



# Home and Beyond



January 3, 2007

**News Moms Can Use!**

Volume 3, Issue 4

Graham Emmanuel Baptist MOPS

www.orgsites.com/wa/gebcmops

## Goals for the New Year? Compiled by MOPS Leadership



Let's face it! Moms of Preschoolers are very busy people. Does the mere mention of New Year's Resolutions put immediate guilt into your mind? Typically, New Year's is a time when people reflect on the changes they would like to make in the year to come. Getting healthier is usually one of women's top priorities. Oftentimes busy moms begin a New Year excited to change and then get discouraged when they don't meet their expectations for themselves.

This year, instead of focusing on many goals at once, begin to shift your focus to making some life-long changes one step at a time. The following are some suggestions to help make some small changes to make you healthier without going crazy. Remember, if you slip up one day, try not to get discouraged, but try again the next day. Overall, if you take care of yourself, the entire family benefits because you are a

happier, healthier mommy and wife.

1. Drink water! Drinking water will not only hydrate you, it also can curb your appetite and give you extra energy. Start by counting how much water you drink currently in a day. Then, add two more glasses to your regiment.
2. Start a food journal. Writing down what you eat during the day is time consuming, but it does stop you from finishing junior's macaroni and cheese or Susie's half eaten cookie. Purchasing an inexpensive kitchen scale can help you to measure portions using the nutritional guides on packages. You can also purchase books to help keep track of nutritional information that may not be listed on labels.
3. Plan how you can add exercise to your life-long schedule. You may not feel a gym membership will work for you or your budget. However, exercising regularly can be as easy as coming up with a home

4. When you buy your veggies, make sure to bag them up in little bags so when your on the go you can just grab a healthy snack versus junk food. This helps in showing a good example to the kids too.
5. Ask a friend to hold you accountable for you goals. Work out together or just call each other with encouragement.

All in all, begin small, build success, and continue. You can do it!



### Kids Make Us Chuckle

\*\*\*Grandma in the belly? In an effort to familiarize my 3-year old son, Montana, on his extended family, I pulled out the photo albums one evening. One of the albums was started on the day I found out I was pregnant. I took various photos to show the progression of my pregnancy. In one particular photo, I was about 7 1/2 months pregnant. I posed bare midriff with my dad, who has a typical mid-life "beer belly" as a comparison photo. I pointed to



my extended belly and said "That's Montana in momma's belly" To which my son pointed to my father's belly and said "Is grandma in grandpa's belly?" Kim M. Robinson in christianmommies.com

\*\*\*"I am a preschool teacher and our kids were eating breakfast one morning and discussing where they were born. One little boy said "I was born at Sacred Heart".....a little girl sitting next to him, said "I was born at Sacred Heart too". The little boy turned to her, very concerned and said, "Really? I didn't see you there." Vicki in christianmommies.com

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"He lives with you and will be in you"  
John 14:7

### Food Rotation

- Jan. 17 yellow, green
- Feb. 7 blue, orange
- Feb. 21 - silver, pink





## The Home Factor: Begin Here....

### Mentor Mom Moment

Proverbs 8:12 "Wisdom and good judgment live together, for wisdom knows where to discover knowledge and understanding."

Take a moment to listen today to what your children are trying to say. Listen today, whatever you do and they will come back to listen to you.

Here's how to improve your listening ability;

\*Look at your child and pay attention to words and body language.

\*Be available to talk, even about sensitive subjects,

without overreacting.

\*When your child wants to talk and you are busy or can't give full attention, explain why you can't listen right now and set a time for later.

Our mentor moms are: Billie Brackeen, Peggy Gillispie, Sue Miller, Shirley Smiley, Maryanna Swartout, Carol Velke, and Debbie Tapia.



### The Cozy Kitchen Hot Soup & Cool Pasta

#### Minestrone Soup:

\*Combine the following in a large saucepan or crock pot:

2 1/4 Cup water  
Carrots & Celery  
Onion

1 1/2 tsp bouillon cubes  
1/4 tsp basil  
1/4 tsp oregano  
1/8 tsp pepper

\*Bring to a boil, then reduce heat and simmer for 15 minutes (crock pot: let sit on low all day)

\*Then, add one 15-oz can cut-up tomatoes, one 15-oz can red kidney beans, 1/2 ounce thin spaghetti, and two slices bacon, crumbled. Optional: Add 1/2 cup zucchini, 1/2 cup cabbage, corn or beans.

\*Return to boiling, reduce heat and simmer 15

minutes more. (Crock pot: cook noodles first, then simmer for 1 more hour on low). Sprinkle with parmesan cheese.

#### Perfect Pasta Salad

\*Pasta: your favorite shape or color

\*Cheese Cubes

\*Raw Veggies: pick your favorites such as carrots, celery, peppers, broccoli, zucchini, olives, garbanzo or black beans, frozen peas, or corn.

