

September 21, 2011  
Volume 1, Issue 3

## Grace Fellowship

1120 Malcolm Bridge Rd.  
Bogart, GA 30622

### Leadership:

**Co-Coordinator**  
Darien Kardos  
Sue Achtemeier

**Hospitality**  
Erin Murray

**Finance**  
Mary Mangum

**Social Events**  
Kristi Rivas

**Newsletter**  
Renee Kopcha

**Craft Design**  
Position Available

**Mentor Moms**  
Sue Achtemeier  
Brenda Gober

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*God doesn't want us to be shy with his gifts, but bold and loving and sensible.*  
2 Timothy 1:7

## Today's Craft: Hair Bows with Dianna Triplett

Dianna Triplett is a mother of 4 and grandmother of 2 little ladies. She lives in Oak Ridge, Tenn. and enjoys reading, camping, hiking, boating, and music.

Dianna has several crafting hobbies including creating adorable hair bows and headbands. Today we are lucky enough to have her teach us how to make a simple but elegant classic style bow, as well as a regular fun bow that

can be used on a clip or hair band. She will also exhibit other styles that hopefully will inspire the crafter in us all.

Dianna is also an avid couponer, enjoys teaching family finances, is a tax preparer, but mostly enjoys making a comfortable home with her 17 year old son, Ethan and husband Ed, who is a nuclear operator at the National Lab.



We are so grateful to have Dianna visit with us today and help us get our craft on. Please give her a warm MOPS welcome!





## MOPS Member Spotlight

Meet Erin Murray. Erin lives in Watkinsville and is a wife to Jack, mother of two – Jack Jr. who is 4 and has Cerebral Palsy and Morgan who is 3 and just has attitude – interior designer, lover of crafts and making things by hand, and watcher of creative reality TV shows.

Erin’s one must-have cosmetic item is mascara. Her favorite song is “Do Everything”. Her talent is interior design. If she could give us one design tip it would be that

adding “soul” to a room is a sure way to make it feel more balanced and complete. For example, she never buys a furniture set from a store; instead she likes to mix old and new pieces. This is true for accessories as well as furniture. She also loves to think of new ways to use certain pieces. For example, a smaller china cabinet or curio cabinet can be placed in a bathroom for towels and pretty bath accessories, or a larger china cabinet placed in a living

room for books and picture frames.

Erin’s dream job is to work with Sarah Richardson in Canada designing houses. Her best baby purchase is actually a mom purchase – the loaded mini-van. Need we say more?

The current mama drama in Erin’s house is “The Drama Queen”, Morgan. She is 3 and came with a double dose of attitude. Erin signed Morgan up for dance class because she loves dancing; she won’t even go in the class without kicking and screaming.

## Recipe Corner: Unbelievable Chicken

(adapted from allrecipes.com)

*This is my absolute favorite way to cook chicken breasts. We grill a bunch at a time and freeze them cooked. They are so easy to thaw in the microwave for sandwiches, salads, tacos, etc... {Renee}*



½ C brown sugar

1 ½ t salt

Black pepper to taste

6T olive oil

6 skinless, boneless chicken breast halves

Grill on an outdoor grill over high heat for 6-8 minutes per side or until juices run clear. Discard

# MOPPETS: Celebrating Education

The excitement of the new school year is in the air. Why not celebrate education with toddlers and preschoolers? Encourage a love of learning with fun activities like reading ABC books or books about school, creating a home classroom for pretend play (kids love to be the teacher), and playing fun games like this one:

## Alphabet Word Play

- Set up a chalkboard or large piece of poster board in a central location.
- Family members gather in front of the board.
- First, have a child say a word and have the adult write it on the chalkboard. For example, the word could be “circle”. Encourage children to help identify the letters as they are written.

- Underline the letter that’s at the end of the word (“e”).
- The next person must think of a new word beginning with this letter. (such as “elephant” for E).

