

Parent Times

December 2017



nc  pg
north central parenting group
learn • connect • inspire

It's a joy to welcome NCPG to our campus and we hope that you will make yourselves at home as you learn and grow together in your parenthood. We've got kids too, so we know: the struggle is REAL! That's why we strive, as a faith community, to encourage and love each other just as we are. Our kids aren't perfect, and this community allows them to be themselves. We aren't perfect either and there's lots of room for our joyfully imperfect selves too. Join us some Sunday if you've been seeking a faith community. 9am is when kids gather for stories & songs. Then at 10:15, they go to Children's Chapel for the first half of the main worship service so you can enjoy a little peaceful adult time in the pews. We all come back together in time to receive Holy Communion together. And in case there's a question: every person of every age is welcome to receive Communion—it's God's table and all are welcome at it.

So if you've been seeking, we'd love to help you discern if this is the place for your family. And in the meantime, welcome to your new home on Wednesdays, here at Saint Barnabas.



Erika

The Rev. Erika von Haaren
Vicar for Family Ministries

WELCOME TO SAINT BARNABAS



FAMILY PROGRAMS

SUNDAYS:

Sunday School..... 9am
Children's Chapel.....10:15am
(nursery care available)

WEDNESDAYS:

Music classes for ages 3+..... 5:30pm
Dinner.....6:15pm

MOPS *(mothers of preschoolers)*



Join us for MOPS right here at Saint Barnabas. We meet every 1st and 3rd Tuesday at 9:30am.

LOVE & LOGIC

**Parenting with Love & Logic
One-Day Workshop
Saturday, January 20, 8:30am-4:30pm**

Childcare & lunch offered. Visit saintbarnabas.org/loveandlogic to reserve your spot and enter coupon code NCPG for a discounted rate! See you there!



Learn about all of our programs at www.saintbarnabas.org.



ncpg

north central parenting group



President's Corner

To the entire NCPG Community,

Hello, December! What a wonderful first half of the year we've had at NCPG. Our social events, membership, and philanthropic efforts have been such a success this year, so THANK YOU. As your President, nothing makes me happier than seeing our group connecting, having fun and giving back. Seeing the joy on a child's face as they experience the magic of the holidays is quite possibly the best way to enjoy the season. **The Christmas Angels** program and our **Bell Ringers** will do just that for the Arizona children who need a little extra cheer this year. Please watch your emails for ways to sign up.

Please save the date for our **33rd annual fundraiser "Denim + Diamonds" – March 10, 2018 at Arizona Country Club**. We are so excited to have a fun night out with our favorite parents. Whether you want to dress for a little glitz & glam, or denim and your favorite pair of Tony Lama's you'll be sure to have a fabulous time supporting our organization. More details to come. For donations or sponsorship information please reach out to our Fundraising Directors, **fundraising@ncpgaz.org**.

As we embark on the New Year, the Board of Directors would like to invite anyone interested in becoming a larger part of the organization to a night with us on **January 8, 2018**. We will be hosting a **Board + Bites** from **6:30-7:30p at Christ Church** for you all to ask questions and get a better understanding of the "state of the union", as well as opportunities for the 2018-2019 Board of Directors. Please email me for additional information!

As always, I am available if you all need anything or have comments/suggestions on how to improve NCPG.

Wishing you a season of gladness, a season of cheer, and to top it off --- a wonderful year!

xo.

Ashley Blalock
NCPG Board President
president@ncpgaz.org



2017-2018 Board of Directors

President: Ashley Blalock

Vice President: Lindsay Perry

Treasurers: Caroline Keating & Jenna Hilton

Membership Co-Directors:
Sarah Dworkin & Rebecca Hogan

Education Co-Directors:
Ann Derksen & Katie Morris

Childcare Co-Directors:
Carole Anne Cook & Dana Holt

Communications Co-Directors:
Chandra Petelin & Laurie Ball

Special Events Co-Directors:
Kendall Chester & Deanna Sheedy

Social Co-Directors:
Tiffany Kaufman & Colleen Fillion

Public Relations Director: Kristen Reardon

Fundraising Co-Directors:
Monica Brown, Stacy Medeiros
& Catherine Western

Sponsorship/Advertising Co-Directors:
Natalie Thimsen, Katrina Stuart & Alyson Kennedy

Community Outreach Co-Directors:
Jessica Phipps & Jessica Lewis

NCPG is a non-profit, non-denominational organization providing classes to parents of infant to elementary school age children.

www.ncpgaz.org



Like us on Facebook: NCPGAZ

Parent Times

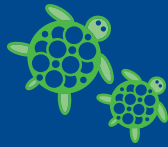
Members, this monthly magazine is for your benefit, so we want to ensure our team is publishing content that is valuable, useful, informative, and fun! Please let us know if you have suggestions, comments, concerns, or any input that would help us to improve this publication. Shoot us an email at **communications@ncpgaz.org**. Thanks for your help!

Editors – Laurie Ball & Chandra Petelin

Designer – Neill Fox, foxnoggin, neill@foxnoggin.com

On the Cover

Tucker, Ashley, Cash & Kenzie Blalock
Photographed by Cristi Owen Photography



Hubbard
Family Swim School

HUBBARDSWIM.COM
602.971.4044



Our programs are internationally-recognized stop in and find out why!

SPLASH, PLAY & LEARN! BABY SPLASH 8 wks - 5 mos

LITTLE SNAPPERS 6 mos - 35 mos **GROUP LESSONS** 3 yrs - 12 yrs

I sell real estate . . . but my business is people.

