



The Inside Scoop

September Volume 1 Issue 2

September 29, 2008

Sacred Heart Enumclaw



The adventure Continues...

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The Show must go on:

Next Meeting: **Monday Oct. 13th**

Merry-Go-Round

Speaker:

Strategies & helpful hints for going around and around with strong-willed children (and spouses) with **Gary Benton**

Food:

Karina & Leah 10/13

Next Craft:



Halloween Picture Frame

I lift my eyes to the hills-Where does my help come from? My help comes from the Lord, The Maker of heaven and earth. He will not let your foot slip. He who watches over you will not slumber; Indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you- The Lord is your shade at your right hand; The sun will not harm you by day, Nor the moon by night. The Lord will keep you from all harm. He will watch over your life; The Lord will watch over your coming and going. Both Now and forevermore. Psalms 121

As we begin this 2008-2009 year of MOPS, our theme is

Adventures in Mothering. Our logo is a circus tent encircled with a Ferris Wheel and a roller coaster. Does this sound like your day? A day full of adventure as the circus tent promises you; a day filled with laughter (clowns), Remember, First Aid is right around the corner! (trapeze artists), food (cotton candy & popcorn), chores (cleaning up after the animals and people), and beauty (the costumes.) The Ferris Wheel and the Roller Coaster promise us excitement, ups and downs, and

round and rounds. In all of this, God promises to be there for you, watching over you, guiding your coming and going ALWAYS now and forevermore. I pray that you will see God working in your lives and will look to him when things are going well and when things are not so good. May this year at MOPS be a year of blessings, growth, and love.— Carolyn Bunner



Juggling Act- 2008-2009 Steering



Co-Coordinator: Jackie Morgan and Angela Ward

DGL Coordinator: Hollie Rubin.

Fundraising: Zoë Wyrsh.

Finance: Amy Zuydhoek.

Co-Hospitality: Kim Mckeighen and Nadine Hayes.

Co-Publicity: Susan Herman and Lisa

Longtine.

Co-Craft: Tanya Brauer and Nicole McCoy

DGL's:

Alicia Dickerson

Charity Rohner

Karina Dunlap

Leah Tobin

Shannon Galvin and- Shawna Kelly

Mentors:

Lu Blair

Dianne Broaddus

Michelle Bloye

Camille Howard and

Jouella Longtine

thrill a minute



In the Spotlight.....

You may find her at Karina's Green Ferris Wheel table, but most likely she can be found either on the stage or in the back of the room. She is known for her famous expression "Okay Craft Mommies".... Introducing our Co-Craft Coordinator Tanya Brauer.



Tanya took some time out of her busy craft schedule to answer a few questions for us...

Us: What is your favorite amusement park ride and why?

Tanya: I love the good old-fashioned, traditional roller coasters. It doesn't have to have loops & circles, just fast and a big drop.

Us: What is your favorite carnival concession?

Tanya: There's nothing better than a good Krusty Pup with mustard and kettle corn!

Us: What is your favorite saying?

Tanya: "The woman who creates and sustains a home under whose hands children grow up to be strong and pure men and women, is a creator second only to God!" ~Helen Hunt Jackson~

Us: What are your secret snacks?

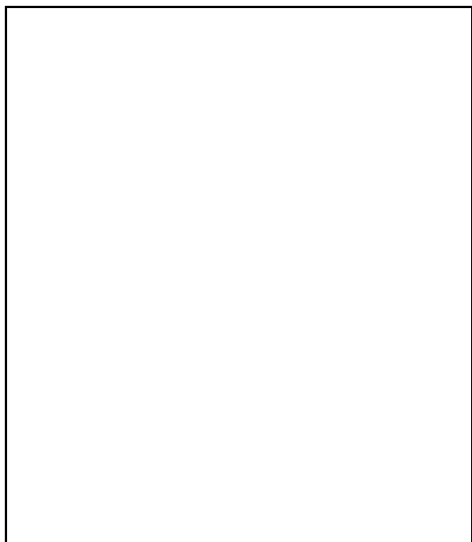
Tanya: Raisenets;gummie's (German Haribo brand w/sugar on them.)

