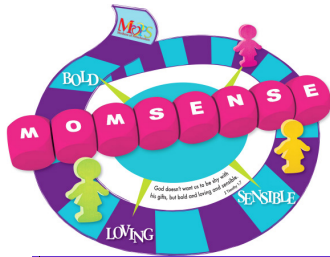



www.LyndenMOPS.org
 or find us on
 Facebook



October 2011



THE GAME OF LIFE

Lynden MOPS – Sonlight Church

Combining her mom intuition and her common sense helps a woman discover her own unique MomSense (Mom Intuition + Common Sense = MomSense)

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How to be the Neighbor you always wanted...

Written by: Carol Stratton, www.MOPS.org

As we dash around in our “Errand-mobile” to ferry kids to their various activities, we often forget we live in a neighborhood. In our car, we create a world within our neighborhood. We meet friends from church at a coffee shop, have a pedicure at a local spa and shop for groceries several miles away. Are we ever at home?

Years ago, few families had second cars; women stayed at home a lot. Their world was smaller and more intimate. They knew every house on the block and the names of all the kids. They knew which children fought a lot and which were best friends. Fun moms would probably feed lunch to a good portion of those kids on a hot summer day.

It can be challenging to enter into the neighborhood life. If you work outside of the home, your time is scarce. If you homeschool, you might have every minute planned inside the house, teaching your little ones. New moms nurse babies and corral pre-schoolers, and count it as an accomplishment to get dinner on the table.

....continued on page 4



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Stoney Ridge in Everson has invited us to come as a group to their Pumpkin Farm on **Oct 13th from 1pm to ??**

Admission is \$3.50 per child 2 and UP (Adults are FREE)

This cost includes a puppet show about pollination, a tour of the farm, a Mini Pumpkin to take home with you (1 per paid child), free range of the entire farm (without the public), Farm animals, Hayride to the pumpkin patch, Corn Maze AND they will have their yummy snack shop open.

Please sign up at our Oct 6th meeting or email Denise at jimanddenisechatt@gmail.com to be placed on the check in list before **Oct 12th**. You can still come THAT day, but if you know you are coming, please let us know! Feel free to invite any other Non-MOPS moms and kiddos! Grandparents are welcome too! Hope you can come!!

MOMMY OF THE MONTH

Name: Yvonne Perez
B-day: July 5
Kids/Ages: Sydney Rain, 3 yrs old
Where did you grow up: Los Angeles & Bellingham

Sticking to our MOPS theme, if you were a game, which would you be and why?
Chess. I'm classy, strategic, and smart. I plan and map out all sorts of possibilities.

Who is your hero, and why? My Grandmother. I watched her overcome some amazing obstacles that would make others cry & run for cover, but she always handled them with grace and compassion. She was a remarkable person and I am privileged to have been blessed with her presence in my life!

What are you most proud of in life?
My ability to make the best of things. It's really easy to sometimes get caught up in moments of despair and allow them to take over, so I've always been very determined to not get stuck in a rut and keep moving forward.

What is your favorite place to eat out?
Wing Dome, no Claim Jumper, no wait Cheesecake Factory. Ahhh! I couldn't ever pick just one - there's way too many good places! Why does food have to taste so good anyway???

What is your biggest challenge in life right now? Trying to juggle school and home/family life. Its really difficult trying to manage all those aspects together and make sure you are giving enough to each thing.

Have you ever lived one of your dreams? Yes - I was able to become a mommy after years & years of trying to conceive, multiple fertility treatments including IVF, and losing children to pre-term labor.

What 3 words would your best friend use to describe you? Generous, loving & compassionate.

If you have friends coming over for dinner, what would you cook? Prime Rib or Pork Roast in Gin - both are signature dishes of mine.



Yvonne Perez

MOM 2 MOM

Q & A

When asked this question

As a busy mom, what "fills" you and what "depletes" you?

Here are what a few moms answered:

~ Organizing and cleaning "fill" me.... While I love advocating at schools and helping my kids....time spent at the Doctors office and hospital DRAIN me.