Born and raised in the Biltmore area, I am a 3rd generation Phoenician with 15 years of real estate experience throughout Maricopa County. It can definitely be said my heart is where my home is, and my home is in my heart. Whether you are buying or selling — I know what your home means to you. Building my own family keeps me fully aware of what it takes when it comes to you and your family's real estate needs. I have been in your shoes and possess the experience needed in growing family situations.

Allison S. Mikes
Associate Broker



602.791.3481
AllisonSellsHouses.com



THE BROKERY

LOCAL REAL ESTATE BROKERS

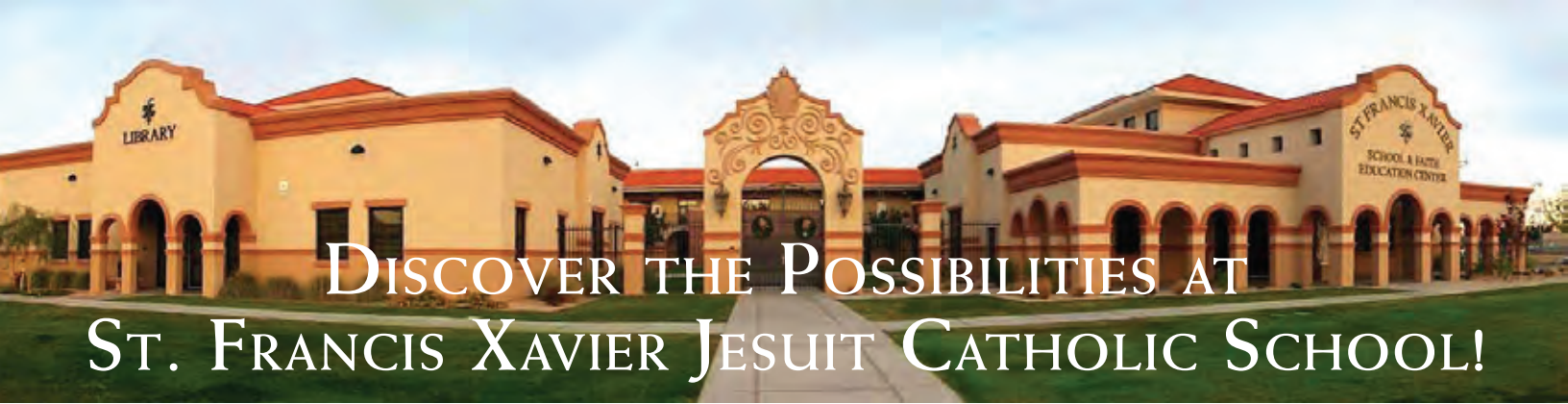
TAKING CARE OF YOUR FAMILY LIKE IT'S MY OWN.

AS A LEADING REAL ESTATE BROKER WITH A YOUNG FAMILY, I TAKE PRIDE IN HELPING FAMILIES LIKE MY OWN NAVIGATE THE REAL ESTATE MARKET. WITH OVER \$40,000,000 IN REAL ESTATE SOLD IN 2017, MY TEAM HAS THE KNOWLEDGE AND SKILL TO MAKE SURE THAT YOU AND YOUR LOVED ONES ARE TAKEN CARE OF. CALL ME TODAY AT 602-561-0445 FOR ANY REAL ESTATE NEEDS THAT YOU MAY HAVE.



TUCKER BLALOCK
ASSOCIATE BROKER | CO FOUNDER
602.561.0445 | THEBROKERYAZ.COM





DISCOVER THE POSSIBILITIES AT ST. FRANCIS XAVIER JESUIT CATHOLIC SCHOOL!

At St. Francis Xavier School we know that young children come to us with the gift of natural curiosity and we always look for ways to encourage their sense of wonder. Our classrooms are designed to engage students in learning through personal interest and exploration and our preschool and kindergarten curricula provide a continuum of developmentally appropriate instruction.

In October, we launched Blooming Explorers, a STEM (Science Technology Engineering and Math) program in two of our preschool classes. Blooming Explorers was created by former St. Francis teacher, Kathy Valladao, to develop early learning skills and practices by providing experiences facilitated by trained parents who act as "lead scientists" guiding the "junior scientists" through activities.

On the first day, children entered their classroom that had been turned into a laboratory. After discussing what scientists do, they were invited to put on their lab coats and goggles to begin exploring Seeds, Seeds, Seeds! They had many good questions "Where do seeds come from? How do seeds grow? Why doesn't this apple have any seeds?"

"At the end of the unit, there were more questions than when we started, and to me that was the best part, that



and the child who told his parent, 'I am a REAL scientist now,' said Mrs. Valladao.

Technology is being introduced in the preschool and kindergarten classrooms as well. Mrs. Johnson, St. Francis Xavier Preschool teacher, brought one of her students grandfather's, via FaceTime, into school since he could not attend the school's Grandparents Day because he lives too far away. So the preschool class came to him. Mrs. Johnson, said, "He read the student's favorite book, Cowboy Small, he put on a cowboy hat to dress the part. He even sang to them. The students loved it, and each walked up to the screen to give him a "virtual hug". Technology at its best for our youngest students.

After almost eight decades in Phoenix, many of our families have attended St. Francis Xavier generation after generation. Founded in 1936, St. Francis Xavier just celebrated our 80th year. St. Francis Xavier Jesuit Catholic School is Preschool – 8th grade, and is the only Jesuit Elementary School in Arizona.

