



Fall Meeting Dates:

- September 20th
- October 4th
- October 18th
- November 1st
- November 15th
- November 29th
- December 13th

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Welcome to the Santa Ynez Valley MOPS

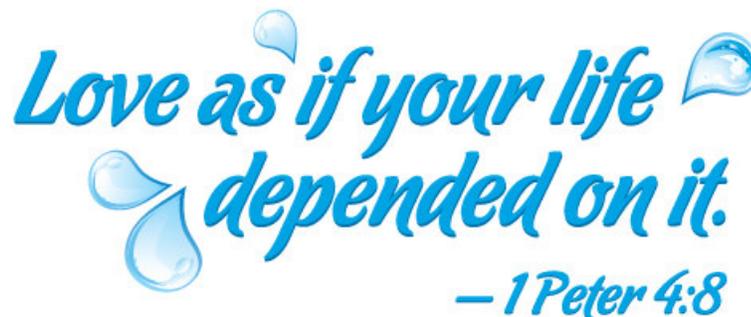
It's time to *plunge* into the 2012-13 MOPS year! Your leadership team has been working hard this past summer to prepare some great crafts, line up dynamic speakers, and plan a *splashing* good time for everyone. We hope that you will enjoys MOPS this year and be encouraged to *take the plunge* into your role as a mother and your relationships. Welcome!

2012-2013 MOPS International Theme:
Plunge— Love as if your life depended on it

The emphasis is relationships and hope. MOPS communicates a message of hope and creates an atmosphere of supportive relationships that moms need to survive a world of constant change. Taking the plunge in relationships is being authentic and going deeper. In a MOPS group, relationships offer hope to moms, especially as moms go deeper and take risks, going deeper, and showing authentic love - neighborhood, friendships, marriages, extended families, the world around us and ultimately a relationship with God.

Theme Verse: Peter 4:8-11 (The Message)

Most of all, love each other as if your life depended on it. Love makes up for practically anything. Be quick to give a meal to the hungry, a bed to the homeless—cheerfully. Be generous with the different things God gave you, passing them around so all get in on it: if words, let it be God's words; if help, let it be God's hearty help. That way, God's bright presence will be evident in everything through Jesus, and he'll get all the credit as the One mighty in everything—encores to the end of time. Oh, yes!





Meet Shellee Castillo, MOPS Coordinator

Shellee is our awesome coordinator for this 2012-13 MOPS year. Her husband's name is Casey and they have been married for 5 years. They have two children Kona (4) and Jett (3). She grew up in the Santa Ynez Valley and is excited to start the MOPS year. Shellee first attended MOPS in 2008 and became the coordinator in 2010.

Fun Questions:

- *What would you do with a kid-free day?* Sleep in, and then shopping and lunch with friends.
- *Where is your dream vacation?* Greece-my great grandparents are from there, and I'd love to go visit and meet my cousins.
- *Do you know how to swim? Drive a boat? Dive? Anything else with water?* Can't think of anything for water-I can swim of course, but it's not pretty or anything. lol
- *What excites you the most about MOPS this year?* I love that the theme this year is all about taking risks. As

moms, it's so easy for us to get into a routine and stay in our comfort zone. This year, I hope I can help lead our group to take the "Plunge", and to try something new or different. What if we all introduced ourselves to 2 people we don't know at each MOPS meeting? Or what if you planned a play date with a few moms with kids in the same Moppets class as yours? Think of the new friendships that could be formed, for both moms and kids! Maybe you could invite that mom you see in the grocery store to join us at MOPS. We have a large group already, but what if we were able to reach even more moms, and grow even bigger!! I know God has amazing things planned for SYV MOPS, and I'm excited to see what this year holds

- *Share 1 thing about you that most people don't know:* I was a dancer from age 3, up until I had kids. I was even in 2 music videos...but I'll never tell which ones!
- *Favorite guilty pleasure:* Sadly, I'm a fan of Real Housewives of New Jersey. And General Hospital.
- *If you were stranded on a desert island, what 3 things would you bring?* My bible, coffee, and a bathing suit...sounds quite nice actually



Meet Amanda Benoit, Assistant Coordinator

Amanda will be one of our fabulous assistant coordinators this year. Her husband's name is Tony, and they have been married for 6 years. They have two children, Mona (5.5) and Eli (2.5). Amanda grew up in Valencia, CA and moved to Solvang in May, 2010. She first attended MOPS in 2007, and has been on the steering team previously, but this is her first year as an assistant coordinator.

