

# Corks for Kids 2012



# PARENT TIMES



May, 2012 Vol. 37 No. 7

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## Thank You!

As always, we could not exist without the generous support of our sponsors.

A HUGE thank you to:

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## Our Sincere Appreciation

What a wonderful year we've had with fun mom's nights out, great times spent with family and friends, fabulous classes and exciting play groups.

Our annual Corks for Kids event was a HUGE success, thanks to **Lisa Barnes** and **Courtney Konderik**, our Fundraising Co-Directors. Their tireless efforts helped to make it a special night out for all and a profitable event for our organization. We fundraise each year to help keep membership fees low. So, we are grateful to all of you who donated auction items and/or came and supported our organization. We hope you had as much fun as we did!

### Thank You, Instructors!

An enormous THANK YOU to our instructors who provide us with insightful information, discussions of developmentally appropriate practices and ongoing support. **Monique Nelson, Patti Carter, Julie Waslo, Barb Grady, Tibby Cornelius** and **Janet Lusher**, you all are AMAZING. Your guidance and support are with us as we strive to be the best moms we can be!

### Thank You, Board Members!

We also want to thank our FABULOUS Board members who have given so much of their time and energy to NCPG. We have loved working with **Ashley Staples, Jennifer Jennings, August Colosimo, Lisa Barnes, Courtney Konderik, Stephanie Davenport, Nicole Wood, Carole Anne Cook, Katie Evarkiou, Marci Saucier, Tricia Rochford, Erin Ashby, and Emily Palumbo**. You have been a terrific group to lead, and we are so appreciative of your dedication to making NCPG a better organization.



### Thank You, Members!

Speaking of appreciation....it's time to give back to our members!!! We are thankful for each of you and have a deal that you won't want to miss! Due to all of the hard work from past Boards, especially their conservative spending, successful fundraising and supportive sponsorship, we now have the opportunity to offer reduced membership fees. Remember, membership dues were \$325 for this year. **Next year, dues will be \$200 for early registration or \$250 after June 15.** There will be no difference in the quality of education you will receive, and you can still look forward to fun Mom's Nights Out, Family Events, play groups and camaraderie with other moms. Next year, however, we will end the year at the beginning of May without a closing speaker event, based on your feedback. We hope you see the value in the NCPG experience and that you will help spread the word!

### Happy Mother's Day to you all!

And, we hope you enjoy the summer. We look forward to seeing you back here in the fall!

All the best,

Jen & Melissa



# smile



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# Congratulations to the 2012-2013 Board Members!

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*NCPG is a non-profit, non-denominational organization providing classes to parents of pre-infant to kindergarten age children.*

[www.ncpgaz.org](http://www.ncpgaz.org)

Like us on Facebook: NCPG



*Newsletter design: Neill Fox, [www.foxnoggin.com](http://www.foxnoggin.com)*

# "Corks for Kids" a Great Success!

The event would not have been possible without the support of so many fabulous NCPG members & friends! Thanks to our awesome Board of Directors and everyone who attended and contributed!



Thank you to **Mesquite Jack** for the live musical entertainment.

Thank you to **Camelback Flowershop** for donating the flowers for the floral arrangements.

Thank you to **Phoenix Country Club** for being a wonderful host.



## SPECIAL THANKS TO OUR SPONSORS

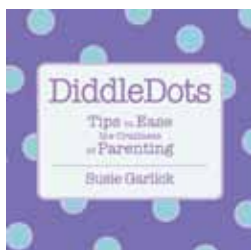


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And finally, drum roll, please!

# We raised \$22,457!!!!

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# Get Outta The Heat!

Although the summer brings warm temperatures, we all can take advantage of a wide variety of “cool” entertainment options, including water parks, indoor shopping malls, theaters, art galleries, restaurants and museums. It's easy to stay cool, have fun and relax this summer. Here are some ideas!



*The Oasis at Arizona Grand Resort*



*Arizona Science Center*

## The Oasis at Arizona Grand Resort

A six-acre water wonderland sensation for the whole family.

## Falls Water Village at Pointe Hilton Tapatio Cliffs Resort

More than one acre of pools and a 138-foot waterslide.

## River Ranch at Pointe Hilton Squaw Peak Resort

Features Hole-in-the-Wall River Ranch, a four-acre ranch with pools and water falls.

## Arizona Biltmore Resort and Spa

Features eight swimming pools including the Catalina Pool (the original to the hotel and features the Frank Lloyd Wright inspired tower with slide) and the Paradise Pool Complex.

## Westin Kierland Resort and Spa

2 swimming pools, a 110-foot water slide, a 900-foot river ride, hot tubs, poolside cabanas, lap pool.

## The Phoenician

9 swimming pools (including the Mother of Pearl Serenity Pool) and a 165-foot waterslide.

## Hyatt Regency Scottsdale Resort at Gainey Ranch

Two and a half acre complex contains 10 swimming pools and a three story water slide.