Tours are available by request, please email the Admission Director, Lisa

Appelbe at lisa.ap-pelbe@sfxphx.org to schedule. Applications are now being accepted for the 2018 – 2019 school year.



SPRING GALA

Saturday, March 10, 2018



This year our annual Spring Gala will be held at Arizona Country Club. We can't wait to see your outfit with this year's theme of Denim and Diamonds!

Nursery Update



We are enjoying having your children in the nursery and as the weather cools off, we will be spending more time on the playground!

Don't forget: We open the website at 8 AM on the Thursday following each class. If you happen to be registering in one month for a class that falls into the next month, your confirmation total will show \$0. You will then be charged the 1st of the month in which the class falls. We will be sending confirmation emails in addition to the automated e-mail you receive from the website. We want to have the best communication possible, so please email us if you see a charge on your card that you don't understand or an automated e-mail that is unclear.

Lastly, we are utilizing ALL available space provided to us by the church. Our main goal is to keep your children safe and to stay within fire code. This happens by having a small Bee-to-Child ratio and not overcrowding any of our nursery rooms. Thank you all so much for your continued support of the nursery and our new website.

As always, contact us with any questions at childcare@ncpgaz.org.



New Arrivals



Vivian Lea Ball

October 15, 2017

8 lbs 7 oz, 20 3/4" inches

Welcomed by Laurie and Dave
and big brother Evan



Bodhi John Gautam

October 31, 2017

8 lbs, 20.5 inches

Welcomed by Colleen and
Greg Gautam



Lennon Everly Davis

November 9, 2017

6 lbs 11 oz, 20 inches

Welcomed by Kevin and Angelina Davis



COCKTAIL RECIPES

Sure, mimosas and Bloody Marys are always delicious at brunch. But why not try shaking it up for the holidays with these recipes that are festive and flavorful, not to mention simple? Find these and more at www.holiday.wholefoodsmarket.com/recipes-and-tips/6-cocktails-and-punches-for-holiday-brunch/



CIDER 75

Serves 1

In this clever take on a French 75 (a classic cocktail made with gin and Champagne), hard cider lends a kiss of apple to a fizzy mix of honey, lemon juice and dry sparkling wine. This light, refreshing elixir is the perfect accompaniment to aged cheeses, charcuterie and other holiday appetizers.

Nutritional Info (per serving): 80 calories (0 from fat), 8g carbohydrates.

INGREDIENTS

- 1 teaspoon lemon juice
- 1/2 teaspoon honey
- 1/4 cup dry hard apple cider
- 1/4 cup dry sparkling wine
- 1 strip lemon zest

METHOD

Combine lemon juice and honey in a champagne flute or white wine glass. Using a long, thin bar spoon or a chopstick, stir until honey has mostly dissolved. Add hard apple cider and stir once or twice, and then top off with sparkling wine. Garnish with lemon zest and serve.



CLEMENTINE CRUSH SPARKLING COCKTAIL

Serves 8

Thanks to the vibrant flavors of clementines (or satsumas if you prefer), cranberries and fresh rosemary, this pitcher full of sparkling wine-based cocktails is prime for winter celebrations. Use a vegetable peeler to remove the clementine zest in large pieces for the chopping and twists.

Nutritional Info (per serving): 180 calories (0 from fat), 15mg sodium, 28g carbohydrates, (1 g dietary fiber, 25g sugar), 1g protein.

INGREDIENTS

- 2 2/3 cup clementine juice, plus 1 tablespoon finely chopped clementine zest, plus 1 clementine for garnish (from 12-14 fruits total)
- 1/4 cup cane sugar
- 1 cup organic 100% cranberry juice
- 3/4 cup fresh cranberries
- 8 (1-inch) sprigs fresh rosemary
- 1 (750-ml) bottle sparkling wine, such as Pascual Toso Sparkling Brut, well chilled
- 1 (12-ounce) can tonic water or ginger ale

METHOD

In a wide, shallow dish, mix zest and sugar together with your fingers. Wet the rim of 8 cocktail glasses with a wet paper towel, and then dredge in clementine sugar to coat. In a large pitcher, use a wooden spoon to muddle cranberry juice, cranberries and rosemary sprigs thoroughly. Fill pitcher with ice cubes. Top off with clementine juice, wine and tonic water or ginger ale. Stir vigorously; pour into glasses; garnish with clementine twists and serve.



APPLE-POMEGRANATE FIZZ

Serves 6

This festive drink is easy to prepare for a crowd. Consider making one batch with nonalcoholic sparkling cider and the other with hard cider to satisfy everyone.

Nutritional Info (per serving): 160 calories (0 from fat), 10mg sodium, 41g carbohydrates, 1g protein.

INGREDIENTS

- 1/4 cup sugar
- 1 (4-inch) piece fresh ginger, thinly sliced
- 2 cups chilled unsweetened pomegranate or açai juice
- 1 quart chilled sparkling cider or hard apple cider

METHOD

Combine 1/2 cup water, sugar and ginger in a small saucepan and bring to a boil. Lower heat and simmer 3 minutes. Remove from heat and let cool. Strain out ginger; you should have about 1/3 cup syrup. Have 6 cocktail glasses ready. Pour about 2 teaspoons ginger syrup and 1/3 cup pomegranate juice into each glass and top with sparkling cider. Reserve remaining syrup for another use (or more cocktails!).