Fun Questions:

- *What would you do with a kid-free day?* Go with Tony for a date day, anywhere-Avila Beach maybe.
- *Where is your dream vacation?* Tahiti in one of those deluxe hut/rooms out on the water.
- *Do you know how to swim? Drive a boat? Dive? Anything else with water?* Swim yes, all strokes. Yes. Love Scuba Diving. Love Dolphins.
- *What excites you the most about MOPS this year?* Hanging out with moms I know and meeting new moms.

Also, a nice coffee break.

- *Share 1 thing about you that most people don't know:* I got 8 varsity letters in both soccer and softball in high school.
- *Favorite guilty pleasure:* I love dancing and could stay up all night dancing with friends.
- *If you were stranded on a desert island, what 3 things would you bring?* Tony, Mona, & Eli (my family and best friends).



Meet Robyn Caplan, Assistant Coordinator

Robyn will be our other fabulous assistant organizer and this will be her last year participating in MOPS. Her husband's name is Brian, and they have been married for 11 years. They have three children, Boe (9) and twins Cole & Kacy (5). Robyn grew up in the Santa Ynez Valley then moved away to Thousand Oaks for college and later married. She returned to the Valley 4 years ago. She first attended MOPS 7 years ago at the Westlake and Camarillo locations. She has participated with the SYV MOPS as a co-coordinator 2 years ago and has also served as a table leader and a care coordinator.

Fun Questions:

- *What would you do with a kid-free day?* A cruise going anywhere!
- *Where is your dream vacation?* I love boats! Grew up going to the lake waterskiing. I will take a trip to the lake any day!

- *Do you know how to swim? Drive a boat? Dive? Anything else with water?* Yes, I swim. I can drive a boat if I have to!
- *What excites you the most about MOPS this year?* Most excited about meeting new friends and spending time with other moms and friends. I also want to make the most of my last year at MOPS.
- *Favorite guilty pleasure:* Watching too much TV.
- *If you were stranded on a desert island, what 3 things would you bring?* Diet Coke, my pillow, and my Sonicare toothbrush.

Meet the Mentors

**Anne
Lautensack**



Anne is a returning MOPS mentor this year. She and her husband, Dave, have a son, Tim (27), and twin daughters, Kim and Christina (24). She has many hobbies and talents, but we will have to ask her in person to find out more.

Her tip for a new mom is:
If the kids are especially cranky, just stop what you are doing (laundry, cooking, etc.), lay on the floor and let them crawl all over you. They will be very happy...Dinner can wait!

**Chris
Elmerick**



Chris will return this year as a Mentor Mom after taking the previous year off. Welcome back! She has been married to Roger for 25 years and are raising two teenagers: Emily (15) and Ben (12). Chris breaks her hobbies into practical hobbies, like learning history and organizing the home, while her fun hobbies include painting,

writing, gardening, and photography.
Practical tip: Mix 1 tsp of laundry softener and a few drops of your fav essential oil, and 8 oz of water into a spray bottle to make a wrinkle releaser spray.
Fun tip: Have one area in your house that is just for you, it could be a corner with a chair and a small table. On the table keep a flower or bouquet and your favorite book or magazine. Make sure your kids (& hubby) know it's your special place. In the craziness of raising wee ones, it helps just to know you have a sanctuary to go to even if just for 5 minutes!

**Cindy
Fredette**



Cindy will be continuing her Mentor role with us this year. She and her husband, Steve, have two daughters, Talia (16) and Jaime (10).

Her hobbies include reading and photobooks. Ask her to show you some of the ones she created for her girls.

Her tip for moms is "This too shall pass."

**Cindy
Long**



Cindy is a returning as one of our Mentor Moms. She and her husband, Ron, have raised three children, Gentry(42), Russell (41), and June (38), and they have 8 grandchildren. Her hobbies include writing, reading, walking, helping wherever she can, and she used to love to cook.

Her tip for a mom is to say often:

Thank God for dirty ____;
They have a story to tell.
For by their very presence
You can see we're living well.

(Continued on page 4)

(Continued from page 3)



Geri Eberly

Geri will continue her role as a Mentor this year. She has worked with MOPS for eight years; seven as a caregiver and one as a mentor. She has two daughters and two sons. All four children are married and have children of their own, giving her eight grandchildren, four great-grandchildren with another one due in December.

Her hobbies include knitting, reading, and gardening.

She loves kids!