## Tempe Town Lake, Splash Playground

One-acre playground for children.

## Water Parks in Greater Phoenix

Big Surf, SunSplash and Waterworld offer Valley residents the chance to beat the heat. Each water park offers huge waterslides, wave pools, and lots of room for tanning.

## Arizona Science Center

Participate in interactive exhibits, watch 5-story tall movies, or take a trip through the stars at the planetarium.

## Challenger Space Center

Explore the stars, feel what it is like to be in a space shuttle and learn about the space program at this unique center.

## Cerreta Candy Company

Tour Phoenix's 70-year-old family owned and operated candy company and see how their products are made.

## Local Lakes and the River

Arizona's scenic canyon lakes and waterways offer spectacular desert views. Saguaro Lake, the Salt River and Lake Pleasant are within one hour of Phoenix; each one provides an opportunity for water sports and some rest and relaxation.



*Tempe Town Lake Splash Playground*



*The Phoenician*

# Tips to staying safe in the sun...

Kids often ignore two aspects of summer: sunburns and heat exhaustion. How can you help make summer more fun and safe for your kids in the sun? Consider these ideas.

## Tips for all parents:

- Make applying sunscreen on your kids a part of your everyday routine.
- Model healthy sun behavior. Wear sunscreen. Wear a cap during the sunniest part of the day. Wear sunglasses. Pace yourself when doing activity in the heat. Drink lots of water.
- Teach kids about peak sun hours (between 10 a.m. and 4 p.m.). Encourage them to find shade-friendly activities during those times to minimize their exposure.
- Learn about the UV index. The UV index is a number that indicates how much ultraviolet radiation your area will get from the sun, rated on a scale from 1 to 11. The higher the number, the faster unprotected skin will burn. Each day may have a different number.
- Talk about how sunburns and heat exhaustion can take a while to show up. Most people don't realize they're burned or exhausted until it's too late.
- Use a sunscreen that has a SPF of 30 or higher. Consider using a waterproof sunscreen if your child spends a lot of time outdoors in the water. Always apply sunscreen 15 to 20 minutes before your child heads into the sun.
- Encourage kids to drink water before they go outside. Since summer sports can be popular, get kids in the habit of drinking one to two glasses of water in the hour before they go out. Then give them a water bottle (or two) to keep drinking from as they play outside. If kids wait to drink until they're thirsty, it's too late to avoid experiencing at least some dehydration. Kids must get hydrated before they participate in vigorous outdoor activities and stay hydrated while they're playing outdoors.

## Tips for parents with children under 6:

- Babies who are six months of age and younger should be kept out of the direct sun. Cover their skin when they're outside. Use a stroller with a canopy or a hood.

Note that most sunscreens are for children who are older than 6 months of age. Avoid using sunscreen on younger babies.

- Monitor young children closely during the summer. Ensure that they don't get dehydrated or play too hard in the sun. Consider having an outside activity followed by an inside activity so that kids don't spend all day outside.

# ...and what to do if you don't!

(from WebMD.com)