CRANBERRY EGGNOG

Serves 8

This sweet eggnog drink is tamed with fresh, tart cranberries. Thick and rich, add a generous splash of brandy, bourbon or rum, if you like.

Nutritional Info (per serving): about 1/2 cup, 140 calories (60 from fat), 7g total fat, 4g saturated fat, 55mg cholesterol, 115mg sodium, 18g carbohydrates, 2g protein.

INGREDIENTS

- 3 cups eggnog, chilled
- 2/3 cup fresh or thawed frozen cranberries, plus more for garnish
- 1/8 teaspoon fine sea salt

METHOD

Put all ingredients into a blender and purée until smooth. Serve immediately garnished with a few cranberries.



Member to Meet Megan Hedstrom

Where are you from?

I was born in Dallas, Texas, but have been an Arizona girl since I was five so I consider myself from here!

Kid's name and age, current class:

I have one daughter, Griffin, who turned one in June. We are in class 1B.

What drew you to join NCPG?

I am the first of my friends to start having kids and I needed some more mammas in my life and this is definitely the place to meet mammas!

Tell us about an area where you struggled as a parent that a topic covered in your NCPG class has helped you with.

With Griffin just turning one we have just started to hit what I imagine is the tip of the iceberg with tantrums. I am struggling with discipline and luckily, we got to this topic in our second class this year.

What has been most surprising about being a parent?

The most surprising thing about being a parent for me so far is how unorganized you can feel. Being a very organized person, I have had a tough time coming to terms with this!

If your favorite celebrity sat next to you on a plane, what would you do?

I'd like to say I'd strike up a conversation with them, but I'd probably just be awestruck and stare until I got cell service and could text someone.

What item of your partner's (that s/he refuses to part with) drives you most crazy in your home?

What about it drives you crazy? Does the whole mancave count? We need a playroom!

Would you rather be able to teleport anywhere or read minds for a day? What would you do with that power?

I think I would rather teleport. I'd like to hit all the spots left on my bucket list in a few weeks.



kidtastics.com
480-994-5437
sofun@kidtastics.com



Be right alongside your 1-2 year old as they learn coordination, balance, exploration of reflexes and more in our Movin' & Groovin' Gymnastics classes!

Or, let your 2-4 year old flourish in our Preschool Gymnastics class with just peers!

★ Come Join Us For One
★ Free Class Any Time! ★

Mom & Me or Preschool Gym

SUMC Preschool

4140 N. Miller Rd.
Scottsdale 85251

Thursdays: 9:30*, 10:15, 11:00, 12:05
Jan 17th - May 17th

*Mom & Me Class

Solel Preschool

6805 E. McDonald Drive
Paradise Valley 85253

Thursdays: 4:00* to 4:45
Jan 11th - May 17th

*Ages 3 - 6

Creative Bridges Preschool

7321 N. 10th St.
Phoenix 85020

Fridays: 10:30*, 11:15, 12:00*
Jan 19th - May 18th

*Mom & Me Class



All Saints' Episcopal Day School

We invite you to visit our campus, nestled in the heart of North Central Phoenix, for a chance to meet with administrators, Parent Ambassadors, and faculty. The best way to become familiar with everything All Saints' has to offer is through a campus visit or call 602.274.4866 to schedule a private tour.

- ✓ Tour the campus with a Parent Ambassador
- ✓ Learn about the application process
- ✓ Meet with administrators and faculty
- ✓ Enjoy a light breakfast

Open Houses will be held at All Saints' Episcopal Day School
6300 N. Central Ave., Phoenix, AZ 85012
9 a.m. - 11 a.m.

OPEN HOUSE

For Prospective Parents

November 08
December 06
January 10

KEY DATES

Application
Opens

OCT 02

Pre-K - Eighth Grade
Application Deadline

JAN 19

Kindergarten
Group Screening

JAN 26

Pre-K
Play Date

JAN 27

First - Eighth Grades
Group Assessment

FEB 03

Admissions Decisions
Announced in Early

MARCH

For more information call the Admissions Office
602.274.4866

All Faiths Welcome | Pre-K through Eighth Grade | Indexed Tuition Available

All Saints' Episcopal Day School
www.aseds.org



60 Things to Toss Out in the Next 60 Days

1. Wrapping paper scraps.
2. Christmas lights that don't work.
3. Out of date magazines.
4. Old receipts you don't need.
5. Worn out hair ties.
6. Unmatched earrings.
7. Worn out or unmatched socks.
8. Old CDs.
9. Stretched out or scratched sunglasses.
10. Out of date makeup products.
11. Out of date hair products.
12. Out of date skincare products.
13. Worn out bras.
14. Scarves that never see the light of day.
15. Ragged t-shirts.
16. Expired meds.
17. Scraps of mail.
18. Expired coupons.
19. Gifts you don't use/want.
20. Gloopy nail polish.
21. Old electronics.
22. Tarnished jewelry.
23. Makeup bags you never use.
24. Change purses you never use.
25. Actual purses you never use.
26. Worn out sheets
27. Old pillows.
28. Worn out or scuffed up shoes.
29. Boxes.
30. Empty jars or storage containers.
31. Old phones.
32. Store reward cards you never use.
33. Shopping bags.
34. Frayed or stained towels.
35. Frayed or stained washcloths.
36. Old school books.
37. Old phone covers.
38. Candles that have burned out.
39. Books you don't enjoy.
40. Ragged nail accessories.
41. DVD you don't watch.
42. Any hair accessories you have multiples of.
43. Tattered makeup brushes.
44. Gunked up makeup sponges.
45. Promo t-shirts you never wear.
46. Jeans that don't fit just right.
47. Belts you don't wear.
48. Old school bags.
49. Empty or almost empty products.
50. Knickknacks that are just taking up space.
51. Old gift cards.
52. Products samples.
53. Old paperwork.
54. Delete and unsubscribe to store emails.
55. Delete junk emails.
56. Delete music you don't enjoy from your library.
57. Delete bad pics, screenshots, and duplicates.
58. Delete apps you don't use from your phone.
59. Delete old texts or contacts.
60. Cancel digital services that you don't use.



