



Home and Beyond



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News Moms Can Use!

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Graham Emmanuel Baptist MOPS

www.orgsites.com/wa/gebcmops

Summer Activities: Hiking With Your Family

“Can we please try this trail,” Kyle pleaded. I groaned, I wanted to go home. However, off to the next trail we went. Kyle, our eight-year-old led the pack, followed closely by Kaitlin, who is ten. My husband, Craig directed close behind them and Kevin, 6, and I trudged along behind.

It was a cold, windy January day and we were out hiking the trails of Puyallup’s Pioneer Park. Some of us had recently purchased hiking boots and we were trying them out. We also had a boy scout badge we were working one.



Although I was cold and tired, I reflected on our hiking journey. My husband and I started hiking together in our dating years. When the babies came along, our adventures slowed, but we still have pictures of smiling faces in backpacks on the trails. We really began to become interested when REI teamed up with the Children’s Museum of Tacoma to encourage family friendly hiking. We had to hike or bike 6 trails that summer to earn free T-shirts and admission to the museum for the day. I thought back to the groaning 3-year old Kyle from that summer, “Will you carry me?” and realized that he had come along way as he now picks the most difficult path of any hike!

Although hiking as a family with little ones is not easy, it is worth it! I encourage you and your family to get out and give it a try this summer. REI even has a

new hiking plan for families out this summer. You can pick one up at the Tacoma REI. Here are a few easy hikes to get you started.

Nisqually Wildlife Refuge: (Easy, parking fee) This hike has 5.5 miles of boardwalk and a well-maintained gravel trail with interpretive signs, water features and a lot of wildlife. Is it stroller accessible. Follow I-5 south to exit 114. Turn East off exit toward Nisqually Delta on the Nisqually Cut-Off Rd. Follow signs to the refuge

Flaming Geyser State Park: (Moderate, parking fee). This is a fairly easy hike and has a river to play in afterwards. Follow I-5 North to Highway 18 East toward Auburn. Take Black-Diamond exit. Turn east off the exit onto Green Valley Rd. about 5 miles to Flaming Geyser State Park entrance.

Snake Lake (Easy). This hike is adjacent to the Snake Lake visitor’s center. It is flat and about 1.5 miles. Jogging strollers could manage the terrain. Follow I-5 North to SR 16 interchange. Take 16 west to S. Orchard exit. Turn right on Orchard to S. 19th, East on 19th and Stevens. Located on the corner of S. 19th and Stevens. (The construction may have altered the directions).

Federation Forest (Easy, parking fee). These well-marked trails have three different choices from 0.4 miles to 2.0 miles. It is fun to picnic by the White River. Travel Highway 410 toward Bonney Lake.

Continue on 410 past Enumclaw about 15 miles to the well-marked Federation Forest State Park on the South side of the highway. It may not be open year-round.

Twin Falls (moderate to difficult, 3 miles RT, possible parking fee). This is a beautiful hike up to two waterfalls and a great bridge. It’s fairly steep in parts. Follow SR 167 North to SR 18 East. Follow SR 18 to I-90. Follow I-90 to exit 34 (Edgewick Rd.). Turn right onto 468th Ave. SE for .6 miles, turn left onto SE 159th. Find the parking area after another .5 miles at the end of the road.

Here are a few tips: 1. Bring plenty of water and food

Bring a flashlight, first aid kit, and a compass. 2. Have each person wear a whistle around their neck 3. Dress in layers and bring extra clothes 4. Wear sunscreen, sunglasses, and a hat 5. Bring a sack for garbage (pack it out!) 6. On the trail, hunt for wildlife, bodies of water, and vegetation 7. Don’t forget your camera!!



Resources:

*Washington Trails Association: www.wta.org

*REI website, choose “Get out There”: www.rei.com

*www.discoverparks.org

*www.parks.wa.gov

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

Food Rotation

May 15 – Steering Team





The Home Factor: Begin Here....

Summer Schedule: Free Events for Kids

Kidmodile Schedule: Ages 5-12. This FREE program is sponsored by Pierce County Parks and Recreation. Two paid recreation adult leaders run this drop-in program by offering group games and activities.

Mondays June 30-August 4 at North Stare Elementary from 1:00-3:30.

Tuesdays July 1-August 5 at Frontier Park and Pioneer Valley Elementary from 9:30am-12:00; or at Kapowsin Elementary from 1:00-1:30.

**other locations in Pierce County available also. Look up www.piercecountywa.org/parks

Free Concert: May 18th from 4-5pm at Meridian Habitat Park and Community Center (14422 Meridian South). The Valley Chorale is featured this night. Many other free concerts at various parks happen throughout the summer. Check the above website as well as the Tacoma News Tribune for times and places.



Tacoma Children's Museum: Free Admission every first Friday of the month from 10am-7pm all year. During the summer, free admission every Thursday (Market Play Days) from 10am-5pm. 1/2 price admission every day from 3-5pm. The Olympia Children's Museum offers free admission from 5-9pm the first Friday of the

month and 1/2 price admission every Tuesday for homeschool families.

Washington State History Museum, Tacoma Art Museum, and the Glass Museum: The Washington State History Museum is free every Thursday from 5-8pm. The Museum of Glass is free the third Thursday of every month from 5-8pm. The Tacoma Art Museum is free the third Thursday and the 1st week-end of every month in the summer. You can also check out a free access card for up to four people from the Pierce County Library to visit the Art Museum. Most preschool age children are free.

