



## Opportunities for your involvement

MOPS is designed to offer a place for every mom to get involved, feel connected, & use her gifts to bless others. If you have talents you'd like to share with our group, we would love to include you! Right now we are seeking willing volunteers in 3 key areas:

**Get Involved** – Our MOPPETS program always has open arms for more childcare volunteers to provide fun activities for our children.

**Feel Connected** – Invest in relationships with moms at your table by becoming a Discussion Group Leader.

**Use your Gifts to Bless Others** – Donate handmade gifts, goodies from your home or business, or small prizes to award to moms chosen in our "on-time" drawing.

### For more information, contact:

Jen Wallace – 206-713-4077  
Holly Ryan – 206-226-6969  
Amy Conom – 206-229-4802

## Oh How the Years Go By...

By Julie Batson, Mentor Mom



Three weeks ago my oldest daughter got married. It all seems like a fog now but I do remember how beautiful she looked and how happy she was. I also remember thinking several times, how many of her mannerisms are just like mine. My imprint is truly left upon her as she becomes a "Mrs."

As if that wasn't enough, last week she got into a car with her husband and began the long journey to Florida where they will call their home for at least the next 4 years or more. I could not hold back the tears as the reality set in that she was truly leaving Washington and leaving me. As the car pulled away from the curb, my mind flashed back to the day when I handed her over to a physician because she ran and fell leaving a large gash requiring stitches when she was four. And then there was the day when I walked her to her first day of Kindergarten class and then got into my car watching the tears roll down her face as she waved goodbye to me. I still remember smiling at her and then pulling off the road a little ways away in hysterical tears at the thought of her crying and waving to me. Oh, and then the day she got her driver's license and wanted to drive all by herself.

Evergreen Community Church - 3429 240th Street SE, Bothell, WA 98021 425-402-1773

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She got into her car and waved goodbye just beaming as she drove off entering a new phase of life and independence. I was sick just thinking of her being in the car all alone and the risk involved!

So now I must watch her leave, smiling and waving goodbye and I'm wondering where all the years have gone? Where is my little girl who needed me every moment as an infant and then needed me when she was a teen and a boyfriend broke her heart or a girlfriend was horrible to her. And then there was the wedding, and she needed me to powder her nose and fix her train and hand her a Kleenex. And now I must let her go and trust her husband to take over in my absence. Will he take care of her? Will he stay up all night and talk to her when she can't sleep? Will he soothe her when she is sick or hurt? Oh, how the years go by, and as she grows and leaves, I too must grow and let go.

Enjoy each and every moment of each and every day with your little ones.....

Oh, how the year's go by!

## This Year's Schedule

- **September 17, 2009:** First Meeting
- **October 1, 2009:** Speaker: PCC, Childhood Nutrition, Leika Suzumura
- **October 3, 2009:** Activity: Coffee Social 8:00 - 10:00 am - Village Bean at Bothell Country Village
- **October 15, 2009:** Craft: Wooden Pumpkins
- **November 5, 2009:** Speaker: Creative Activities, Barb Wallace
- **November 12, 2009:** Activity: Jump Planet, Bothell, 10:30 - 11:45 am
- **November 19, 2009:** Craft: Apple Pies
- **December 3, 2009:** Speaker: Hostessing, Julie Batson
- **December 17, 2009:** Craft: Journals
- **January 7, 2010:** Speaker: 30 Meals in a month, Emily Rhoden
- **Week of January 11, 2010:** Activity: Indoor Playground
- **January 21, 2010:** Craft: Coupons (10 things I love about you)
- **February 4, 2010:** Speaker: Marriage, Martha Weiss
- **February 12, 2010:** Activity: Spa Day
- **February 18, 2010:** Craft: Keepsake Boxes
- **March 4, 2010:** Craft: Clothespin Signs
- **March 18, 2010:** Speaker: Self-care, Brynne Burkhalter
- **Week of March 22, 2010:** Activity: Bothell Fire Department Tour
- **April 1, 2010:** Speaker: Aerobics, Wendy Tacey
- **April 15, 2010:**
- **April 24, 2010:** Activity: Games & Dessert 7:00 - 9:00 pm - Evergreen Community Church
- **May 6, 2010:** Speaker: Home organization, Rebecca Stuhlmiller
- **May 20, 2010:** Activity: End of the year tea

## Your Steering Team

### Mentor Mom

Julie Batson - [julie@soireeplanning.com](mailto:julie@soireeplanning.com) - 425-770-4867

### Coordinator Team

Amy Conom - [aconom@comcast.net](mailto:aconom@comcast.net) - 206-229-4802  
Jen Wallace - [bjwallace99@hotmail.com](mailto:bjwallace99@hotmail.com) - 206-713-4077  
Holly Ryan - [hryanecc@hotmail.com](mailto:hryanecc@hotmail.com) - 206-239-8461

### Hospitality Team

Emily Lentz - [ealentz@gmail.com](mailto:ealentz@gmail.com) - 425-220-9444  
Sarah Erickson - [sarah@wserickson.com](mailto:sarah@wserickson.com) - 206-795-3558

### Creative Activities Team

Holly Bombita - [jollyh11@hotmail.com](mailto:jollyh11@hotmail.com) - 425-442-7233  
Stacy Hargrave - [shotziii@aol.com](mailto:shotziii@aol.com) - 425-481-8713

### Publicity Team

Kristie Ortman - [stew4242@msn.com](mailto:stew4242@msn.com) - 425-772-0259  
Amy Hanson - [amy@stampad.org](mailto:amy@stampad.org) - 206-229-1940

### Discussion Group Team

Shiloah Dumler - [sdumler@gmail.com](mailto:sdumler@gmail.com) - 206-854-8555

### MOPPETS Coordinator Team

JoAnne James - [joanne@evergreen-cc.org](mailto:joanne@evergreen-cc.org) - 425-402-1733  
Cheryl deBoer - [cheryl.deboer@comcast.net](mailto:cheryl.deboer@comcast.net) - 425-939-0828

Leadership Team from left to right: Holly Ryan, Jen Wallace, Julie Batson, Amy Conom.  
Photo taken by: Amy Hanson

## Recipes for Rave Reviews

Cooking secrets to make you famous in your social circles & around the family dinner table

### Basil Blueberry Pepper Corn Salad



Photo taken by: Amy Hanson

#### Ingredients:

- 1-1/2 cups cooked & cooled fresh (about 2 ears of corn) or frozen kernels
- 1/3 cup diced red bell pepper
- 1/4 cup thinly sliced green onions
- 3 Tbsp. thinly sliced fresh basil + extra for garnishing (.66 oz container)
- 2 Tbsp. maple syrup
- 2 Tbsp. freshly squeezed lemon juice + lemon slices for garnishing
- 1-1/2 cups fresh blueberries

#### Directions:

**Combine** corn, bell pepper, chives, basil, maple syrup, lemon juice. Add blueberries; toss gently to combine. Note, if fresh blueberries are unavailable, frozen ones may be used, though they tend to leak their color easily. **Garnish** with fresh basil sprigs & lemon slices. Serve cold & refrigerate the remaining salad for up to 48 hours. Makes about 8 servings. This recipe is a crowd pleaser served alongside other BBQ favorites like grilled chicken, salmon or hamburgers.

This recipe was adapted from one appearing in the March '09 issue of Better Homes & Gardens, pg 144.



Photo taken by: Amy Hanson

## Celebrate Today!

Make today stand out from the daily mix of laundry & dishes

### September 7<sup>th</sup> Backwards Day (or Yad Sdrawkcab)

Plan a tasty dinner of scrambled eggs, pancakes, and orange juice. Pour syrup on the plate first, then place pancakes on top.

### September 13<sup>th</sup> Grandparents Day

Celebrate this special day with real grandparents or with “adopted” seniors in your area who would love to be around children.

### September 18<sup>th</sup> National Play-Doh Day

Ask people to mix colors together and create their own new colors. Come up with creative titles such as “burnt toast” or “sunflower yellow.”

### September 22<sup>nd</sup> First Day of Autumn

The days are getting shorter. Spend the evening reading a new book by candlelight. Use dramatic voices for the biggest impact.

### September 26<sup>th</sup> Johnny Appleseed's Birthday

Cut out the centers of 4-5 paper plates to make cardboard rings. Place several apples on a table. Try to throw the rings over the apples.

This excerpt is from Everyday a Holiday: Celebrations for the Whole Year! by Silvana Clark. Check it out for inventive ways to elaborate on these & other themes with your kids through creative games, snacks & art projects.

## Parent Movie Picks

We all know there are great kids' movies out there, but tonight the kids made it to bed on time & you feel like watching a movie with a positive message. I recommend the movie Faith Like Potatoes for its message that encourages unshakable faith, supports strong marriages, & affirms the type of parent I want to become. Rated PG for one brief scene that is too intense for kids. View the trailer at [www.faithlikepotatoes.com](http://www.faithlikepotatoes.com). -AH

## Cultivating Budding Artists

Using crafts to engage your child's creativity & captivate busy hands

### Sandpaper Mural

Time: 15 minutes for nature walk  
5 minutes for coloring project

#### Materials:

A dozen old, beat-up crayons  
One large sheet of sandpaper

Photo taken by: Amy Hanson

With autumn on its way, take the kids on a nature walk at a park or in your own backyard. Collect a few items they find on the ground (aside from gum wrappers) & share your excitement that God made rocks, leaves, flowers, sticks & bugs. When you head indoors help your kids pretend that the sheet of sandpaper is a picture of the ground & invite them to draw the things they found using the old crayons. You'll be amazed at how the sandpaper grabs the color & produces vivid images. This craft is great for little ones because it helps them discover a new texture they probably haven't encountered before. When they're through coloring, display the mural on the lower half of the fridge so they can revisit the gritty texture of the sandpaper & be reminded that our loving God created the beautiful things we find in nature.

### Sandpaper Mural

Time: 15 minutes for nature walk

#### 10 Invisible Beauty Tricks

1. Put on moisturizer with sunscreen while skin is damp.
2. Add a thin smudgy line of dark brown eyeliner to your top lids to define eyes in a non obvious way.
3. More important than buying expensive mascara is to buy new mascara every three months, so it goes on creamier and doesn't clump.
4. Use the same cream blush in a rosy shade for a natural glow on cheeks and lips.
5. If you use concealer under eyes or to camouflage spots, don't go too pale, and investigate rosy or yellowed shades to better match your skin.
6. Rather than powder, use blotting paper to keep down shininess on forehead, nose, chin.
7. To even out skin color or tone down redness, instead of lathering on powder or foundation, consider a dermatological redness concealer available either over the counter (Dermablend makes one) or by prescription.
8. For hair that's smooth without being flat, use conditioner first, then shampoo.
9. If you're coloring your hair or covering gray, go to an excellent colorist the first time around (ask your friends) and ask him or her to custom-mix you a color - and be sure to get the formula to take with you.
10. To add volume, shampoo before bedtime and sleep with your hair pulled into a ponytail on top of your head.