Paula Albrecht



Paula is also returning this year as a Mentor. She has two daughters and one son, Robyn Caplan, Christy Butler who lives in Bishop, CA, and Dusty. She has 5 grandchildren, 3 girls & 2 boys. Her son is still not married, but they are working on that...

Her hobbies are sewing, guitar, MOPS, and playing with her grandkids or any kids, that's why she's working at the Pres. Preschool. The one thing she always tell a new mom is, "If I could give you any advice, go with your mother's instincts. God gave you that feeling in your stomach for a reason. You can listen and thank people for their advice, but when it comes right down to making decisions about your baby, you're the one who knows your child more than anyone." Her thoughts about MOPS, "It is such a great program. It's kinds of like church, though, you get out of it what you put into it. Thank you for letting me be a mentor at MOPS. I am so blessed!"

Maggie Lepley



Maggie is another one of our Mentor Moms. She is married to Tom and they have 4 children: Kathleen Sieck married to Jeff with children Vera (7), Fiona (5), & Clementine (3); Anna Taylor married to Jon; Molly Phelan married to Joe with a baby boy, Charlie (1); Elizabeth Dawson married to Nick with children George (6) and Mila (5).

Her hobbies include reading, painting, travel – or at least planning it!

Her #1 tip: The secret of Happiness is a thankful heart. Find things you are thankful for and think about THEM!

Her #2 tip: Do a load of laundry before breakfast and make dinner in the morning!

“Tell the older women to behave as those who love the Lord should. They must no gossip about others or be slaves of wine. They must teach what is proper, so the younger women will be loving wives and mothers.” -Titus 2:3-4

Announcements, Announcements, Announcements!



Alicia Crowley, her husband, Brendan, and son, Cien, welcomed

a new baby boy, Warren Timothy, on August 30th at 9:24am. Warren weighed 8lbs, 10oz. and was 20" long.



Kerry Metzger,

her husband, Ryan, and children, Jacob & Brayden, welcomed a new foster baby over the summer.



April Trieger, her husband, Trevor, and daughters, welcomed a new baby girl, Preslee Laine, on June 22nd. Preslee weighed 7 lbs, 14 oz. and was 19" long.



Christina Whippo,

her husband, Mead, and son, Austin, welcomed

a new baby boy, Andrew Richard, on August 1st at 10:03am. Andrew weighed 7lbs, 6 oz. and was 19 3/4" long.

If you would like to announce a pregnancy, birth, anniversary, birthday, or anything important to you and your family, please contact Christina Whippo at symmopsnewsletter@gmail.com or at 701-1596.

10 Ways to Entertain Your Kids While Lying Down

Maybe you're sick, injured, on bedrest, or just dog tired. Whatever the reason, sometimes you need to keep your kids entertained while lying down. Here are 10 entertainment ideas from BabyCenter parents that make it easy to take it easy. (adapted from babycenter.com)

1. This one is a winner – it's called "What's on my butt?" You lie face down on the couch and try to guess what object your kiddo has perched on your tush. "Is that a cement mixer on my butt?" Just getting to hear you say the word "butt" is the best thing that'll happen to your kid all day.
2. We have a baby dance party. I turn on some kids' music videos, sit on the couch, and have them dance for me. Sometimes they put on a parade, wearing kooky costumes and prancing around with paper flags or colorful socks.
3. My daughter and I set up a tent, which I lie down in. She pulls out a pile of books and we pretend we're camping.
4. I love "Read Me the Story." My son is 2 and he'll perch next to me on the couch with one of his favorite books and try to re-tell the story as he pages through it. Sometimes it's the real story, and sometimes he just makes things up. It's hysterical, and can last for up to half an hour!
5. Be the patient and lie on the couch or bed. Let the kids be the doctor, taking your vitals, bringing you "medicine," and giving you shots with their doctor kit.
6. I let my children polish my toenails. Sometimes I can also tolerate having my hair brushed and scalp massaged.
7. My daughter plays "Special Delivery." She picks a random toy or object in the house and wraps it up in scrap paper. (Newspaper or a paper grocery bag works great, too.) Then she "addresses" the package to me. Finally, she knocks on the door of the room I'm in and calls, "Special delivery!" I invite her to come in, accept and open the package, and ooh and aah over it. Then she does it all over again with something else. She can keep this up for more than an hour, and I don't have to move!
8. My favorite is "Fetch, Puppy!" This one is great while trying to relax outside or have a conversation with a friend at the park. You sit in a lawn chair or on a bench and throw a ball. Your little one runs after it and brings the ball back to you. If your child really gets into it, he may bring the ball back in his teeth or entertain you with some form of barking and running on all fours!
9. A good one is barbershop or salon. My daughter loves to brush my hair, put lotion on my legs, etc. It will keep her busy for hours!
10. The game I like is "I'm the Baby." You lie in bed and your kids pretend that you're a baby they're putting to bed. My girls will stroke my hair, read me stories, sing me lullabies – it's awesome. I drag that one out as long as I possibly can.