Us: What is your favorite "coffee" drink?

Tanya: Mint tea w/honey, vanilla chai tea w/two packets of splenda & a dash of eggnog; YUM!

Us: What is A song that means a lot to you?

Tanya: "Dream Big." I wish this for my children: "...and when you laugh be sure to laugh out loud, cause it will carry all your cares away. And when you see, see the beauty all around and in yourself, and it will help you feel okay. And when you pray, pray for strength to help you carry on when the troubles come your way. And when you dream, dream big, as big as the ocean blue. Cause when you dream it might come true. When you dream, dream big."



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My Circus Called Life

Father where art thou, in my circus called life

with babies to tend, errands to run, and a duty called wife

Father I need you, please hear my call as my juggling act falters, and down I do fall

Father have mercy, at the end of my rope

a trapeze I am not, please fill me with hope

Father do you hear me, as I plead and I pray

Please be Praying for your 2008-2009 Steering team as they travel to Texas this week for Convention.



~ GIVE IT A WHIRL! ~

(Try something new.)

Many different ways to tell your child that they are doing a good job.

- | | |
|---|---|
| You've got it made | <i>Excellent!</i> |
| You're on the right track now! | <i>Fine!</i> |
| <i>You are very good at that.</i> | <i>Wonderful!</i> |
| <i>I'm happy to see you working like that.</i> | <i>That's better than ever.</i> |
| <i>You're doing a good job.</i> | <i>I appreciate your hard work.</i> |
| <i>That's the best you've ever done.</i> | <i>Now that's what I call a fine job!</i> |
| <i>I knew you could do it.</i> | <i>You must have been practicing.</i> |
| <i>Now you've figured it out.</i> | <i>You're doing beautifully.</i> |
| <i>Now you have it!</i> | <i>Right On!</i> |
| <i>Great!</i> | <i>You're doing fine.</i> |
| <i>You make it look easy.</i> | <i>You are really learning a lot.</i> |
| CLEVER! | <i>You outdid yourself today!</i> |
| <i>That's great!</i> | <i>Splendid!</i> |
| <i>Way to go.</i> | <i>Good going!</i> |
| <i>Now you have the hang of it.</i> | <i>Marvelous!</i> |
| <i>Congratulations, you got it right That's Good!</i> | <i>Good Job!</i> |
| <i>Good Work!</i> | <i>Well, look at you go!</i> |
| <i>I'm proud of the way you worked today.</i> | <i>Dynamite!</i> |
| <i>You've just about got it.</i> | <i>Nice work.</i> |
| <i>That's IT!</i> | <i>Good thinking.</i> |
| <i>Congratulations!</i> | <i>I'm Proud of you.</i> |
| <i>You are doing much better today.</i> | <i>You figured that out fast.</i> |
| <i>You're learning fast.</i> | <i>That's really nice.o</i> |
| <i>Good for you!</i> | |
| <i>Couldn't have done it better myself.</i> | |
| <i>You did it that time!</i> | |
| <i>That's the way!</i> | |
| <i>You haven't missed a thing.</i> | |
| <i>Keep up the good work.</i> | |
| <i>Nothing can stop you now!</i> | |



Surf's Up!

Web review by: Susan Herman

This week I would like to suggest that everyone check out the blog of our very own Amy Zuydhoek from Karin's Green Ferris Wheel group.

Amy's wfd (whats for dinner) Amy blog has so many great ideas for meals that you just have to check it out yourself. So log on today and make it a favorite.

<http://wfdamy.blogspot.com/>

Recipe Of the Day-- Classic pumpkin bars-- Taken off of Amy's WFD blog.