Get Organized in 2018!

Real Simple's Checklist of Important To-Dos.

By Nora Horvath, Real Simple

There are so many appointments that we know we should schedule, important calls we put off making, and activities to pencil in, but how frequently does "I'll do it tomorrow" turn into next week, month, or even year?

As part of Real Simple's Get It Done initiative this year, we've put together two charts to help get you more organized and productive.

The first is a calendar of all the important home and life appointments you probably either forget to do annually or scramble to do at the last minute. The chart is organized chronologically by the best times during the year to make those appointments to help you get ahead on your to-do list. For example, get your air conditioner serviced in March, before you suffer through the first sweltering day of the year without A/C. Another suggestion: Take your car in for a pre-winter tune up in early November to prevent a panic should you have vehicle troubles when you hit the road for holiday travel. And even that old friend you've been meaning to get back in touch with? Take the chance to reconnect on Friendship Day in August.

The second chart is an easy to understand list of what health tests you should be getting at every walk of life, with recommendations made by the U.S. Preventive Service Task Force. While this chart is a good guide for most healthy individuals, you should consult with your healthcare provider about specific concerns and other tests that are tailored to your medical history.

Mark Your Calendar! Make a Years Worth of Appointments... Today!

JANUARY

- Plan health appointments for the rest of the year.
- Start on your taxes now – typically the earlier you file, the earlier any refund you're due will arrive.

FEBRUARY

- Make special reservations for Valentine's Day well before the 14th so you'll have your pick of a good table.
- Book your summer getaway this month to avoid springtime price hikes.

MARCH

- Have winter shoes polished and re-heeled before you back them away.
- Early spring is a good time to buy, service, or reinstall an air conditioner – before it gets hot.

APRIL

- Contribute to your Roth IRA; contributions made up until the tax deadline are applicable for the previous tax year.
- Return forgotten library books during National Library Week. Some libraries offer an amnesty day during the year when fines are forgiven; call your branch for information.

MAY

- Get your chimney cleaned and inspected. Doing so in the summer allows ample time if repairs are needed.
- Clean and open a home pool, if you have one. Summer's almost here!

JUNE

- File the Free Application for Federal Student Aid (FAFSA) for college-bound kids if you haven't already. The deadline for 2018 fall funding is typically the end of this month.

JULY

- Buy or order school supplies to avoid the late-night stampede at your local office-supply store.

AUGUST

- Call or write to an old friend to honor Friendship Day on the 6th.
- Take Fido for his checkup. If your furry friend has a microchip, August 15 is Check the Chip Day.

SEPTEMBER

- Turn off your sprinklers and winterize your yard before temperatures first drop below freezing. If you overseed with Rye during the winter, now is the time to plan or schedule with your landscaper.

OCTOBER

- Get your annual flu shot before the winter germs begin to circulate.
- Start the FAFSA application (it's time-consuming!) if you have a child starting college in fall 2019.

NOVEMBER

- Take your car for its tune-up now to help prevent a breakdown during a long holiday drive.
- If possible, sign your kids up for summer camp to take advantage of early-bird prices. Spots fill up fast.
- Order custom holiday cards before the season is in full swing.

DECEMBER

- Make your final 529 contribution and charitable donations at the beginning of this month to ensure they're deductible on your 2018 tax return.
- Never got that flu shot? You still can – in the U.S., flu season can last as late as May.

Together, we can help you reach your goals.



At MassMutual Arizona, we are committed to providing the guidance you need to help reach your financial goals. Our financial professionals work to earn your trust delivering custom insurance solutions and sharing your financial priorities. To take a step toward building your financial future, contact us today.

MassMutual
Arizona

Stephanie Ellsworth
Financial Advisor
MassMutual Arizona
17550 N. Perimeter Drive, Suite 450
Scottsdale, AZ 85255
Office: 480-538-2948
Mobile: 480-254-9711
stephanieellsworth@financialguide.com

LIFE INSURANCE + RETIREMENT/401(K) PLAN SERVICES + DISABILITY INCOME INSURANCE + LONG TERM CARE INSURANCE + ANNUITIES

Insurance Representative of Massachusetts Mutual Life Insurance Company (MassMutual), Springfield, MA 01111-0001, and its affiliated US Insurance companies. Local sales agencies are not subsidiaries of MassMutual or its affiliated companies. Insurance products are issued by MassMutual, Springfield, MA 01111, and its subsidiaries, C.M. Life Insurance Company and MML Bay State Life Insurance Company, Enfield, CT 06082. Registered Representative of and securities offered through MML Investors Services, LLC, Member SIPC and a MassMutual subsidiary. Supervisory Office: 17550 N. Perimeter Dr., Suite 450, Scottsdale, AZ 85255. 480-538-2900. CRN201903-169729.

