

Mount Horeb Mom's Group Newsletter-November 3, 2008

Our Mission Statement:

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

Please bring any **great recipes** you may have to add to our Mom's Group Cookbook! We will be doing a fundraiser for the group with these. Contact Emily Cunningham with any questions.

This Year's Meeting Calendar:

November 11th: CPR and 1st Aid
December 9th: Social Meeting/Table Talk/Cookie exchange
January 13th: Self Defense
February 10th: Fun Family Trips
March 10th: Investments
April 14th: Healthy Living
May 12th: Social and Toy/Book/Clothes Exchange

Some Thoughts...

Are You Richer Than 75 Percent Of People In The World?

As Thanksgiving approaches, this is a perfect time of year to be grateful for the abundance of happiness, health, love and prosperity in your life. To some people, these gifts may seem lacking at times. This information will give you some idea of just how blessed you really are. Sometimes, in the midst of plenty we forget to **Give Thanks** for all that we have. This is a great reminder!

1. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep ... ***you are richer than seventy five percent of the people in the world.***
2. If you can attend a church or synagogue meeting without fear of harassment, arrest, torture or death ... ***you are more blessed than three billion people in the world.***
3. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... ***you are more blessed than five hundred million people in the world.***
4. If you have money in the bank, in your wallet and spare change in a dish ... ***you are among the top eight percent of the world's wealthy.***
5. If you woke up this morning with more health than illness ... ***you are more blessed than the million who will not survive this week.***



Waking up every day with *more health than illness* is a special blessing because health makes it possible to enjoy the other good things in life. Since optimal health is our most valuable possession we need to remind ourselves frequently that the choices we make help to determine not only the quality of our daily lives but also the length of our lives.

What is the true meaning of *Thanksgiving to you*? Is it simply just another day to eat until you can no longer get up off the couch and then eat some more?

Thanksgiving is my favorite holiday of the year because it is the time of year for ***giving thanks***. Thanksgiving is a golden opportunity to give thanks for the miracles in our lives, for our wonderful family and friends, and for our health, our happiness and the love that each and every one of us has in our lives.

2008/2009 Calendar of Events

Mom's Group

For Families

For Moms and Dads

November:

11/4/2008	Take the Kids to Vote!	11/30/2008	Overture Center "Magic Tree House"
11/11/2008	"Drop-In" @ Pump It Up ages 2-6, 10:00-11:30, \$8 each		For ages 6-11, 2:00 pm
		TBA	Cooking with Michelle Rhiemer

December:

12/11/2008	Christmas Crafts at the Library MH Library front room	12/5/2008	Mount Horeb Festive Eve Leave kids with dad, meet as group and enjoy the MH shops
		12/12/2008	Ornament and Cookie Exchange
		S. Retzlaff's	Bring wrapped ornament and 2 dozen 'treats' to exchange, and a bottle of wine to share

January:

"Drop-In" @ Pump It Up ages 2-6, 10:00-11:30, \$8 each	1/3/2009	Blue Mound State Park CandleLight Hike and Ski 6-9, includes bon fire!
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February:

TBA	Snowman Contest!!!	2/7/2009	Overture Center "Goodnight Moon" Ages 2-7, 1:00 pm
		2/21/2009	Death By Chocolate at the MH Library Enter the contest, or be a judge, or just come and eat what you want. Delicious, free, fun!

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 optinal rides
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June:

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

Directors & Facilitators:

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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!

Food Drive at Gonstead Clinic of Chiropractic, \$10 off for a bag of food brought in or \$5 off for items November 1-24th.

Toy 4 Tots Drive at Gonstead Clinic of Chiropractic \$10 off with a new unwrapped toy. December 1-13th.



December 10th Kids No Charge Exam Day. Any student under 18 years of age can receive an exam at no charge with Dr. Kristin Vike-Steinich, Gonstead Clinic of Chiropractic.

December 14th Kids No Charge Exam Day. Any student under 18 years of age can receive an exam at no charge with Dr. Kristin Vike-Steinich.

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.