Classic Pumpkin Bars

- Katie (KatieDid)
 2 c all-purpose flour
 2 tsp baking powder
 2 tsp cinnamon
 1 tsp baking soda
 ¼ tsp salt
 4 eggs
 1 (15 oz) can of pumpkin
 1 2/3 c sugar
 1 c cooking oil
 ¾ c chopped pecans (optional)
 Cream Cheese Frosting (recipe below)
 Pecan Halves (optional)



Preheat oven to 350 F. In a medium bowl stir together the flour, baking powder, cinnamon, baking soda, and salt; set aside. In a large mixing bowl beat together the eggs, pumpkin, sugar, and oil with an electric mixer until combined. Add the flour mixture; beat until well combined. If desired, stir in chopped pecans. Spread batter in an ungreased 15x10x1 inch pan. Bake for 25 to 30 minutes or until a toothpick comes out clean. Cool in pan on a wire rack. Frost. Cut into squares. Cover and refrigerate to store.

Cream Cheese Frosting:

- 1 (3 oz) package cream cheese, softened
 ¼ c butter, softened
 1 tsp vanilla
 2 c powdered sugar

In a medium bowl combine cream cheese, butter and vanilla. Beat until fluffy. Gradually add powdered sugar, beating until smooth.

CHECK IT OUT.~ Lending Library

Looking for a new book to read? Check our MOPS group lending library—For more info. Contact Lisa Longtine at 360-802-4411

Looking for a place to share your favorite books, write and read reviews? Check out www.shelfari.com

Do you have an inner artist, writer, poet, crafter?? Send newsletter submissions to sj_herman@yahoo.com

Mommy and Me

Discount Swim at Enumclaw Pool
MWF 10:30-11:30AM \$1.00 Res
\$1.25 non-Res

Enumclaw Library-Fall story times
begin Sept 16th for more info. Call
the library at 360-825-2938

Thomasson Family Farm Field trip
October 1st- starting at 9:30am- see
ad below.

Tiny Tot Skate- Tues & Sat, Auburn
Skate Connection 10:30AM-
stroller skate with your baby or bring
your walking child and skate to-
gether for a fun filled hour. Price
includes skate rental and chilly willy
drink \$4 each (8 and younger); par-
ents skate free. 1825 Howard Road
Auburn 253-833-4990
www.auburnskate.com

Mom's Night Out

Mom's Night at the Mint. Once a
month we will be meeting at the
MINT in Enumclaw. All moms
are invited to join us. There will
always be at least 2 members of
Steering team there to meet you.

Our first scheduled date is:

Wednesday October 1st 7PM

w/ Charity & Nadine

Family Fun

Float in Movie—First Friday of
every month at the Enumclaw
Pool.

Next One is October 3rd

KidFest—Oct. 18th&19th @ Ta-
coma Convention & Trade Center-
focusing on active family lifestyle
and raising kids successfully, hun-
dreds of interactive exhibits for
babies, kids, tweens and parents.
\$8/adults \$3/kids under 2 free

Story Book Theater Presents
Pinocchio-Carco Theater- Ren-
ton. Sat, Oct. 25th (11,1pm) and
Sunday, Oct. 26th (1p,3p) Hilari-
ous kid-friendly, 55-minute week-
end matinees performed by adult
professional actors, especially for
young audiences, ages 3-10.
\$9/ticket. Address: 1717 Maple
Valley HWY, Renton
www.storybooktheater.org

Birthdays before our next
Meeting....

Oct 1 Amy Zuydhoek



HAPPY BIRTHDAY

FREE THURSDAYS

The following places have free Thursday
admission. Check it out:

Burke Museum of Natural History and
Culture- Free 10am-8PM first Thurs. of
the month. University of Washington.
206-543-5590

Experience Music Project/Science Fic-
tion Museum. Free 5-8pm First Thursday
of the month. 325 Fifth Ave N. Seattle.
206-770-2700

Henry Art Gallery- "pay as you wish" (or
free) 11am-8pm first Thursday Univer-
sity of Washington. www.henryart.org

Museum of Flight- Free 5-9PM. First
Thursday, 9404 E Marginal Way S.
Seattle 206-764-5720