CHILDREN'S DENTAL \$99 SPECIALTY GROUP™ NEW PATIENT SPECIAL

NEW PATIENT EXAM INCLUDES CLEANING,
X-RAYS AND FLUORIDE TREATMENT*
*RESTRICTIONS APPLY. NO CASH VALUE.

Call Today For Details

480.282.6746
SCOTTSDALE • NORTH PHOENIX
480.448.1461

EXCEPTIONAL QUALITY,
COMPASSION AND KINDNESS



www.childrensdental.com



**CHILDREN'S
DENTAL**
SPECIALTY GROUP™







2017-2018 Calendar

Class Schedule

8:30 am	Nursery opens
9:00-9:40 am	Refreshments served in Hutton Hall
9:45*-11:30 am	Classes are held <i>*Teachers will start promptly at 9:45!</i>
11:45 am	Nursery closes
11:45-1:45 pm	Pre-Infant Class

Location

Saint Barnabas on the Desert Episcopal Church

6715 N Mockingbird Lane
Paradise Valley, AZ 85253

Class Dates

December 6* & 20
January 10 & 24
February 7* & 21
March 28* (slate vote)
April 11 & 25*
May 9*

**Monthly Parent Times magazine distributed.*

Board Meetings

January 8th	April 2nd
February 5th	May 7th
March 5th	

Meetings are at 6:30 p.m.

Special Events



Monday, January 8, 2018 Board + Bites

The Board of Directors would like to invite anyone interested in becoming a larger part of the organization to join us for Board + Bites from 6:30-7:30 pm at Christ Church. This is an opportunity to get a better understanding of the organization, and see if any available Board positions might be a good fit for you for the 2018-2019 year. Please email Ashley at president@ncpgaz.org for more information.

**Wednesday,
February 21st,
9:45 am and
10:45 am
Guest Speaker:
Breon Michel,
right here at St. Barnabus!**



Combat Motherhood Stress with Mindfulness & Self-Compassion.

What participants will learn:

- The science of motherhood stress
- How a focus on well-being makes mothers more capable of managing stress
- Simple, effective tools for cultivating presence and ease based on the science of mindfulness and self-compassion
- Age-appropriate practices for your children



ANNOUNCEMENTS

Scholarships

Our Treasurers would like to let our members know that NCPG continues to offer scholarship opportunities for membership dues. Classes are filling up quickly, so please be sure to contact treasurer@ncpgaz.org if you or someone you know is interested to reserve your spot.

Swag for Sale

Did you know we have NCPG shirts for your kids and hats for you?

And that you could win a full annual membership to the Phoenix Children's Museum at our private NCPG event at PCM on December 13th? Have your child wear their NCPG T shirt when you attend and be entered to win. Wear your hat and get 2 entries!



NCPG T-shirts range in size from 2T-6T. Available for purchase during breakfast in Hutton Hall

Shirts: \$20
Hats: \$15

Membership Info

We've reached a record number of members this year with nearly all classes at capacity. There are currently a few slots left in Pregnancy, and all other classes are full! We are still welcoming prospective members to visit a class and will be accepting applications for our waitlist. If you have friends who would like to visit or join our wait list, please tell them to reach out to:

membership@ncpgaz.org



Facebook News

After some deliberation, we have decided to migrate this Facebook page to become a closed group. We take the privacy of our members and their kiddos seriously, and we want to make sure we are posting in the safest way we can online.

The closed group will be a benefit to members and we are encouraging you all to become more actively engaged with our page. We are now opening the closed group up to members to be able to share advice, articles, deals, events and there is even a classifieds section. We just ask that we keep everything respectful and positive on the page.

All registered NCPG members will get an invite to the page sent via email. If for some reason it doesn't come through, you can simply request to join the group and you will be approved.

Mom's Night Out

Saturday, January 20th, 12:30 pm @ Barre 3

Jump start your New Year's Resolutions and enjoy a morning out with fellow NCPG moms! Join us for an invigorating Barre 3 workout, followed by complimentary mini facial peels, cupping, shopping and more! Barre 3 provides a full body workout inspired by ballet barre, yoga, and Pilates, which tones and lengthens all major muscle groups, revs your heart rate, and strengthens your body. It's perfect for all fitness levels and a fun way to spend a morning with girlfriends! Childcare will be provided.

Thursday, March 22nd, 6:00-8:00 pm @ Artistic Impressions by Mara, Fine Photography

Please join us for hosted small bites and wine, with a short presentation by Mara on how to organize your family photos and create beautiful photo walls & photo books on any type of budget. More details to come!

Thursday, May 17th, 6:00-8:00 pm Happy Hour End of Year Celebration Location TBD

NCPG Play Dates

Wednesday, December 13th 4:30-6:00 pm @ Childrens Museum of Phoenix

Join us for an exclusive after-hours party only for NCPG members! We'll take over the museum for an afternoon of hands-on fun, perfect for tiny tots and big kids alike! Have your child wear their NCPG T-shirt and be entered to win a year of free membership to the Children's Museum.

Wednesday, February 28th, 3:30-5:30 pm @ McCormick Stillman Railroad Park

Choo-choo! Join us for an afternoon at one of the Valley's favorite kid-friendly attractions! Train rides, snacks, and an extra set of hands from the ladies at Busy Bee's Babysitting will be provided.

Saturday, April 21st, 10:00am-12:00 pm Spring Festival @ All Saints Episcopal School More details coming soon!

If you have any questions regarding the play dates, please contact specialevents@ncpgaz.org.