This game can be modified for younger children by drawing pictures along with the first letter of the word. Focus on a category like animals or fruits and encourage players to think of as many words as they can.



Adapted from Publix Preschool Pals Newsletter, Sept. 2011

## In the News

### Reminders:

- ✓ MOPS dues are \$23.95 for the year and should be paid as soon as possible by cash or check made payable to Grace Fellowship Church.
- ✓ Be sure to add your child(ren) to our standing childcare list. Please notify Martha Cahoon at [mcahoon@graceathens.com](mailto:mcahoon@graceathens.com) with any changes in childcare.
- ✓ Have you signed up to bring breakfast? If you forget which day is yours, you can check on our blog [www.welovemops.wordpress.com](http://www.welovemops.wordpress.com). Erin will also send you an email reminder when it's your turn to cook.
- ✓ Please remember to pay your \$5 craft fee today for our hair bow craft.

### Upcoming Events:

- ✓ *Athens/Oconee Greek Festival* - St. Philothea Greek Orthodox Church, 3761 Mars Hill Road, Watkinsville - Offering traditional music and dancing, delicious Greek cuisine and sumptuous pastries, the festival provides a taste of Greece without ever having to leave home - Saturday, Sept 24 11-7., Sunday, Sept 25 12-6 - \$3 for adults, \$1 for senior citizens and free for children 8 & under.
- ✓ *Disney's "My Son Pinocchio: Geppetto's Musical Tale"* – Morton Theatre, Athens – Oct. 6-9, 13-16 - This family-friendly musical is appropriate for all audiences and is a magical mix of heartwarming fairytale and action-packed adventure. Audiences will love following Pinocchio's journey from an awkward wooden puppet to a real, live boy and will be charmed by Geppetto's transformation from demanding creator to a real, live father - \$15 adults, \$12 seniors, students, and children. [www.mortontheatre.com](http://www.mortontheatre.com)

## Contact Information

### Childcare

#### Reservations:

Martha Cahoon  
706-769-4001  
[mcahoon@graceathens.com](mailto:mcahoon@graceathens.com)

### MOPS Member

#### Directory:

Can be found on our  
blog:  
[www.welovemops.wordpress.com](http://www.welovemops.wordpress.com)

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We're on the Web!

See us at:

[www.graceathens.com](http://www.graceathens.com)  
[www.welovemops.wordpress.com](http://www.welovemops.wordpress.com)

## In the News (continued...)

### Upcoming Events:

- ✓ *Kindermarket Consignment Sale* – Athens YMCA, Hawthorne Ave., Athens – kids consignments, ladies/maternity clothing, and home furnishings.
  - 5pm-9pm October 6, Thursday-Expectant Mothers sale (free admission with proof of pregnancy, if not showing)
  - 6pm-9pm October 6, Thursday-Public sale (\$4 Admission)
  - 11am-7pm October 7, Friday-Public sale (free admission)
  - 8am-noon October 8, Saturday (most items ½ price)
- ✓ *Touch A Truck Day* – Southeast Clarke Park, Athens - Saturday, Oct. 8, 10-1 - Enjoy a day of fun and a chance to explore trucks of all types, including construction vehicles, dump trucks, fire trucks, police cars, and more. Each vehicle will have trained staff present to answer questions - Concessions available for a small fee – all ages, free.

## MOPS Calendar 2011

<b>October 5</b>	Speaker: Secondhand Finds w/ Darien
<b>October 19</b>	MOPS Curriculum: MomSense
<b>November 2</b>	Speaker/Craft: Cake Decorating with Leah from Take the Cake
<b>November 16</b>	Craft: Thanksgiving Namecards
<b>December 7</b>	MOPS Curriculum: MomSense

Have something you'd like to see added to the newsletter?

\* *Recipes* \* *Kid's Crafts* \* *Upcoming Events* \* *Announcements* \* *Pregnancies* \*

Contact Renee at [rkopcha@att.net](mailto:rkopcha@att.net)