Wading Pools/Spray grounds: The following Tacoma parks have wading pools open in the summer. They are free to the public: Franklin Park, Wright Park, Portland Avenue Park, Jane Clark Park, and Manitou Park. In Puyallup, Pioneer Park also has a wading pool. Mud Mountain Dam out near the White River has a great wading pool as well. There are free spray ground located in these Tacoma Parks that are also free to the public: Jefferson Park, South Park, Wapato Hills Park, and McKinley Playfield. You can find out information about Stewart Heights Pool, which is an outdoor pool featuring water slides and a lazy river at metroparkstacoma.org.



Happy Birthday

- May 8 – Kelli Mann
- May 13 – Sue Miller
- May 22 – Connie Hopkins
- May 28 – Heather LaRue
- June 7 – Julie Jones
- June 11 – Mellissa Istre
- June 12 – Rabecca Mann
- June 14 – Diane Morris
- June 28 – Shirley Smiley
- June 23 – Leslie Fleshman
- July 15 – Rayna Porter
- July 28 – Yelena Vieliky



Happy Birthday to any mom's we may have missed!

Free Family Movies: The past few summers, South Hill 6 movie theater has featured free family movies at 11:00am Wednesday and Thursdays. Check Regal Cinemas website for information or call the theater.



MOPS park dates: Meet at Frontier Park the first Tuesday and at Eatonville Park the third Tuesday of every month this summer! Meet around 10:30 or so! Bring lunch!



Little Breath of Heaven

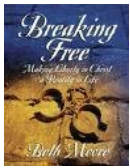
Sara Joy born to Shannon Grimes on April 18th.

Ezekiel Gaven born to Megan Marble (former MOPS mom) on April 30th.

Going Beyond Announcements

Mops 2008-2009
Moving to TUESDAYS
starting next Fall!

Women's Summer Bible Study



"Breaking Free" by Beth Moore
Fascillated by Linnea Pascae
Thursdays from 9:30-11:00 at GEBC
for 10 weeks
Begins May 29th

Price per book is \$14.95 Childcare will be on a rotating basis. Each mom using childcare will rotate in to serve at least once during the study. SIGN-UP Today!! Contact Melissa Istre with ?'s

Graham Jam



- Saturday, July 12th at Frontier Park from 1pm—8pm. KID ZONE with inflatable toys! Live MUSIC! Try not to miss this exciting FREE event sponsored by GEBC!

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" Awana, a program for children ages 3-6 will start back up on September 10.

SonHarvest: Vacation Bible School

August 4-8 here at GEBC from 6:30-8:30 nightly. Ages 3-entering grade 6 are invited. Contact Kelly Wallace at 847-6451 with questions or if you would like to help out for the week.



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

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Moppets Coordinator

Christina Jorgenson

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Publicity Coordinator

Jodi Heller/253-847-1535

Speaker Coordinator

Elsa Kemps

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Table Leaders

Ann Beringer—Blue

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Heather Bullion—Silver

253-846-9680

Shannon Grimes—Green

360-832-4604

Nikki Heinrich—Yellow

253-847-7112

Heather LaRue—Pink

253-847-4757

Cathy DeHut—Purple

253-445-4161

Rayna Porter—Red

360-832-4072

Kori Vaninetti—Orange

253-847-5710

The Cozy Kitchen: Refreshing Fruit Smoothies

Fruit Smoothie: Start with 1 banana, add frozen strawberries, blueberries. Add some water or juice. Top with vanilla or flavored yogurt. Blend in your blender until smooth. Add more water to make it smoother. (You can add ice, but the frozen fruit

gives it a nice, cold taste.

Carrot/Apple Smoothie: Peel 1/2 lb of carrots or use baby carrots. Place in pan with 1/2 cup water. Simmer on the stove until carrots are tender adding water if necessary. Let carrots cool

completely. In a blender, combine 1 1/2 cup apple juice, 2-3 TBS crushed ice, carrots, and cooking water. Blend well!



Homespun Crafts For Kids and Moms



Flower Pot Pencils or Pens:

What you need: Pencil/Pens

Hair scrunchies

Craft foam leaves

Craft scissors

Hole punch

Clay pot

butterfly (sold at craft stores) to the blossom. Put several of these beautiful pencils in a flower pot.

This would make a nice teacher's gift!

Cut-out Coasters:

What you need: Kids' artwork

Clear Con-Tact paper and scissors.

For each blossom, wrap 1 or 2 colorful hair scrunchies around the top of a pencil. Next, cut out a pair of green craft foam leaves, using craft scissors to create a scalloped edge. Lightly etch leaf vein lines in the foam with the tip of a toothpick. Using a hole punch, make a hole in the base of each leaf.

Then slide the leaves onto the pencil so they rest right beneath the flower. You can even attach a "silk"

Invite kids to draw or paint artwork that would fit under glasses, such as little handprints to hold drinks, drawings of animals, faces, flowers or handwritten poems. Coat the designs on both sides with clear Con-Tact paper and cut them out with enough of a plastic margin to keep fluids off the table. This might make a possible father's day gift??