~ "Fills" me is when my kids are happy and laughing. "Depletes" me is negativity.

~ My babies smile, laughter, and watching her discover something new "fills" me, holding her all night while she screams and fights sleep until 5 am "depletes" me.

~ Cuddling with my kids and hubby "fills" me and child drama "depletes" my energy and patience.

~ God, Family and Friends "fill" me... exercise "depletes" me

November's question is:

What was your favorite game to play as a child, how about now??

Email your answer to:

LyndenMOPSnewsletter@gmail.com

CLASSY FIELDS

FOR SALE: Graco Pack 'n' play-\$30.00, includes bassinet, mobile, and carrying bag.

FOR SALE: Kidsline "Malawi" neutral bedding set-\$25.00, Includes comforter, bumper pad, wall hangings (5), diaper stacker, dust ruffle, valance (2), matching lampbase & shade.

Contact Sandra at nlus@integrity.com or call 318-8458

FOR SALE: Black and Decker Electrical Edger. In great condition, \$45 obo. Contact Denise at jimanddenisechatt@gmail.com

Mom's Swap/Sale Group of Whatcom County is on Facebook! Check it out for some great bargains, or to get rid of your items locally (without the hassle of Craigslist).

**2011 – 2012
Team
Players**

Coordinators:

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Coffee Bar:

Kara Chanik

Mentor Moms

Cindy Visser
Fran Van Staalduinen
Janice Morrison
Joan Bush
Rana Velasco

Table Leaders:

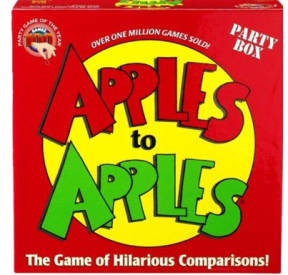
Brea Bateman – Pictionary
Denise Chatterton – Hungry Hippos
Nicole Croney- Yahtzee
Jill Peterson – Battleship
Treva Postmas –Chutes and Ladders
Marian Steagall – Connect Four
Molly Zender – Sorry



Since it's that time of the year, why not highlight a couple recipes that are made with apples!

Sparkling Apple Cider Punch

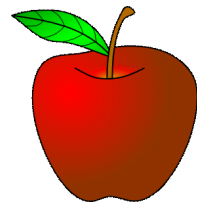
- 2 lemons
- 3 large oranges
- 1 (6 ounce) can frozen lemonade concentrate
- 1 liter club soda
- 2 (750 milliliter) bottles sparkling apple cider
- 1 tablespoon white sugar
- 2 trays ice cubes



Thinly slice the lemons and the oranges and place in a large punch bowl. Pour in the thawed lemonade. Gently stir in the club soda and the sparkling apple cider. Add sugar to taste. Add ice. Enjoy!

Grilled Apple Pizza

- 5 medium tart apples, peeled and sliced
- 4 Tbsp Butter, divided
- 1/2 cup packed brown sugar
- 1 tsp ground cinnamon
- 1 tube (13.8 oz) refridgerated pizza crust



In a large skillet, saute apples in 3 Tbsp butter until crisp-tender. Stirr in the brown sugar and cinnamon, keep warm.

Unroll pizza crust and cut lengthwise in half. In a microwave, melt remaining butter: brush onto both sides of crust.

Grill, covered, over medium heat for 1-3 min on each side or until lightly browned, rotating halfway through cooking to ensure an evenly browned crust. Remove from the grill. Top with apples. Yum!



Want **F.R.E.E** Coffee?? You could be our next “Mommy of the Month! Just send an email to LyndenMOPSnewsletter@gmail.com and we”ll send you the form to fill out!

If you are chosen to be our featured mom, you will receive a **F.R.E.E** coffee coupon from our Coffee bar!