In the Kitchen...



Prep time: 10 minutes
Cook time: 20 minutes
Difficulty: Easy
Servings: 12

Grandma Betty's Caramel Apples

from tastykitchen.com

A family favorite for over 50 years. Once you try this, you will never go back to unwrapping and melting all those commercial caramels to dunk apples in!

Ingredients:

- 12 whole Apples (Braeburn)
- 1/4 cup butter
- 1 cup light corn syrup
- 14 oz, fluid Eagle Brand Condensed Milk
- 2 cups white granulated sugar
- 1 tsp vanilla extract
- Sticks for apples

1. Assemble all ingredients: wash and dry apples, insert sticks, and butter a cookie sheet and dinner plate before starting to cook.
2. Heat all ingredients except vanilla in a heavy 2-quart saucepan over medium/low heat. Stir constantly! (Unless you really like the look of scorched bits on your apples.)
3. When caramel reaches soft ball stage (235°F–240°F) remove from heat and add vanilla. Let cool a few minutes.
4. Using the stick inserted in the apples, dunk apples in the hot caramel and twirl slowly away from the heat for a couple of minutes. It's nice to have a helper or two at this point.
5. Place caramel-covered apples on a buttered cookie sheet. Optional: drizzle with melted chocolate or roll in chopped nuts.

Extra caramel from the bottom of the pan:

1. Can be scraped out with a spatula into a buttered plate or dish to be cut into individual pieces when cool.
2. Can be thinned in the pan with half-and-half and eaten warm, as a dip for apple wedges.



Prep time: 10 minutes
Cook time: 45 minutes
Difficulty: Easy
Servings: 8

Mac and Cheese with Roasted Chicken, Goat Cheese and Rosemary

-courtesy of Michael Symon from [The Chew](http://TheChew.com)

This dish is a grown up version of mac and cheese that should please the whole family. It's easy, especially if you are going to Costco. Buy the rotisserie chicken and goat cheese, grab some rosemary out of your garden (or a neighbor's), and you are set to do a load of laundry or help with homework while it simmers on the stove. If you want to make it vegetarian, omit the chicken. If you need to make it gluten free, use rice pasta. Enjoy!

Ingredients:

- Kosher Salt
- 1 pound Dried Rigatoni
- 1 quart Heavy Cream
- 2 tpb Chopped Fresh Rosemary
- 8 ounce Fresh Goat Cheese (1 cup)
- 2 cups Shredded Roast Chicken
- Black Pepper

1. Bring a large pot of water to a boil, and add enough salt so that it tastes seasoned.
2. While the water is coming to a boil, put the cream, rosemary, and a pinch salt and pepper in a large saucepan over high heat. Bring just to a simmer, then lower the heat to medium and simmer to reduce the mixture by half.
3. Add the chicken to the cream and bring the mixture back to a simmer. Continue cooking until it coats the back of a spoon, about 30 minutes.
4. Add the rigatoni to the boiling water and cook it until al dente, about 10 minutes. Drain the pasta from the water and add to the sauce.
5. Add goat cheese to pot. Toss the pasta to combine it with the sauce and bring it back to just a simmer. Adjust seasoning to taste.

September 2012

Future Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4	5	6	7	8
9 Grandparents Day	10	11	12	13	14	15
16	17	18	19	20 1st Day of MOPS	21 Parent's Night Out	22
23	24	25	26 Parent's Night Out	27 10am Play date & Lunch at Sunny Fields	28	29
30						

PLAYDATES:

- **Pumpkin Patch Visit,** Alamo Pintado Road, Thursday, 10/25, 10am
- **Christmas Cookie Bake & Decorating,** SYVPC Family Center Kitchen, Thursday, 12/20, 4pm

MOM'S NIGHT OUT:

- **Fall Mixer & Welcome Reception,** Dos Carlitos, Wednesday, 10/10, 6pm
- **Movie Night-** "What to Expect When You Are Expecting", SYVPC Welcome Center, Wednesday, 11/7, 6pm

MOPS EVENTS:

- **Holiday Boutique,** SYVPC Family Center, Thursday, 11/29, 9:30am
- **Christmas Party,** SYVPC Family Center, Thursday, 12/13, 9:30am

On Going Events

Parent's Night Out

SYVP Church offers a drop-off childcare program for infants through 6th-grade so parents of young children can have a date night?