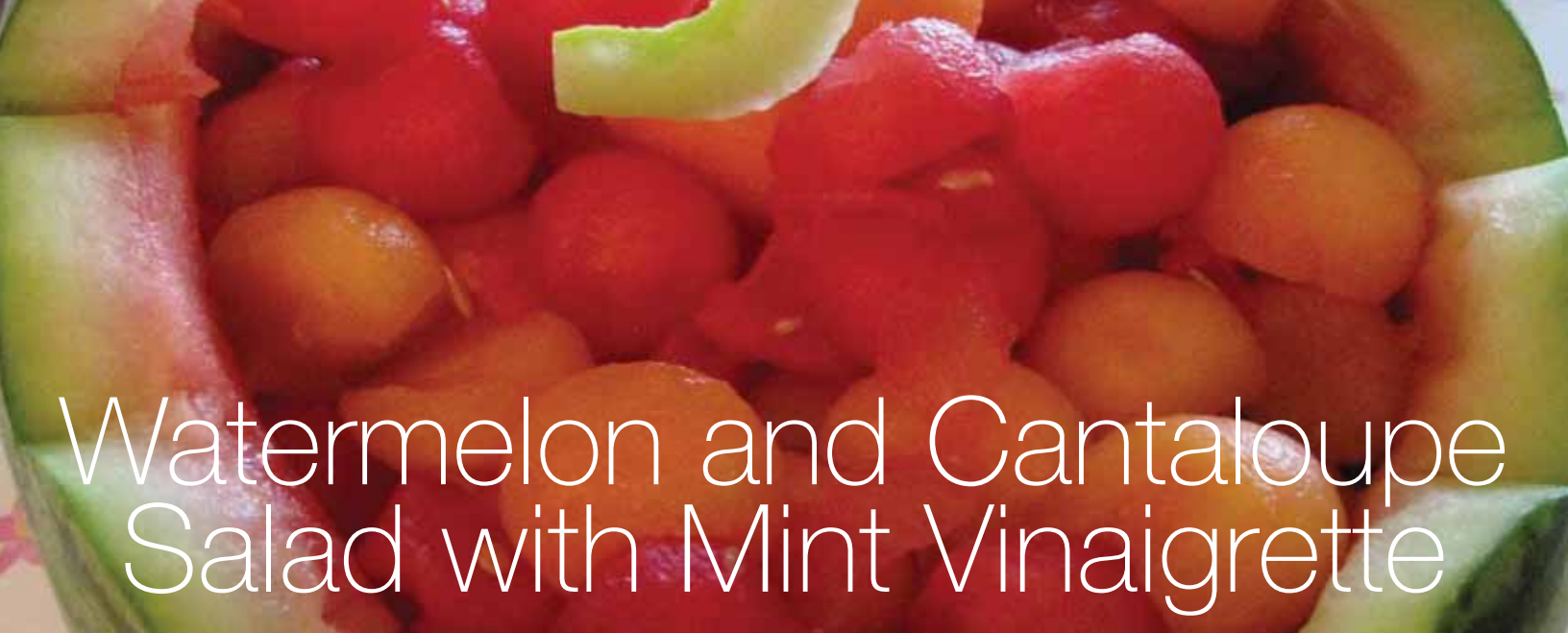
## Soothing a Sunburn

If your child gets sunburn, and is active, playful, and does not have any blisters, here's how you can make him feel better.

- Place a cool compress to the sunburn.
- Apply aloe gel to the burned skin. Try placing the aloe in the fridge for a few minutes first before using.
- Give acetaminophen or ibuprofen. Check with your doctor for the correct dose.
- Give your child plenty of fluids.
- Do not use over-the-counter pain relieving products containing benzocaine on sun-burned skin. (These are called topical anesthetics.) They can often make the pain worse, and some people are allergic to the ingredient.
- If your child feels or looks ill, spikes a fever, or has blisters, seek medical attention.







# Watermelon and Cantaloupe Salad with Mint Vinaigrette

Recipe courtesy of Giada De Laurentiis

## Ingredients

- 1 bunch fresh mint, chopped
- 1/4 cup lemon juice, from about 1 lemon
- 1/4 cup simple syrup, recipe follows
- 1/8 teaspoon amaretto
- 2 cups watermelon balls, from about half a watermelon
- 2 cups cantaloupe balls, from about 1 cantaloupe

## Directions

In a blender, combine mint, lemon juice, simple syrup, and amaretto. Blend until smooth.

In a large bowl, combine the watermelon and the cantaloupe.

Add the vinaigrette and toss. Transfer to a serving bowl and serve.

## Simple Syrup

- 1/2 cup water
- 1 cup sugar

In a saucepan, combine water and sugar over medium heat. Bring to a boil, then reduce heat and simmer for 5 minutes, until the sugar has dissolved. Take pan off heat and cool the syrup. Any extra cooled syrup can be saved in an airtight container in the refrigerator. (Yield: 1 cup)

## Start 'em Young. Raise 'em Right!

by Lauren M. Kucera, M.A.Ed., Visual Arts Instructor

As you begin to introduce young children to a world of learning options through various activities, please help them become fans of Team Art as well.

As a high school art educator, I work with students of all levels of talent and creativity. Across the strata, however, many are lacking the basic skills of physical and mental dexterity required for making and considering art.

This is part trickle-up effect of minimal arts experiences in the elementary schools in this area, part lack of home art experiences, and probably three parts other influences too long to list in this brief column. My plea to you, wonderful parents, is to give your young children experiences in the arts, while you have this precious time with them before

formal schooling begins. Your ability to positively influence creative change in our society is immeasurable.

Below are some ideas to get your creative juices flowing:

- Play at home with art materials, store-bought or homemade.
- Teach children to care for the materials and create special places to store them.
- Make cards instead of buying them.
- Put an easel in your child's room!
- Make food together that is visually exciting.
- Listen to music together; have a dance party.
- Lie in the grass, look at clouds, and talk about what you see; then paint it.
- Read Shel Silverstein and get into the funky rhythm of funny poetry.

- Make up poems about experiences you share.
- Create a dress-up box from old clothes, jewelry, and accessories.
- Act out or illustrate stories as you read them. Before you read a story, look carefully at the illustrations and ask your child to tell you the story he/she sees in the pictures.
- Look at art images in books, on the internet, talk with your child about the stories he/she sees there. Use that conversation to begin your own masterpieces!

You are a unique and creative being, made by a benevolent creator, share sensory experiences with your children and help them cultivate their natural curiosity.

Enjoy!



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Write a check, pay online by credit card, or download the registration form from our website and mail it in with a check.

*By registering early, you are helping our organization secure the appropriate number of teachers necessary and maintain small class sizes for the coming year!*

For more information, visit [www.ncpgaz.org](http://www.ncpgaz.org) or email: [membership@ncpgaz.org](mailto:membership@ncpgaz.org)

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