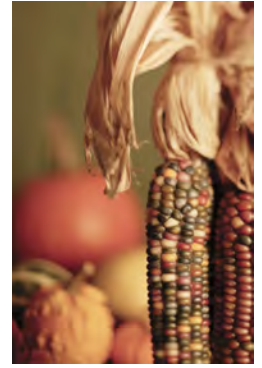




# home work



## "Value of Playing"

By Dana Kingsley, MOPS Mentor

October 2010

Just now, I was listening to a flock of geese flying over on their way to winter grazing grounds, where the air is warmer and the grass stays green year round. That reminded me here, the season is rapidly changing, the cool nights, overcast days and dropping daytime temperatures tell us clearly, summer is past and autumn is upon us. What does fall bring for our little ones that aren't yet school age? So many things! Most of you grew up in the 'high-tech' age, but some of you have been raised by 'low tech' parents.

kids, was raking the fallen leaves into the shapes of rooms, (like a kitchen and living room, etc.). We would then reenact what we presumed were our parent's day. Cooking, cleaning, going to work and so on. What is that memory so clear some 60 years later? It was fun, interactive and what ever we wanted it to be. We became students of our parents activities. We recall 'cooking' using mud, twigs, leaves and flowers. What ever our hands found became necessary ingredients. We became interested in what went into making our meals at home.

**"Play is our children's work."**

You may remember how you played, how you entertained yourself outdoors without the benefit of purchased items. If you have that awareness, you know how to all your children into that wonderful land of imagination!

Play is our children's work. At play, they learn who they are, how they fit into their world, how others are different than them and how things work together.

Today, our talk is a serious one. In our world, it is necessary to be more vigilant than in days past, yet, I think it is equally necessary not to rob our

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Issue 2

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Dana Kingsley

One of the things I remember doing, along with the neighborhood

(Cont. on pg 2)

## Join us for our ANNUAL Pumpkin Patch Outing!

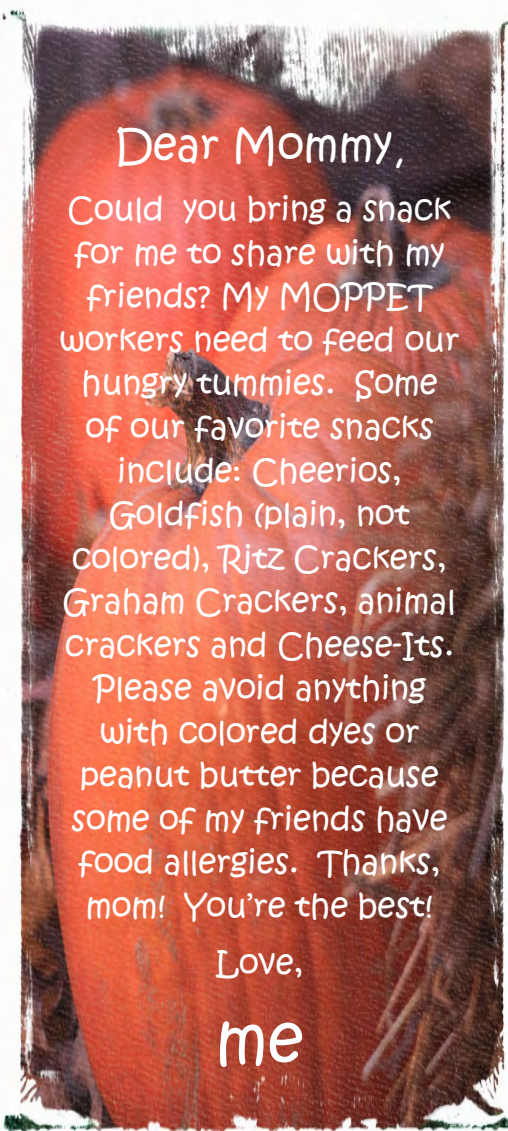
We would love for you to join us this year at our annual Pumpkin patch outing! We are going to Hidden Acres at Green Bluff Friday, October 15<sup>th</sup> @ 10:30 a.m. Adults are \$2.75 each (price does not include a pumpkin but does include the snack) and children (18 months and older) are \$5 each. Under

18 months is free (does not include a pumpkin but does include the snack).