\*Dressing: pick your favorites such as Ranch, Caesar, Italian, or honey mustard, oil and vinegar.

\*Boil, drain, and cool the pasta. Add the rest of the ingredients and refrigerate. The salad is best if made several hours before eating.

### Happy Birthday

Jan. 13: Kelly Wallace  
Jan. 23: Lisa Smith  
Jan. 31: Elsa Kemps



### Free Car Seat Checks



Today's speaker, Dana Reeves provided us with a list of free car seat checks in our area.

Pierce County:

Mary Bridge Hospital in Tacoma. Every Tuesday from

9:30-11:00am

King County:

Valley Hospital: 2nd Wednesday 5-6:30pm

Ikea Parking Lot: Last Wednesday 9-10:30am

Highline Hospital: 3rd Thursday 11-12:30

Auburn Hospital: 2nd Thursday 1-2:30

### Little Breath of Heaven

No new babies to announce this month.

Please pray for Kim Peterson as she is currently on bed rest. .



Continue to pray for our expecting mummies and our mummies with newborns!



# Going Beyond Announcements



## Graham Emmanuel Baptist Church

Sunday Worship and Praise  
9:00-10:00am and 10:30-11:30am

Children's Church during 1st Service and  
Children's Sunday School during 2nd Service

"To know Christ and make Him known"



Ladies Aerobics at GEBC in the chapel

Monday Evening: 6:30-7:30

Tuesday Mornings: 9:30-10:30



## MOPS Mom's Night Out:



### Nordstrom's Bra Fitting Night

Coming Soon...We will have another bra-fitting night at Nordstroms along with dinner at the Café or nearby restaurant.

Dates will be announced at our next meeting.

Reminder: 2nd Semester Dues will be collected Feb. 7th: \$40.00. See Andi Schaefer with questions.



## Butterfly Lunch

Pack a sack lunch for you and your kids and join us after MOPS on Thursday, Jan. 17th for lunch!



## Steering Team

Coordinator/Co-Coordinator

Melissa Istre

360-832-3408

Leslie Fleshman

253-846-6021

Discussion Group Team Leader:

Cathy DeHut

360-893-5288

Finance/Registration

Andi Schaefer

253-845-2024

Care Team Coordinator:

Heather Bullion

253-846-9680

Hospitality Coordinators:

Brandi Boatman

253-846-9018

Elsa Kemps

253-425-652-1222

Crafts Coordinators

Yelena Vieliky

253-722-7701

Kristina Linkem

360-893-3386

Moppets Coordinator

Christina Jorgenson

360-832-6002

Publicity Coordinator

Jodi Heller/253-847-1535

Speaker Coordinator

Megan Marble

253-948-7979

Table Leaders

Ann Beringer—Blue

360-893-8987

Heather Bullion--Silver

253-846-9680

Shannon Grimes—Green

360-832-4604

Nikki Heinrich—Yellow

253-847-7112

Heather LaRue—Pink

253-847-4757

Kelli Mann—Purple

253-445-4161

Rayna Porter—Red

360-832-4072

Kori Vaninetti—Orange

253-847-5710

## Safety Tips for Kids & Parents

To go along with our safety theme for today, we are taking a break from craft ideas to give you some safety tips. These are from "Safety Kids Club Coloring Book" provided by [www.verizonwireless.com](http://www.verizonwireless.com).

**\*\*Always "check first".** Teach your children that safe kids always check with a parent first before going anywhere.

**\*\*Dial 9-1-1 for help.** Teach your child that they can dial 9-1-1 in an emergency from any phone---even a pay phone.

**\*\*When lost, find a safe person to help you.** Teach your child if they get lost in a public place, ask someone with a store name tag to help them find you. Another safe person is a mom with kids.

**\*\*Yell if you need help.** If someone you don't know tries to grab you or making you feel unsafe, yell "help" as loud as possible, or yell "This is not my dad!"



## MOPPETS BUZZ



© © © "Children are a Blessing From God"

**\*\*3-5-year-old Class:** The preschool Children are enjoying spending time each Moppets hearing a bible story, completing a Craft, singing, and playing games. Ask your child what they did during Moppets.

**\*\*The 2-year-old Class:** The two's have a lot of playtime during Moppets. They also have a puppet named Goodie that comes to visit them each week with a bible story. After the story, they enjoy singing active

songs. They are truly precious!

**\*\*Please remember to keep sick Children at home as well as siblings that may be out of school for the day. Try to label cups, bottles, binkies, etc...**

**\*Remember to thank your Moppet workers and if you know anyone willing to volunteer in Moppets, please contact Christina at 360-832-6002.**



**T**his section of the newsletter will feature “you” each month. This month, we are introducing you to the green and red tables.

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**Shannon Grimes -- Green Table Leader**

Shannon has been married to Andy for 5 years and is mom to Aidan, who is 2 years old. She is expecting baby #2 this spring. Shannon discovered MOPS after her mom told her to find a MOPS group. She found Graham's through google! She enjoys hiking, camping, baking and reading. She loves to vacation anywhere. An interesting tidbit about Shannon is that she met Tim McGraw at a New Year's Eve party in Nashville.

