

Mount Horeb Mom's Group Newsletter-March 1, 2009

Our Mission Statement- To support the profession of mothering by offering education, resources and networking opportunities along with meeting a mom's social needs.

Book Club

Next month's book is Firefly Lane by Kristin Hannah.

This Year's Meeting Calendar:

March 10 - Healthy Living

Nursery - Jodi Hefty

Nursery - Kristen Clark

Preschool - Katy Berken

Preschool - Cathy Fountas

Beverage and Snack - Kristin Vike-Steinich

April 14 - Investments

Nursery - Emily Cunningham

Nursery - Courtney Anderson

Preschool - Kristen Clark

Preschool - ??

Snacks - Emily Cunningham

Beverage - Heather Schoonover

May 12th: Social and Toy/Book/Clothes Exchange

**Please email Heather Schoonover schoon@mhtc.net if you are able to help out with childcare at the April meeting.

An Inspirational Story for you:

The Donkey Story

One day, a farmer's donkey fell down into the well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and the well needed to be covered up anyway. It just wasn't worth it to try to retrieve the donkey. So, he invited all of his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. **He would shake it off and step up.** As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Moral of the donkey story: Life is going to shovel dirt on you – all kinds of dirt. The trick to getting out of the well is to shake it off and step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping and never giving up. Learn to shake it off and step up! We always have a choice. We can focus on the dirt or

shake it off and step up. It is time to focus on stepping up. How can you step up now? Are you setting goals, visualizing and doing daily affirmations to step up? Are you stepping up with more energy? Are you becoming more knowledgeable and certain as well as committed and passionate? Do you have a coach to help you step up by inspiring you and holding you accountable? What are you doing to raise your self-esteem and confidence? Do you finally realize that who you are will determine the results you produce and that your identity is as important as your strategies? **Do the world a favor and step up today!!!**

If you have any questions on how to implement any of these ideas please feel free to ask me. Kristin drkristin@mhtc.net or 576-3093.

SonShine Christian Preschool will be hosting it's annual open house for fall enrollment on Tuesday, March 10 from 5:30 – 7:30. There are 2 requirements for attending preschool :

1. The child must be 3 ½ by Sept 1 (small exceptions made) up to 6 years old.
2. The child must be potty trained.

Our classes are on Tuesdays and Thursdays. The morning class is from 9:00 – 11:30AM. The afternoon class is from 12:30 – 3PM. There are up to 12 children in each class.

If you are unable to make it to the open house, please feel free to call me at (608) 516-3667. I can give you a tour of the preschool and an enrollment packet at another time.

Thanks,

Jen Johnston

SonShine Christian Preschool Director

608-516-3667

2008/2009 Calendar of Events Mom's Group

For Families

For Moms and Dads

March:

3/20/2009	Earth Day Clean Up Walk Military Ridge	TBA	Cooking with Michelle Rhiemer
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April:

	Color Easter Eggs, Egg Hunt	4/15/2009	Mom's Night Out, tax deadline!
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May:

TBA	Horse Barn Visit with optional rides
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June:

TBA	Governor Dodge Waterfall Hike
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2007-2008 Steering Committee Members:

Directors & Facilitators:

Renee Helin	reneemhelin@hotmail.com	712-3300
Rachael Walker	walkers@mhtc.net	437-1740
Emily Cunningham	cunningham@mhtc.net	437-7191

Treasurer:

Cathy Fountas	chigirltoo@hotmail.com	437-7436
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Courtney Anderson	courtneycritter@hotmail.com	437-0529
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Heather Schoonover	schoon@mhtc.net	516-3667
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Social Events Planner:

Shelby Retzlaff	shelby@mhtc.net	437-1414
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If you have any questions feel free to call anyone on the list below or email us at mthorebmoms@hotmail.com.

We have a Mt. Horeb Mom's Group Website!!
www.mthorebmoms.blogspot.com

Welcome to our group:

We meet the second Tuesday of each month for discussion from 8:45-10:30 a.m. **NOW at Life Church**, 2770 Brandywein Trail on the west end of Mt. Horeb off of Main Street after Irv's Feed on the right. We will have the sign-in book and name tags available near

the entrance before you make your way to drop off your children. We will be meeting in the café, which is straight down the hall from the entrance. The nursery is just down the hall from the café on the left and so is the preschool room. We will gather at 8:45 to get the children situated and start our discussion meetings at 9:00 a.m.

Dues: The dues will continue to be \$10 for the year. The dues help to cover childcare costs, snacks, crafts, postage, supplies etc. Please pay your dues to [Cathy Fountas](#).

Childcare Coverage: We ask that each member sign up at least once for coverage in the nursery and preschool class during our meetings. Heather Schoonover will have a sign-up sheet for all the meetings at the September meeting. We need a minimum of 4 people to assist with childcare each month.

Nursery/Preschool Guidelines

Name tag Rules:

- There will be nametags at the sign in desk. The name tags will be numbered; moms number their Children's name tags with the same number.
 - On your child's name tag, write his/her name and your name.
 - Place nametag on child's back
- In order to pick up your child, you need to have the numbered name tag that matches your child.

Nursery

- Ages: Up to 3 years
- If your child is sick (i.e. fever, dripping nose, productive cough), please be considerate and leave them at home.
- Please label any sippy cups with child's name
- Label diaper bags and be aware that you may be called to action for a messy diaper
- A short form needs to be completed for children in the nursery and will be available at sign in.
- Pick up promptly at 10:30 am. It is also appreciated to help the volunteers clean up the nursery so everyone can leave by 10:45 am.
- Your child may be brought to you if inconsolable, messy diaper or the child's safety is a concern (i.e. young babies getting bumped or stepped on by busy toddlers). Children may accompany you at the meeting.

Preschool Room

- Ages 3-5 years old (2&1/2 yrs old if able to sit through a few stories and participate in a craft)
- If your child is sick (i.e. fever, dripping nose, productive cough), please be considerate and leave them at home.
- Story-time, craft, snack/juice, and movie
- Sign in and out. Be sure to share allergy info.

- If bringing a toy, child needs to know they have to share it. Refrain from bringing snacks/drink for child unless necessary (i.e. allergies). Snack and drink provided.
- Pick up promptly at 10:30 am. It is also appreciated to help the volunteers clean up so everyone can leave at 10:45 am.
- Your child may be brought to you if inconsolable or having a difficult time. Children may accompany you at the meetings.

Expectations for Children:

- We will walk here so everyone is safe,
- We will use our manners with our friends, teachers and anyone caring for us.
- We will treat toys and books gently and will help clean up our play areas.

Thank you in advance for your cooperation!

Unsubscribe- If you would like to no longer receive our Mom's Group E-Mails, please feel free to e-mail me at drkristin@mhtc.net or simply reply to this e-mail with *Unsubscribe* in the subject line and I will remove you from the list. Thank you.