Activities included are apple picking/story of pollination, Hayride, themed Corn Maze, pumpkin picking, PENELOPE PUMPKIN, tours of Teepee and Cabin. There are photo ops galore. They have

covered picnic tables and the snack is an apple and a donut with apple cider juice to drink.

**Today is the last day to sign up!**



Dear Mommy,  
 Could you bring a snack for me to share with my friends? My MOPPET workers need to feed our hungry tummies. Some of our favorite snacks include: Cheerios, Goldfish (plain, not colored), Ritz Crackers, Graham Crackers, animal crackers and Cheese-Its. Please avoid anything with colored dyes or peanut butter because some of my friends have food allergies. Thanks, mom! You're the best!

Love,  
 me

## Value of Playing (cont. from page 1)

children of the value of playing in groups of twos or threes in an unstructured setting in a rich natural environment. Structured play-groups tend to have adult influence and schedules. 'Back-yard' play ideally has very little of



either. Watch a group of children left to their imaginations. Those natural leaders immerge, the 'free-spirit' becomes more creative, the introspective sees tiny things we have ceased to see, the physically

challenged learns to compensate. Oh sure, they might also learn that bees sting, ants taste bad and mom isn't fond of worms. All good lessons! Greet this fall with enthusiasm, help your child enjoy the changing season, revel in God's wonderful creation and begin their path toward maturity.

God bless and Happy Autumn!  
 -Dana-

Every month we pick a "Queen for the day" mom. Who will be today's queen?

**Meet September's MOPS crowned "Queen Mother", Melissa Braid**

Married to:

♥ Nathan

Mother to:

♥ Rosen, 4 years old

♥ Naomi, 2 1/2 years old

♥ Liam, 9 months old



Melissa Braid

**How would people describe you?**

I have a passion for marriage, mothering and helping mothers in birthing, I love to cook and bake, and also love taking care of people who are forgotten about like the elderly and disabled.

**What was your favorite Saturday morning cartoon as a kid?**

I didn't really have a favorite, but loved reading the Garfield comics.

**Did you have a favorite toy?**

My favorite toy was a Teddy bear I received when I was 2 years old.

**What do you like about MOPS?**

When I had Rosen, I felt isolated. It was so awesome to go to this MOPS group

and to be in a community of moms who could relate to what I was going through. I found a goldmine of moms!

**Who is the person who has had the greatest influence on you?**

My husband. We were high school sweethearts. We learned how to do life together. He has inspired me with his high ethical standards of integrity.

**Where do you see yourself in 10 years?**

Finishing a doctorate program in Midwifery.

**What is the best advise you've been given?**

Don't sweat the small stuff and choose your battles.

**In 3 words or less, how would you describe your children?**

challenging, amazing and worthy

**What is your favorite isle in the grocery store?**

produce section

**What is your favorite accessory?**

my watch

**What do you like to do on a rainy day?**

Read stories with kids, and drink cocoa w/marshmallows and cuddle on the couch

**What is your favorite store?**

HOBBY LOBBY!

**Pepsi® or Coke®?**

COKE®...that was a no brainer.

**How would you like to influence your world?**

Equipping my kids to be whatever He wants them to be and empower women to be what ever God has called them to be and be confident.

From the kitchen of Susan Kiesel...

## White Bean Chicken Chili

Cost per serving: \$1.97

1 TBSP vegetable oil	2 whole bone-in chicken breasts (3 lbs.)
salt & pepper	2 onions, chopped
4 cloves garlic, chopped	2 4-oz. cans roasted green chilies, drained
1 TBSP ground cumin	2 15-oz. cans white beans, rinsed and drained
4 cups low-sodium chicken broth	



Warm oil in a skillet over medium-high heat. Sprinkle (to taste) salt & pepper, and place skin side down in skillet. Cook 6 minutes, turning once. Transfer to a plate; remove skin. Drain all but 2 TBSP fat from pan. Sauté onions and garlic for 5 minutes. Stir onion mixture, chilies, 1 cup water, cumin, chicken, beans and broth into slow cooker.