**Billie Brackeen -- Green Table Mentor Mom**

We are happy to have Billie back as a mentor mom for the third year. She first heard about MOPS 18 years ago when her daughter attended. Billie and Harold have been married for 47 years. They have 2 daughters and 7 grandchildren who also attend Graham Emmanuel. She enjoys reading, gardening, taking long walks, and her grandchildren. She loves to either vacation in Alaska or at the ocean. About eight years ago, Billie rode on a mule down Bryce Canyon! Way to go!

**Kelly Wallace -- Green Table**

Kelly and Erick have been married for 5 years. She has two children: Samantha, 3, and Ian, 10. Kelly heard about MOPS at church and decided to attend because her sister-in-law recommended it. She loves to garden even if she doesn't know exactly what she is doing. She enjoys the beach. One interesting fact is that Kelly used to be a rower!

**Rashelle Sienkiewich -- Green Table**

**Rashelle is married to Jamie and she has four children: Mariah, 15, Elizabeth, 11, Nathan, 10, and Nichole, 19 months. She heard about MOPS from the Graham Jam at Frontier Park and the Internet. This is her first year. She enjoys traveling, scrap booking, gardening, reading, the outdoors, and boating. Her favorite vacation destination is Florida to visit Disneyworld or to visit California.**

**Holly Edinger -- Green Table**

Holly has been married to Hugh for ten years. They have two children: Haleigh, 10, and Heath, 5. She heard about MOPS from Heather Larue and Jodi Heller. She enjoys walking and playing card games with her family. She loves to vacation in Flagstaff, Az, or in the Alps in Germany where her husband was stationed. As a high-school student, she vowed to never move away from her family -- having anxiety about going to college. Two years later she fell in love with an army recruit and a year and a half later found herself married and in North Carolina on one of many future adventures.

**Sharon Brockway-- Green Table**

Sharon is married to Byron and mom to Madison, 4, and Hailey, 2. She is attending for the third year and was invited by Kelly Mann. Sharon likes gardening and reading. She enjoys vacationing anywhere warm.

Also at the Green Table is Registration/Finance Coordinator Andi Schaefer and Coordinator Melissa Istre. Read about Andi and Melissa in our October issue.

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**Rayna Porter -- Red Table Leader**

Rayna is joining us for her seventh year at MOPS. She has been married to Vic for 10 years. Her children are Matthew, 9 and Austin, 5. She also has three step children named Nick, Karla, and Kevin. She enjoys vacationing anywhere there is water. During her spare time, she likes to camp, scrap book, entertain, and go boating.. You may not know that she is a step-grandmother of 3: Cody, 5, Tanner, 3, and Mathias, 5 months.

**Charee Brazil -- Red Table**

Charee has been married to Phil for 10 years. Charee's daughter is Jasmine, who is 6. Her favorite vacation destination is Oregon. She enjoys puzzles and reading

**Kelly Hubbard -- Red Table**

Kelly has been married to Jeff for 8 years. She has three children : Dalton, 6, Katie, 4, and Logan, 4 months. She was invited to MOPS by Heather Bullion and this is her first year. She enjoys reading and going to McDonalds with Heather. Her favorite place to vacation is any place warm and sandy by the ocean where she can read all by herself. An interesting fact is that her sweet innocent baby was named after wolverine from the X-men. Thanks Jeff!

**Tami Hinkle -- Red Table**

Tami has been married to Shannon for five years. She discovered MOPS at GEBC from Andi at GEBC. She has five children: Marcus, 15, Cameron, 14, Corinna, 12, Brady, 7, and baby Laci. She says her favorite place to vacation has been Cancun. She loves to watch the kids play sports and go out to dinner with her husband.

**Deanna Cope -- Red Table**

Deanna signed up to attend MOPS three years ago when she heard about it from the church preschool. She has been married to Marty for 14 years. and has three children: Bayley, 8, Shane, 5, and Braden, 2.. She likes to go camping and take nature walks with the kids.. She has fun in Eastern Washington and at the Ocean..

**Kim Lawton -- Red Table**

Kim has been married to Johnny for 3 years. She is mom to Mac, who was born Aug. 23. This is her first year in MOPS and friends invited her. She likes decorating spaces, photography, and doing anything outdoors.. She likes to visit England. Did you know that she is also a Fine Artist?

**Julie Jones -- Red Table**

**Julie is attending MOPS for the first year. She has been married to Brent for 8 years and has two children: Jaesun, 5, and Hunter, 2. The activities she enjoys are anything that involves the outdoors. She loves to vacation in the mountains. When she was in High School, she was captain of the Volleyball team and the golf team for four years.**

Also at the red table is co-coordinator Leslie Fleshman. Read about Leslie in the October issue.