



### Upcoming Events

- **December Table Outings** - check with your table leader for your table's date
- **Important dates:**  
December 2<sup>nd</sup> - MOPPETS Workers Appreciation Day
- **Upcoming Speakers:**  
December 2<sup>nd</sup> - Wendy Carroll, "Mothering: It's a Journey not a War"
- **Upcoming Snack Schedule:**  
December 2<sup>nd</sup> - Cappuccinos (Joelle's table)  
December 16<sup>th</sup> - Americanos (Amy's table)
- **NCPC Important dates:** Visit [www.northcreekpres.org](http://www.northcreekpres.org) for details  
December 4<sup>th</sup> - Women's Christmas Gala, 7:00pm  
December 6<sup>th</sup> - A Celtic Christmas Concert with Jeff Johnson, 7:00pm  
December 12<sup>th</sup> - NCPC Choir Concert 7:30pm  
December 24<sup>th</sup> - Christmas Eve Services  
5:00pm - Family Service  
8:00pm - Candlelight  
11:00pm - Candlelight

### Happy Birthday!

- September (missed)
- 4<sup>th</sup> - Sarah Williams
- 13<sup>th</sup> - Kate Nichols
- November
- 20<sup>th</sup> - Judi Little
- 22<sup>nd</sup> - Celeste Cosgrove
- 27<sup>th</sup> - Lori Puljan
- 29<sup>th</sup> - Andrea Hamlett
- December
- 13<sup>th</sup> - Chris Lambert
- 13<sup>th</sup> - Kris Geyer

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4	5
			MOPS 9:30 - 11:30 Cappuccinos Snack			NCPC Women's Gala 7:00pm	
	6	7	8	9	10	11	12
	Celtic Christmas Concert 7:00pm						NCPC Choir Concert 7:30pm
	13	14	15	16	17	18	19
			MOPS 9:30 - 11:30 Americanos Snack				
	20	21	22	23	24	25	26
					Christmas Eve	Merry Christmas!	
	27	28	29	30	31	Happy New Year!	
				New Year's Eve			

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# North Creek Presbyterian MOPS November 2009 Newsletter



## Judi's Mentor Mom Memo

THANKSGIVING...  
Traditionally the time of year to share a special meal with family and friends and to reflect upon what we are truly thankful for. The older I get, the more appreciative I am for the many close relationships I have been blessed with. You, dear MOPS moms, have become an integral part of my "friends & family" and for that I say "Thank you, Lord!"

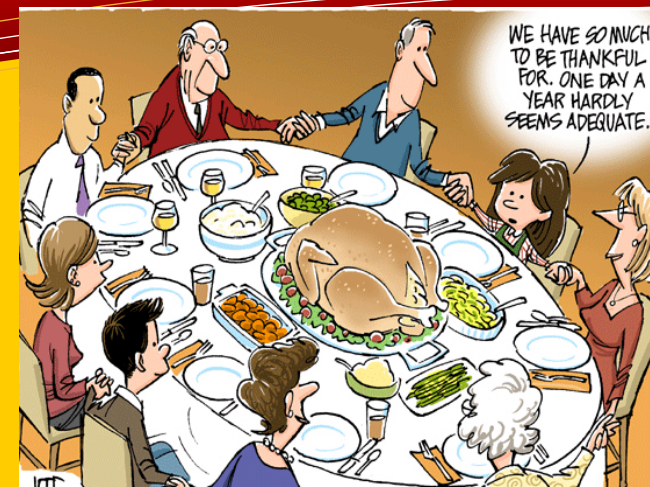
"Always give thanks to God the Father for EVERYTHING, in the name of our Lord Jesus Christ." **Ephesians 5:20**

### MOPPETS CORNER

Reminder  
*Appreciation Day  
December 2*

### Ideas for each worker in your children's classes:

- Note of thanks
- Small gift
- Homemade treat



### this issue

- Germs, Germs, Go Away! **P.1**
- Practicing Thanksgiving **P.2**
- Healthy Habits **P.3**
- December Calendar **P.4**

## Coordinator Corner

Dear MOPS moms,

Ahhh, November, my very favorite month of the year; maybe it's because I was born this month. More likely it has to do with Thanksgiving: the endless days of turkey sandwiches ahead, back-to-back football games one day in the year without feeling as though I'm wasting time by watching, and oh dare I say...the possibility of snow!

Growing up my family hosted Thanksgiving dinner to a large gathering of extended family - these days, far away from any family - the Cosgrove's open our home to those we love, who like us are alone in their communities. THIS is truly my favorite thing about this month - the anticipation, decorating, cooking and reconnecting with our adopted families.

May your hearts and homes overflow with the joys of traditions old and new ushered in this season!

Blessings,  
Celeste

## Germs, Germs, Go Away!

It is always a great time to teach, model and practice good hand washing with your children. Try to make a game out of hand washing, helping your child notice all the parts of their hands and how they can lather up soap to cover all the amazing parts of their hands. The Center for Disease Control emphasizes that hand washing is the best way to stay healthy.