4-to-1

Student/Teacher Ratio



Southwest Autism Research & Resource Center's Community School features a blended classroom model that actively develops young minds far beyond a typical preschool setting.

Tour one of our two campuses today!



Phoenix Campus
300 N. 18th St., Phoenix
602.340.8717

Tempe Campus
975 E. Warner Rd, Tempe
602.478.7610

autismcenter.org/CommunitySchool



You're always set for a sitter.

Whether you have a meeting at school or just need to run errands, we're the simple solution to your day to day needs.

480.237.2333

collegenanniesandtutors.com/paradisvalleyaz



DISCOVER MORE

**Play
and
Learn**

AT CCSAZ.ORG

A Beginning Preschool Class for Toddlers 16 Months through 2 Years Old

Interact with your toddler in a preschool setting that features age-appropriate activities designed to build physical, social, emotional, and creative abilities!

ccsaz.org/play-and-learn.html

Educating the **WHOLE** Child
MIND SPIRIT

**CHRIST
CHURCH
SCHOOL**
PRESCHOOL-ELEMENTARY

ACADEMIC EXCELLENCE
ENRICHED BY FAITH

4015 E. Lincoln Drive, Paradise Valley
602.381.9906 • info@ccsaz.org

PROGRAMS FOR 16 MONTHS THROUGH 4TH GRADE

Music Together[®] in Phoenix

Contact us
for a free
trial class

Join the musical fun with your baby, toddler, or preschooler!

Phoenix • Peoria • Paradise Valley • Scottsdale
musictogetherinphx.com • (602) 363-8202



How to Spice Up Your **HOT CHOCOLATE**

by Julija N, SheKnows.com



Winter is coming, and some parts of the world are already covered in deep deep snow. The best way to warm those cold toes and hands is a cup of hot sweet chocolate.

SheKnows.com collected the best hot chocolate recipes and whipped up a neat infographic chart. The chart contains ten great hot chocolate recipes, at least

one of which will probably make your mouth water. From the trendy pumpkin spice recipe, to the much-adored Nutella recipe, all of the flavors are truly devious. Just be sure to warm all of the ingredients in a pan, top it off with some marshmallows or whipped cream, and cuddle up with a book for an especially cozy evening!

Which recipe will you be trying tonight?



TOP IT OFF:

Marshmallows, whipped cream,
cinnamon stick, caramel



PROTECTING WHAT MATTERS MOST

Umbilical cord blood is a rich source of a certain type of stem cell that is the foundation of your baby's immune system. These stem cells are established treatments for nearly 80 diseases, and numerous clinical trials are underway for the treatment of other conditions such as autism, cerebral palsy and diabetes. The number of treatments using cord blood stem cells is increasing as the technology continues to advance.

Contact your local cord blood educator today, for a complementary consultation about the many benefits of cord blood banking and mention promo code *NCPG* to receive a special \$300 savings.

Lindsey Pitts
480.540.8133
lpitts@cryo-cell.com

CryoCell
INTERNATIONAL
The World's First Cord Blood Bank



Your home is a big investment. Protect it.



If you need home coverage, I can help.

I live and work right here in our community. I know what the homes are like in the area. So I can offer advice you can trust to help you get the protection that fits your needs.

If you're ready to talk home insurance or need some advice about protecting all that's important to you, call me today.

Sonia Bhushan, MBA
480-991-3983

4350 E. Camelback Rd.
Phoenix
sonia@allstate.com

Proud sponsor of NCPG.



Allstate
You're in good hands.
Auto Home Life Retirement

© 2015 Allstate Insurance Co.

17733



**SAINT THOMAS
THE APOSTLE**
ROMAN CATHOLIC SCHOOL



We Warmly Welcome You

**Join Us for One of Two Open Houses
Highlighting Our Preschool - 5th Grade Programs!**

Parents Enjoy a Presentation, Tour and Q&A Session.
Childcare Available with Storytime, Snacks & Crafts.
Check-In Begins at 8:45AM / Program Begins at 9:00AM

**Register Online: www.staphxschool.org/RSVP
or Call: (602) 954-9088**

Gingerbread Open House
December 5th



Hot Cocoa Open House
February 23rd



4510 N 24th Street, Phoenix, AZ 85016 | www.staphxschool.org

How will you Remember?

NCPG members
save 20% when you
mention this ad.



602.263.5098
artisticimpressionsbymara.com

THE HEART AND SOUL
M
ARTISTIC IMPRESSIONS
FINE PHOTOGRAPHY
OF PHOTOGRAPHY

We Want Your Pictures!

Please send birth announcements and photos of you and your kids to communications@ncpgaz.org.



High resolution and professional photos are always best. You and your kids might even wind up on the front cover!

Help NCPG!

NCPG is on **amazon**smile

This is a simple and automatic way for us to support NCPG every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to North Central Parenting Group.

Use the same account on AmazonSmile as your regular Amazon account. Your shopping cart, Wish List, baby registry, and other account settings will all be the same.

On your first visit to AmazonSmile, you will need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make will result in a donation.

Please let all your friends and family members know about it too!



CENTER FOR DERMATOLOGY & PLASTIC SURGERY
The Valley's Premier Dermatology & Plastic Surgery

Scottsdale • Paradise Valley • Arrowhead
Sun Lakes • Fountain Hills • Casa Grande
Gilbert • Wickenburg

- Dermatology
- Plastic surgery
- Vein center
- Aesthetics
- Skin cancer treatment

480.905.8485
azcdps.com



CENTER FOR Dermatology & Plastic Surgery



Learn. Play. Grow.