THE MENTOR MOM MINUTE

by: Mentor Mom Rana Velasco

The things kids say! We've all been there... you are out and about running errands with your preschooler and they turn to you and ask, very loudly... why is that person... "different?" It's an honest question and they are just wanting to understand. **It could be someone in a wheelchair**, and older person with gray hair and wrinkled skin, a person of different color, a person who lives on the street. What it comes down to is that it's not wrong for them to ask the question it's all in how we as a mom respond and answer the question. So how do you respond? Are you uncomfortable, do you reprimand your child, or tell them they shouldn't say "things like that"? Or, do you..... answer them in love? Let them know that people were all created differently. That is part of what makes each of us so special and God loves each and everyone of us no matter what our differences are. **"Look at how they balance and move around on their crutches. That takes a lot of determination and practice!"**, "Isn't her brown curly hair beautiful!", "Look how they are able to walk around even though they can't see." Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." God loves each and every one of us and has a purpose for us. He can use us for His glory in spite of our perceived weaknesses or differences, 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness." and by using the unique gifts each of us has been given. You can read with your child the story of queen Esther and her bravery or David's story of faith in God as he confronts Goliath and talk about how God is able to use ordinary people and their unique gifts. As Veggie Tales tag line goes....



"God made you special, and he loves you very much!"

SAY WHAT . . .

Kids really DO say the darndest things. In this section, we'd like to highlight some of the crazy things your kids have said in the past! If you would like to submit a comment, please email us at LyndenMOPSnewsletter@gmail.com and it may be featured in our next newsletter!!

- ~ Mommy, do all chicken nuggets begin with chicken?"
- ~ My 5 year old daughter after her first day of Kindergarten... I ask "Did you have a good day at school?" and she answers.. "Oh Mommy...Kindergarten is way more funner than here!"

"I can hear you but I'm not listening!"

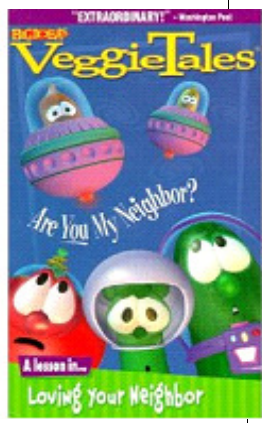
- ~ I am turning 40 soon and my daughter says (while I am brushing my hair) "...its okay mommy, your hair will start falling out now since you are old... Old people do lose their hair, ya know?"
- ~ Can we party all night and sleep all day?"
- ~ Conversation between a 3yr old girl and 4 yr old boy. 4 yr old making all sorts of funny noises and sort of singing... stops for a moment and says to 3 yr old..."What did this mean?" Wanting her to explain what he had just said... 3 yr old answers..."I'm sorry but I do not speak boy language".
- ~ I can hear you but I'm not listening!

...continued from page 1 **How to be the Neighbor you always wanted...**

Here's a challenge for this year. Set a goal to turn your neighborhood on its ears as you serve them. Become the one who always has the cup of sugar when someone runs out and is knee deep in cookies, or the neighbor who drops by for a couple of seconds just to see if a young mom needs something at the grocery store. How about offering to remove the boxes for the newly-relocated family down the block? Could you be the neighbor who shares her extra fern plants to the neighbors across the street who built a new home? Even an offer to walk the dog for an overwhelmed woman opens doors for friendship.

Newcomers fresh from a relocation will relish your visit. Don't stay long but drop off a roster of the names and ages of the families on your street, and keep in frequent contact. What you can offer is a connection to the town. Be a GPS for local places and a sympathetic ear as they unpack and rearrange their new life.

You don't have to teach a weekly two hour Bible study or host a five course dinner party to be hospitable. Just show up occasionally with something in your hand. Call with kindness on your heart, ("I saw your kids out building a snowman; they looked so cute."). It's all about paying attention. You may be surprised how God cracks open the opportunities as you become the neighbor you always wanted.



OCTOBER
BIRTHDAYS

2nd – Lindy Stuit
4th – Lindsey Simmons
10th - Jill Petersen
12th - Marian Kelsey
13th – Diane Zediker



Oops...we missed the following b-days last month!

