



MhPS

Mothers of Preschoolers

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One Flaw in Women

Women bear hardships and they carry burdens, but they hold happiness, love and joy. They smile when they want to scream. They sing when they want to cry. They cry when they are happy and laugh when they are nervous. They fight for what they believe in. They stand up to injustice. They don't take "no" for an answer when they believe there is a better solution. They go without so their family can have. They go to the doctor with a frightened friend. They love unconditionally. They cry when their children excel and cheer when their friends get awards. They are happy when they hear about a birth or a wedding. Their hearts break when a friend dies. They grieve at the loss of a family member, yet they are strong when they think there is no strength left. They know that a hug and a kiss can heal a broken heart. Women come in all shapes, sizes and colors. They'll drive, fly,



walk, run or e-mail you to show how much they care about you. The heart of a woman is what makes the world keep turning. They bring joy, hope and love. They have compassion and ideas. They give moral support to their family and friends. Women have vital things to say and everything to give. However, if there is one flaw in women, it is that

THEY FORGET THEIR WORTH!

Gateway Church :: 519.473.2804

Together on Planet Mom ::

THE FAMILY CIRCUS[®] By Bil Keane



What's Happening:

Springbank Park: Please join us, during the summer, at Springbank Park to enjoy the sun, watch our little ones play, and try to fit in some adult talk! We will be meeting at 9:30 AM on these dates:

- June 10th
- June 24th
- July 8th
- July 22nd
- August 12th
- August 26th

High Seas Expedition, Summer Day Camp: Where kids experience the deep rolling waters of God's love! July 12th-16th from 9 AM to noon each day. Give summer boredom the heave-ho! Details & registration at: www.gatewaylondon.org



Explore: New Recipes

Cornbread

1/2 cup butter
1/2 cup milk
1/2 cup course cornmeal
1/2 cup brown sugar
3 eggs
1 teaspoon baking powder
1/4 teaspoon salt

Preheat oven to 425 degrees. Place an 8-inch cast iron skillet in the oven to pre-heat.

Combine the butter, milk cornmeal and brown sugar in a small saucepan. Bring to a slow, steady simmer and whisk for a

few minutes until thickened. Add eggs, baking powder and salt to a medium bowl and whisk lightly. Add cornmeal mixture and stir until well combined. Oil cast iron skillet and pour in batter. Bake for 20-25 minutes, until cornbread is golden around the edges and cooked through.



“God doesn't give you the people you want; He gives you the people you NEED... to help you, to hurt you, to leave you, to love you and to make you into the person you were meant to be.”



Hey Mom! Let's do our part in protecting our planet!

Here is what is actually saved for each ton of paper that is recycled: 7,000 gallons of water; 380 gallons of oil; enough electricity to run

power in an average sized house for 6 months.

FACT: Did you know that you can run a TV for 6 hours on the same amount of electricity that is saved by you taking and recycling just one aluminum can?

FACT: That just by recycling one glass bottle, you can save enough electricity to light up a 100-watt bulb for 4 hours.

FACT: A glass bottle can take as long as 4,000 years to decompose.

FACT: A plastic bag takes 400 years to break down.

FACT: On average, 16% of the money you spend on a product pays for the packaging, which ultimately ends up in the garbage.

FACT: 9 out of 10 people would recycle more if it were made easier.

Bottom line—to protect the health, lifestyle and economic well-being of future generations, each of us must take steps to help the environment by recycling.

Sun Safety

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things! But if you're going to be out in the sun, especially on a hot day, you need to stay safe.

As a supplement to more reliable methods of reducing skin exposure to ultraviolet (UV) radiation (such as sun avoidance, clothing, and hats) sunscreen can be very useful. However, limitations to the effectiveness of sunscreen include the following common user errors:

- Failure to apply enough
- Uneven application/missed spots

- Failure to re-apply

Apply sunscreen properly—Generously apply sunscreen 30 minutes before your child goes out in the sun. Scented and colorful sunscreens appeal to some kids and make it easier to see which areas have been covered well. Don't forget nose, ears, hands, feet, shoulders, and behind the neck; lips can also burn, so apply a lip balm with SPF protection. Reapply sunscreen every 2 to 3 hours, or after sweating or swimming.

Best Sunscreen

- Provides **broad spectrum UVA and UVB** protection

- Has an **SPF (Sun Protection Factor) of at least 15 to 30**. You could go for a higher SPF, but most experts believe that they don't provide that much extra protection. Some experts go as far as to say the SPF rating should be capped at 30.
- **Water resistant**—even if you aren't going swimming, if your child is outside, he will likely be sweating, so a water resistant one might provide better protection than a regular sunscreen.