all at once, or at each meeting. This is necessary to help us pay for childcare workers, hospitality, supplies, printing costs, etc.

Thank you to **Only Hearts Club** for donating dolls
for our monthly drawing! Check out their web-
site at www.OnlyHeartsClub.com

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.

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