PNO happens on the 1st & 3rd Friday each month from 5:30pm-9:45pm and every Wednesday from 6pm-9pm for the low cost of \$10/child. The first time is free!

To reserve your spot, sign-up in the nursery or contact Lis Wilson with questions at 688-6323, ext 237.

Mother's Day Out

SYVP Church offers a drop-off childcare every Monday and Tuesday from 9:00am-Noon during Mom's Day Out.

Cost is \$10/child per day. You must reserve your spot in advance as space is limited.

To reserve your spot, sign-up in the nursery or contact Lis Wilson with questions at 688-6323, ext 237.

Other Online Resources:

[SYV MOPS Facebook Page](#)

Like our page and be up to date on the latest news and information regarding meetings and events. Fun questions will be posted and answers may be featured in the newsletter.

Read our blog:

www.syvmops.blogspot.com

[SYV Moms at Meetup.com](#)

Visit www.meetup.com/syvmoms to see what activities other moms are doing. Membership is free and you must join to participate. Contact Christina Whippo if you have any questions 701-1596.

Leadership Directory

Coordinator

Shellee Castillo 245-3875

Assistant Coordinators

Amanda Benoit 705-8060

Robyn Caplan 405-2223

Speaker Coordinator

Alicia Crowley 717-2535

Hospitality Team Leader

Lindsey Ammann 688-6851

Creative Activities

Jennifer Mlodzik 693-5192

Care & Celebrations

Charisse Spry 325-1826

Social Coordinator

Maureen Widroe 688-2581

Publicity/Newsletter

Christina Whippo 701-1596

Fundraising Team

Alicia Crowley 717-2535

Table Leaders

Becky Letts 705-5447

Misty Sedehi 949-677-8617

Meggan Johnson 621-2859

Jamie Green 860-543-4848

Mentors

Maggie Le Pley 688-8333

Anne Lautensack 686-1328

Paula Albrecht 688-8131

Gerri Eberly 688-2265

Cindy Long 688-5338

Cindy Fredette 688-3553

Chris Elmerick 686-1599

MOPPETS Coordinator

Amy Tagles 216-4030

SYVPC Staff Liaison

Lis Wilson 688-6323

BUSINESS ADS

**YOUR
BUSINESS AD
COULD
GO HERE**

CLASSIFIED ADS

**THE STUFF
YOU WANT TO SELL
COULD
GO HERE**



**KEEP
CALM
AND
GO TO
MOPPS**

Don't wait! Advertise in...



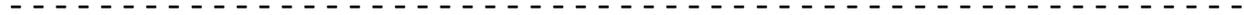
Classifieds and Member Business Ad Submission Form

Each month in "Plunge," our MOPS Newsletter, we will have a section dedicated to free classified listings and paid Member Business Ads. This is an inexpensive way to get rid of your unwanted items OR to advertise a business that you are personally involved with.

Classified Listings: If you have an announcement or would like to list items for sale or wanted items, you may place a classified listing for free.

MOPS Member Business Ads: Moms who are registered MOPS members can buy one business card-sized ad (3.5 x 2 inches) for their business (or one that they are directly involved with). Ads cost \$25/semester. Please submit a business card with your request so that we can scan it for the ad. If you do not have a business card, we can help design an ad for you but will need at least two weeks' notice. The fee is \$25 and if sign up today, your ad can appear in the next issue of "Plunge."

Deadline to Submit: "Plunge" is published for the first meeting of every month. Classified and Member Business Ad requests must be received no later than the Thursday before the first meeting of the month. To submit a request, please tear off this form and mail to Christina Whippo (3390 Tivola St., Santa Ynez, CA 93460) or email the information to Christina at symopsnewsletter@gmail.com. If a fee is required, we must receive the fee prior to publication of your ad. Make checks payable to SYVPC MOPS.



Name: _____ Phone: _____

Email: _____

- Classified
- Business Ad (business card attached)
- Business Ad (needs to be created)

Classified Listing or Other Information:

