

JANUARY 2012



MY JOURNEY

PROFILE: NINA KELLERMAN, MOPPETS TEAM LEADER

next meeting

friday, january 20
9:30 am - 11:00 am



this issue

- profile: nina kellerman
- message from pastor lani
- cookbooks
- calendar
- events / classes
- mauna kea advisory
- funny findings
- techie tots
- classifieds



I love having spent my childhood in Phoenix, AZ but knew I wanted more. I dropped out of the University of Arizona to become a nanny in NY. It was a great adventure that altered the course of my life. I ended up in Bend, OR before returning to Arizona to figure out what I wanted for my life. I adopted a dog and searched different career paths, none of which lit a spark in me. Until I discovered pet sitting - I loved it! During this time I was also blessed with the privilege to be a primary caretaker for my grandmother as her health began to fail. I met my husband while at work and my life suddenly seemed so complete! Our dating "career" had me on the edge of my seat and happier than I had ever been! Aaron's keen sense of humor and responsible lifestyle won me over and we were married 9 months later and married now for 4 years! Our honeymoon was the drive up to Grand Forks, ND which was to be our new home. We had my 2 dogs in the backseat which distracted from the romanticism of it all, but have fond memories, that carry us through ups and downs of marriage. We met our match with North Dakota's fierce and unforgiving winter. We have a deeper bond after surviving four winters there! We now

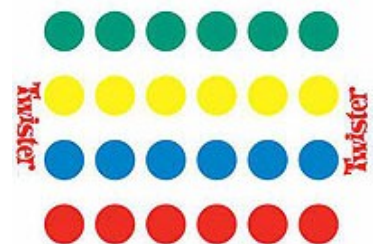
have two amazing boys that I am blessed to be a stay at home Mom to! Lincoln is 2 and has an adventuresome spirit and a tender heart. Ephraim is 8 months and is easy going and affectionate. I myself enjoy classical music, nutrition, cooking/baking, walking, photography and journaling in addition to being a wife and mother. Our life's journey brought us to Waikoloa this past July and MOPS has played an important role in my family's transition from snow to sand in another land where we have no family. MOPS offers the support I need to continue to grow into the Momma God has created me to be. I have made wonderful friendships in a short time and know God has my sweet little family right where he wants us for now.



JANUARY MEETING TOPIC

BRUSH UP ON THIS CLASSIC GAME

The game of physical skill that ties you up in knots!
MOPS Topic: Managing Stress



Pastor Lani's Corner

PLANS FOR A NEW YEAR

Hauoli Makahiki Hou! Happy New Year! Are you ready to take on another year? The scripture comes to mind from Jeremiah 29:11, **"For I know the plans that I have for you, says the Lord. Plans to prosper you and not to harm you, plans to give you a future and a hope."**

God has plans for you this year individually, and as a family. The way you find out those plans is to check-in with Him daily. The best time of the day for me is early morning. Before the day begins or before the kids wake up. Just 15-20 minutes of reading my Bible/devotional and prayer helps set my attitude for the day. When I consult the One who has daily plans for me, I have more joy and peace and am able to perform better in every area. I want to encourage you this year to add that into your daily schedule.

Do you have a daily plan in your home with your children? As a mommy you need to create consistency in your child's life. Creating and having a plan for your child to follow everyday helps your child in a number of ways. A planned time for meals, snacks, rest, play, and bed. When you have a plan that your children follow from toddlers it will instill in them the structure they need to be resilient children. By providing them **structure and boundaries** you will allow them to order their world around them,

which in turn creates **internal order** and security. You will raise a child who will grow up to be confident, resilient and secure.

And what about the bewitching hour from 4-6PM? When everyone seems to be at his or her craziest? Do you have a plan for dinner? I've found that if dinner is planned in advance for the week and/or

cooked ahead of a time-that's one less thing I have to think about and gives me the freedom during that time to give extra support and care that everyone seems to need.

Take time to make a plan for 2012. Break it down into small chunks of time-daily. Follow your plan - and it will bring you a future and hope. If you need help to start a plan or work a plan-call/email me. I would be happy to help you and plan you into my schedule ☺

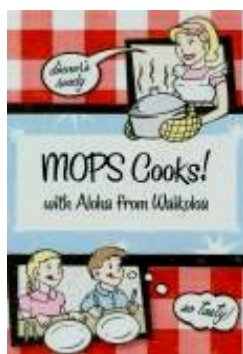
Pastor Lani

SAMPLE DAILY PLAN

7:00 AM Breakfast
8:00 AM Clean Up
8:30 AM Playtime
9:30 AM Snack
11:00 AM Lunch
1:00 PM Rest Time
2:30 PM Snack
3:00 PM Playtime
5:00 PM Dinner Time
7:00 PM Bath Time
8:00 PM Bed Time
Mommy/Daddy Time

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do your planning
and prepare
your fields before
building your house.
Proverbs 24:27

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MOPS COOKBOOKS

Speaking of mealtime planning . . . if you haven't already picked up your 'first edition' Waikoloa MOPS Cookbook, well . . . It's time. This isn't your ordinary cookbook! It's full of a variety of dishes from Musubi and BLT Pasta to Salted Peanut Chews and Powerhouse Mac N Cheese. There is something for everyone! All proceeds fund our Waikoloa MOPS meetings and activities. **Buy yours NOW - only \$11.00**

MEETINGS AND EVENTS

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day 	2	3	4	5	6	7
8	9 Martin Luther King Day 	10	11	12	13	14
15	16	17	18	19	20 MOPS Meeting 	21
22	23 Chinese New Year 	24	25	26	27	28
29	30	31				

MOPS MEETINGS

- January 20 @ 9:30 AM - 11:00 AM
Topic - Twister (How to Handle Stress)
- February 3 @ 9:30 AM - 11:00 AM
Topic - Battleship (How to Discipline)

MOPS SOCIALS

- No socials this month, but stay tuned for fun in February!

LOCAL FARMERS MARKETS

KINGS SHOPS FARMERS MARKET

www.waikoloabeachresort.com

- Wednesdays @ 8:30AM - 2:00 PM
Waikoloa

MID-WEEK MARKET

www.annaranch.org

- Wednesdays @ 12:30 PM - 5:30 PM
Waimea, Anna Ranch

HOMESTEAD FARMER'S MARKET

www.kamuella.com

- Saturdays @ 7:00 AM - 12:00 PM
Waimea, Mile Marker 55

TOWN MARKET

www.kamuella.com

- Saturdays @ 8:00 AM - 2:00 PM
Waimea, Parker School

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so I recommend
having fun,
because there is
nothing better
for people in this
world than to eat,
drink, and enjoy life.
that way they will
experience some
happiness along
with all the hard
work God gives
them under the sun.
Ecclesiastes 8:15

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FAMILY FUN

QUEENS MARKETPLACE

www.waikoloabeachresort.com

- January 13 @ 6:00 PM
Movie Under the Stars:
"Glitter"
- January 20 @ 6:00 PM
Movie Under the Stars:
"Mamma Mia"
- January 27 @ 6:00 PM
Movie Under the Stars:
"Satisfaction"
- February 3 @ 4:30 PM - 6:30 PM
Chinese New Year Celebration

SHOPS AT MAUNA LANI

www.shopsatmaunalani.com

- January 26 @ 5:00 PM
Chinese New Year Celebration

KINGS SHOPS

www.kingsshops.com

- January 27 @ 5:00 PM
Chinese New Year Celebration

AYURVEDIC COOKING WORKSHOP

www.thelotuscafe.com

- January 13-14 @ 5:00 PM - 8:00 PM
Lotus Café in Kona, \$75/day

KONA PUBLIC LIBRARY BOOK SALE

www.folkhawaii.com

- January 14 @ 9:00 AM - 1:00 PM
Help support your local library

LIANE CARROLL BENEFIT CONCERT

www.hawaiiperformingartsfestival.org

- January 14 @ 7:30 PM
Fairmont Orchid, \$55/person

FREE KAMUELA PHILHARMONIC CONCERT

www.kahiluthatre.org

- January 16 @ 4:00 PM
Kahilu Theater, Waimea

2012 CHERRY BLOSSOM HERITAGE FESTIVAL

www.konaweb.com

- February 4 @ 9:00 AM - 3:00 PM
Various locations throughout Waimea

CLASSES

KONA AERIALS

www.gymnasticshawaii.com

- Saturday @ 9:00 AM - 9:45 AM
Tumble Bears (1.5 -3 years)
- Tuesday/Thursday @ 3:30 PM - 4:15 PM
Kinder Gym (4-5 years)
- Saturday @ 10:00 AM - 11:00 AM
Kinder Gym (4-5 years)
- Tuesday/Thursday @ 3:30 PM - 4:30PM
Mighty Mites (4-6 years)
- Saturday @ 10:00 AM - 11:00 AM
Mighty Mites (4-6 years)

JUNIOR MUSIC ACADEMY (KONA)

www.juniormusicacademy.com

- All Days @ Various Times
Makin' Music Class (0-3 years)
Keyboard, Singing, Guitar (4-10 years)
Free introductory class.

WEST HAWAII DANCE ACADEMY (WAIMEA)

www.whdt.org

- Fridays @ 4:00 PM
Dance (5-7 years)

WEST HAWAII DANCE ACADEMY (KONA)

www.whdt.org

- Wednesday @ 3:30 PM
Dance (3 years)
- Saturdays @ 8:30 AM
Dance (3 years)

KINDERMUSIK (WAIMEA)

www.kindermusik.com

- February 4 @ 10:00 AM
Imagine That! (Ages 3-5 years)
- February 4 @ 11:15 AM
Our Time/Away We Go! (Ages 1-3 years)

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may the Lord
richly bless
both you and
your children.
Psalm 115:14



HEALTH AND SAFETY ADVISORIES

EXPOSURE TO ALTITUDE AT MAUNA KEA MOUNTAIN



Know the Summit

The summit elevation is 13,796 feet (4,205m). The oxygen level is greatly reduced and you can experience shortness of breath and/or impaired judgment. Reduced atmospheric pressure at high altitudes may cause altitude sickness or result in the development of other life threatening conditions such as pulmonary edema (fluid in the lungs) and cerebral edema (fluid on the brain). Also, because the summit is above much of the atmosphere that blocks the sun's damaging ultraviolet rays, you risk exposure to serious sunburn and eye damage, especially if there is snow on the ground.

Precautions Before Ascending the Summit

- Prior to ascending the summit, acclimatize by spending at least 1/2 hour at the Visitor Information Station located at the 9,200 feet (2,804 m) elevation. This may lessen the intensity or onset of altitude sickness. If symptoms occur at this elevation, do not travel beyond the Visitor Information Station.
- Apply sunscreen and wear sunglasses and protective clothing.
- Hikers should register at the Visitor Information Station and use the buddy system.

- DO NOT DRINK ALCOHOLIC BEVERAGES BEFORE OR DURING YOUR VISIT.

Persons at Risk

We strongly advise the following individuals not to travel above the Visitor Information Station:

- Pregnant Women
 - People with heart or respiratory problems
 - People in poor physical condition
 - Children under the age of 16*
- ***Extended exposure to high altitudes could cause permanent damage to children whose bodies are still developing*

Symptoms of **ALTITUDE SICKNESS** include:

- Headaches
- Drowsiness
- Nausea
- Altered mental state
- Loss of balance
- Impaired reason

Symptoms of **PULMONARY EDEMA** and **CEREBRAL EDEMA** include:

- Severe headaches
- Vomiting
- Breathing difficulties
- Coughing
- Blue lips or fingernails
- Disorientation
- Extreme drowsiness



He makes me
as surefooted
as a deer,
enabling me to
stand on
mountain heights.

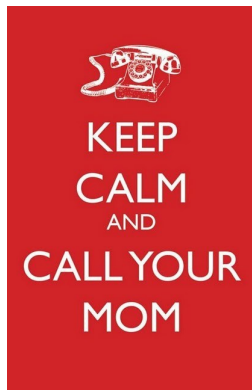
Psalm 18:33



{ Carl Pires, husband to Jill Pires, is a local Fire Fighter and wanted all
MOPS families to be aware of the risks involved with high altitude travel. }

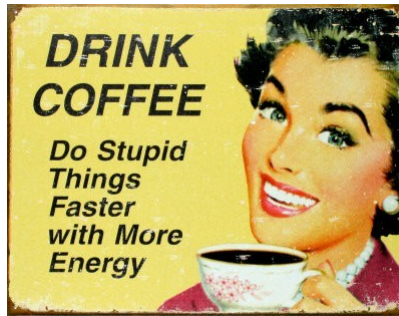
FUNNY FINDINGS

FOR THE MOM THAT JUST NEEDS A LAUGH



I STILL THINK
1990
WAS 10 YEARS AGO.

Mother
[muhth-er] -noun
1. One person who does the work of twenty. For free.
(See also: 'masochist', 'loony', 'saint'.)



The awkward moment when you see something you like, check the price tag, and then slowly walk away.

Getting older really sneaks up on you.



One of my students asked me why I had such small tupperware containers on my desk.

A Toddler's Rules of Possession

1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must NEVER appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it is mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.



TECHIE TOTS

COOL APPS FOR COOL MOMS AND TOTS

<p>Hipstamatic</p>	<p>My Cycles</p>	<p>PageOnce</p>	<p>Is that Gluten Free?</p>
<p>Tipulator</p>	<p>SoundHound</p>	<p>Scoops</p>	<p>CollegeSave</p>

you have given me
greater joy than those
who have abundant
harvests of grain
and new wine
Psalm 4:7

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Spanish Class for Kids and Parents

Tuesdays @ 4:30 PM in Waimea

Jessica Bollinger

M.A. Spanish, University of Oregon

jessica.o.bollinger@gmail.com

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