Cover and cook on low for 6 hours, stirring twice. Remove 1 cup beans plus 1/2 cup liquid from slow cooker. Puree in a blender; return to slow cooker. Shred chicken and return to slow cooker. Serve hot. Enjoy!

### Did you know...

- ♥ You can get a free Starbucks card that earns you a free drink customization, free coffee and tea refills and a free drink on your birthday?
- ♥ If you keep your Starbucks cup and bring it back at any time for 50-cent coffee refills?
- ♥ Bring in your own reusable cup and Starbucks will nick 10-cents off the price in recognition of your thinking "green?"

**Can  
you  
find  
6 mistakes  
in this  
newsletter...  
test your  
proof-  
reading  
skills!**





## Basket Raffle!!

This year we are having our 2nd annual Basket Raffle on December 2. Your Discussion group will make a basket and you are more than welcome to make one too. Be thinking of friends you'd like to invite to this fun event! Get a jump start on your Christmas shopping!

## Friends & Family Pediatric CPR

provided by CHER

This class follows the American Heart Association guidelines for pediatric CPR as well as discussing choking and accident prevention.

**Where: Berean Bible Church**

**When: Friday, Nov. 5 @ 6 pm**

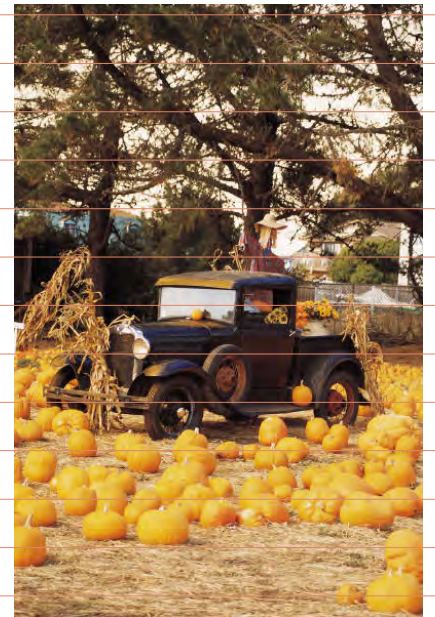
**Cost: \$15/per person**

**(Normally \$25 - a \$10 savings!)**

**Sign up TODAY!**

## October 2010

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1 MoPS	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15 Pumpkin Patch	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween						



## November 2010



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2 Election Day	3	4	5 MoPS CPR Class	6
7 Daylight Savings	8	9	10	11 Veteran's Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Happy Thanksgiving!	26	27
27	28	29	30			



Host church information:  
 Berean Bible Church\* 509-924-8832  
 9 a.m. Sunday Services ♥ 10:30 a.m. Sunday School  
 Women's Ministries ♥ Women's Mid week Bible Studies  
 www.BereanSpokane.org  
 Facebook: MOPS Berean Bible Church, Spokane  
 \*For contact information, please refer to the  
 MOPS page on the Berean Church website.

Kids say the  
 funniest things...  
 "Mommy,  
 does this  
 crayon smell  
 like  
 blue  
 or  
 light blue?"  
 MacKenzie, age 3



**Notes from today's MOPS:**

Today's MOPS has been brought to you by the following sponsors:  
 "Because I said so..." and  
 "The Wheels on the Bus..." (but they kept going round and round...)  
 and by the following MOPS Steering members:

- ♥ Blair Blycker, Coordinator  
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- ♥ Mary Lou Peck, Mentor  
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- ♥ Susan Kiesel, Publicity  
jskiesel@yahoo.com

**Bebadebadeba...that's all folks!**