In addition to hand washing, the following are helpful for good general health:

- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food
- When you cough or sneeze, cover your nose and mouth with a tissue, throw it away and wash hands
- Avoid touching your eyes, nose or mouth. Germs spread this way.

For more information on healthy living, contact your health care provider. There is also useful health information at [www.cdc.gov](http://www.cdc.gov) and [www.snocoflu.gov](http://www.snocoflu.gov)



## From the Kitchen Bacon Wrapped Pork Tenderloin\*



- 1 pork tenderloin (about 1-1/4 lb)
- 3 scallions (or green onions) trimmed and cut lengthwise in strips
- 5 strips lower-sodium bacon

1. Heat oven to 425°F. Make a long slit lengthwise down center of pork, being careful not to cut all the way through. Open like a book. Place scallions on one cut side of pork; fold pork back over to close.

2. Wrap bacon slices around pork to cover completely. Place in small roasting pan. Rub 1/2 tsp pepper and 1 Tbsp brown or white sugar over bacon. Roast 20 minutes or until thermometer inserted in center reads 150°F. Let stand 10 minutes before slicing.

\*Woman's Day 6.16.09



## Mothering Moment

### Practicing Thanksgiving

By Kristen Kill

With Thanksgiving dinner quickly approaching, your mind may be conjuring up images of loved ones gathered around the turkey, sharing the year's blessings and dishing up heaps of potatoes and pumpkin pie. However, as a mom with young children, you may also be imagining your toddler scaling the table, covered in cranberry sauce, or commenting that the pistachio jell-o looks an awful lot like boogers.

To avoid embarrassing blunders, head into this holiday prepared by teaching and practicing some simple table manners at home this month.

1. Practice sitting correctly in a chair until excused. Young children may find this difficult at first, so increase the amount by 2-5 minutes until they are able to stay seated for at least fifteen minutes (or just long enough to finish what they are eating).
2. Show an example of chewing with your mouth closed. Transform into a funny character who isn't able to do this and have your children show you the "right" way. They will giggle with delight and the opportunity to instruct you will reinforce what they are learning.
3. Take time at meals to teach how to use a fork and spoon correctly and how to place a napkin on your lap. For very young children who don't have the fine motor skills to do this, simply practice placing food in the mouth neatly, or keeping it on the plate, not the floor.
4. The most important manners come from being considerate of others, including your host. Remind children to refrain from making faces or rude comments if they don't like something. Practice saying "thank you" to the cook after meals as a way to show them you care. Your children will love thinking of ways to make someone else feel special, so let them be creative and genuine in how they do this.

Remember most of all to have realistic expectations, that your children are learning and that your time around the table is about your relationships. The rich community and life happening around the turkey is the most important part of your celebration, even if your toddler is standing on it.

## Healthy Habits



### Smart Health Shortcuts

**Chew Gum** - Pop a stick in your mouth, and you'll feel your stress levels sink. A recent study showed that frequent gum chewers had lower levels of the stress hormone cortisol.

**Have a Meeting on the Move** – need to go over details from the last preschool meeting, or just catch up with a friend? Combine a brisk walk while you talk!

**Do a 5 Minute Workout** – experts say that six 5 minute chunks of daily exercise work just as well as a solid 30 minute workout.

**Squeeze in a Quickie** – of deep breathing that is! Two or three minutes of simply sitting quietly and paying attention to breathing in and out (or praying) is all you really need to clear your mind.

**Stash a Healthy Snack in your Purse or Car** – Keep your car and/or handbag filled with whole grain crackers, nuts, pretzels and low-fat granola. They'll help you drive right past that double cheeseburger!

### Mommy and Me Activities

#### Sock Dusters

Preschool children love to "help" around the house – now you can make it worthwhile! Take an old gym sock and turn it into a puppet duster...

With a little fabric marker you can create a "creature" who loves to gobble up dust!

You can even cut one inch slits around the sock, lace a short feather boa through them, and you've got a feather duster!

\*adapted from Family Fun magazine



### Service Opportunities

• **MOPPETS Committee**  
Provide support to our MOPPETS Team by helping doing prep work for the children's crafts or other work as necessary. There may also be opportunities to help Cameron with curriculum and to assist Courtney with checking in workers. Contact Cameron Machle or Courtney Duran for information.

• **Hospitality Committee:**  
Do you love to entertain or make people feel welcomed? There are many opportunities throughout the year to support our Hospitality Team with planning Moms Nights Out, Special Event Days, and hospitality functions for our regular meetings. Contact Jen Hirman or Molly Wyllys for more information.

### Mommies Online Monthly Picks:

Get Ready for Christmas!  
[www.organizedchristmas.com](http://www.organizedchristmas.com)

Organize your Family!  
[www.famundo.com](http://www.famundo.com)