Museum of History and Industry: Free 10
am-8pm. First Thursday. 2700 24th Ave.
E., Seattle 206--324-1126

Thomasson Family Farm Corn Maze Pumpkin Patch Family Fun

Espresso - kid's korral - Concessions - Animal Korral

October 1st - 31st 2008

Daily...9:30 - 5:30

Nighttime Corn Maze...6:00pm-10:00pm

*see web site for dates and times

38223 236th Ave. SE ~ Enumclaw
www.thomassonfamilyfarm.com
360-802-0503



MOPS field
trip. This WED.
Oct 1st. Ribbon
cutting cere-
mony at noon.

Free Thursdays cont...

Seattle Art Museum: Free 10am-9pm. First Thursday, 100 University St., Seattle; 206-654-3100

Northwest African American Museum: Free 11am-7pm. First Thursday, 2300 S. Massachusetts St., Seattle; 206-518-6000

Seattle Asian Art Museum: Free 10-9pm First Thursday, Volunteer Park, 1400 E. Prospect St., Seattle; 206-654-3100.

Think of your Other MOPS moms- if you would be interested in going on one of these places,
another mom may love to join you. Pick up the phone and don't be shy to ask.

CHILDCARE NEEDED

We are so excited at the increase of Mom's this year at MOPS. Because of the increase in children attending our Moppets Program we now need to find a few more wonderful workers to attend to our children while we enjoy our "mom-time" If you know anyone (neighbor, relative, etc...) who would enjoy working with these children every other Monday ,please have them call Aimee our Moppets Coordinator at 509-833-1915 Compensation for childcare is \$20.00per meeting

THANKYOU!!!!

We would like to extend a big Thank you to Lisa, Barb and Heather from Shannon's Blue Roller Coaster Group, for providing childcare during our last steering meeting.

We will need 3 volunteers from Shawna's Orange tilt-a-whirl group for the next steering meeting October 6th-

All Mom's who provide steering childcare receive a free MOPS meeting.



Arbonne International

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Lisa Longtine
Independent Arbonne Consultant
253-332-0137
lisalongtine@myarbonne.com
www.puresafebeauty.myarbonne.com



FOR SALE:

2 baby bjorn front packs \$10 each. 100+ lot of girl's 12-18month clothing and accessories, Gymboree, Carter's,Gap,TCP, \$200 complete fall/winter wardrobe. For more Info. Contact Nicole Mccoy & 253-826-2364 or kcandcoley@peoplepc.com

Stampin' Up!

If you are interested in viewing a catalog- contact Susan Herman @ stamps2stamp@comcast.net

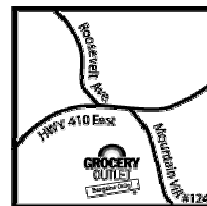
May 26th

Sacred Heart MOPS Classifieds-

If you would like to put an ad in the MOPS classified please email Susan Herman at sj_herman@yahoo.com

Looking for a bargain- Don't forget to visit our Sponsor GROCERY OUTLET- in Enumclaw.

960 Roosevelt Ave
Enumclaw, WA 98022
360-825-9148



Children's Vitamins

Might A Mins® Spectrum



Keep your kids healthy this season with Isonix **Might-A-Mins**. It is a powdered multivitamin that you mix with water to make a flavorful juice your kids will love that is 99% absorbed by the body. They may come with digestive enzymes or powerful Antioxidant, OPC. My daughters are 18 months and 7 years old & they look forward to their vitamins every day.

Hey **Pregnant Moms**, there is an Isonix **Prenatal Vitamin** you mix with water. No more big vitamin pills to swallow. OBGYN approved. Get all you vitamin and supplement needs at marketamerica.com/kimkalin, **Your Nutritional Product Specialist**

Sacred Heart MOPS meetings Every Other Monday at Sacred Heart church in Enumclaw 1614 Farrelly St, Enumclaw 98022.

For More information contact Jackie @ 253-631-7094 Or visit us on the web at

www.orgsites.com/wa/shmops