4th – Janice Morrison & 15th – Cindy Visser

WACKY HOLIDAYS

Oct 5th – Do something nice day
Oct 9th – Fire Prevention Day
Oct 12th – Moment of Frustration Day
Oct 15th – Int'l Newspaper Carrier Day
Oct 16th – Bosses Day
Oct 18th – No Beard Day
Oct 19th – Evaluate your life Day
Oct 21st – Count your Button's Day
Oct 23rd – Mother in Law Day (Really??)
Oct 30th – Nat'l Candy Corn Day



Things to do around town:



- Oct 7 – 8 Oktoberfest, Deming Log Show Grounds, Deming
- Oct 8 Lynden Pumpkin Festival (Downtown Lynden)
- Oct 13 Mops take Stoney Ridge Farm in Everson 1pm – ?
- Oct 12 – 16 Lynden Music Festival, <http://www.lyndenmusicfestival.com/>
- Oct 13 – 15 Craft and Antique Show, NW Fairgrounds
- Oct 17 Auditions for “Christmas Toy Shop” - 6pm, ages 8 and older
www.clairevgtheatre.com
- Oct 21 MOPS Bunco Night, Sonlight Church, 6:30 pm – ?
- Oct 31 Harvest Festival, NCCTK, 5 – 7:30pm



BIRTH ANNOUNCEMENTS

Katie Hoekema
on the arrival of

“Jackson Alan”

July 26th, 2011
9 lbs 9 oz 23 1/2 in

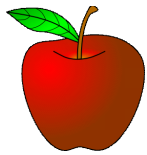


Lindsay Lawson
on the arrival of

“Kendra June”

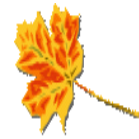
Aug 9th , 2011
7 lbs 13 oz 20 in

We would love to include your new MOPPET in our newsletter and slide show!
Please send your photo and info to LyndenMOPSnewsletter@gmail.com



B₃ R₁ A₁ I₁ N₁

B₃ U₁ I₁ L₁ D₂ E₁ R₁ S₁



Apple
MOPS Meeting
Cooler weather
Sweetest Day
Falling leaves
Yom Kippur

Hay ride
Columbus Day
Raking
Crock pot meals
Windy
Lawn and Leaf Bags

Autumn
Pumpkin Patch
Costume
Trick or Treat
Halloween
Haunted House

F A X O H H A U N T E D H O U S E U Y N
 A Y M K X V L R Q D C A N D Y E B U R M
 L Q J I H A Y R I D E T N Q M X S R J C
 L Q Y E X O M I S R I V D J H A A P C O
 I H S A H E I B E A I H N R R K G T O L
 N S Q A D N E E W O L L A H I U O A O U
 G R G P J T W W M R U O K N K H H E L M
 L S U A U E S R P V E M G Q N U F R E B
 E V L P B M L E B O C B T G N K G T R U
 A G S A P F P P T U F U H X Z N H R W S
 V C E S E I A K P E U A F P Q R O O E D
 E C C B W M K E I A E R H B A B S K A A
 S W Y O V O T M L N Y W R T J P T C T Y
 U N O G S B S O O D P W S Y M M D I H L
 M C T U V T J I P Y N A N P J Z O R E V
 N S N A U T U M N K X A T H O G W T R S
 G P U F O Y O M D T C D N C T T H K S R
 P A I E N W V V E M E O E W H B N M V E
 W K K H P Y D N I W Z U R A A U Y S G I
 R G N I T E E M S P O M X C D L D B V M

Puzzle courtesy of: <http://puzzle-maker.com/>



MOPS BUNCO NIGHT!!

Friday – October 21st



6:30 pm – Doors Open/Snacks
6:45pm – Instructions
7:00 pm – Game Time

Come play BUNCO with us! Whether it's your first time, or 20th time!! Win Prizes, meet new friends, and just have FUN!!! Sign up at either October meeting, or just show up!

You can also view a prettier, more colorful version of this newsletter online at:
www.lyndenmops.org/newsletter.aspx