Contact us for a private tour!



PVUMC Preschool
Proud supporter of North Central Parenting Group

Paradise Valley United Methodist Church Preschool
4455 East Lincoln Drive, Paradise Valley, AZ 85253

naeyc **602.840.8265**
pvumcpreschool.org




A Desert Holiday

THE BEST HOLIDAY ATTRACTIONS IN METRO PHOENIX

by Patricia Escarcega, 10best.com



Christmas at the Princess

One of the grandest holiday celebrations in the Valley happens every winter at the Fairmont Scottsdale Princess Resort. Christmas at the Princess, the resort's annual holiday celebration, features a holiday tree lighting ceremony, a four-story musical tree, a desert ice skating rink (open to the public nightly), 2.8 million LED lights illuminating the resort's lagoons, the Princess Express train, magical snowfalls, a Christmas petting zoo, appearances from holiday characters, nightly visits from St. Nick himself, and many other featured events. The resort is also a drop-off location for Toys for Tots. The six-week event is open to the public. Fees vary.

A Winnie The Pooh Christmas Tail

"A Winnie the Pooh Christmas Tail" has become a favorite annual holiday tradition for many Phoenix families. The play, a production of the Valley Youth Theatre, has been presented annually for nearly 20 years. The play is a thoughtful exploration of friendship and loyalty, starring everyone's favorite creatures from the Hundred Acre Wood. Kids will love seeing stage incarnations of Christopher Robin, Piglet, Pooh, Rabbit, Tigger, Owl, Kanga and Roo and other woodland creatures as they search for Eeyore's lost tail. The show is presented throughout the month of December. Tickets sell out fast for weekend performances, so be sure to reserve your seats early.

Handel's Messiah – Phoenix Symphony

Handel Messiah's is an annual Christmas tradition around the world, bringing the popular "Hallelujah" chorus to lovers of classical Christmas music. The Phoenix Symphony, along with the Phoenix Symphony Chorus, puts on a rousing rendition of the classic every December. The top-notch symphony, one of the best in the Southwest, puts on the holiday concert every December at venues and churches located across the Valley. Music Director Laureate Michael Christie leads The Phoenix Symphony and Phoenix Symphony Chorus for a beautiful production of this spiritual classic. Be sure to check for specific times and venues, as the schedule changes every year.

Ballet Arizona's The Nutcracker

More than 150 performers fill the stage for the Valley's premier annual production of Ballet Arizona's The Nutcracker, one of the top productions in the country. The annual holiday tradition features top-notch costume and set design, with a beautiful score performed by The Phoenix Symphony. The classic holiday ballet tells the story of young Clara and her magical Nutcracker Prince. Ballet Arizona, under the artistic direction of Ib Andersen, puts on one of the country's best-reviewed holiday productions of The Nutcracker. Ballet Arizona holds special events during the show's month-long run, including a family-friendly festival that includes a holiday brunch and seasonal shopping.

Celebration of Christmas

Bring your family and friends and experience the wonder of Christmas like never before! From December 7-10 & 13-19, this Broadway-style musical theater performance features a full live orchestra and state-of-the-art technology with incredible special effects. Culminating in a beautiful nativity with a majestic kings' procession, this year's show includes exciting new dance numbers, professional acrobatic silk artists, awe-inspiring aerial stunts, flying angels, and so much more! Find out more info on this wonderful production at www.celebrationofchristmas.org. Tickets can also be ordered over the phone by calling (800) 431-9734.

Alice Cooper's Christmas Pudding

Alice Cooper's Annual Christmas Pudding has become one of Phoenix's coolest holiday traditions. The rock and roll spectacle is hosted by Phoenix native and legendary shock rocker Alice Cooper, who brings together a group of friends every year to put on a holiday-themed rock and roll show. Proceeds from Alice Cooper's Annual Christmas Pudding benefit Solid Rock and The Rock Teen Center, Cooper's faith-based charitable groups dedicated to helping local at-risk teens avoid the dangers of gang violence, drug abuse, and other pitfalls. Past performers have included KISS, Johnny Depp, Joan Jett, Rob Zombie, and other rock legends. The line-up is different every year, and there are always a few surprises.

Glendale Glitters Spectacular Weekend

Glendale kicks off the holiday season with its weekend-after-Thanksgiving festivities, but the fun doesn't end there. Every Friday and Saturday night until Christmas, the city features fun activities, concerts, foods, and horse-drawn carriage rides. About a million twinkling lights decorate the downtown area – even if you can't attend the weekend festivities, the decorations are still worth seeing! Other celebrations include Winter Wonderland and Gingerbread Nights. The closing ceremonies, held in January, are known as the Glitter & Glow Block Party. The final block party features huge hot air balloons placed across the busy downtown quarter, live music, and holiday-themed treats.

Holidays at The Heard

Holidays at the Heard is an annual Southwestern tradition celebrating the spirit of the holidays and native cultures. The event starts the day after Christmas and continues for a week, giving visitors plenty of time to experience authentic American Indian culture, including live music and dance. Native dancers perform hoop dancing and fancy dancing twice daily for visitors. Visitors can also enjoy freshly prepared fry bread and other crowd favorites. Visitors can also take a tour of the museum's current exhibit galleries and enjoy hands-on craft activities. This event is free with museum admission. The gift shop, featuring hundreds of handmade, authentic Native crafts, is a boon to holiday shoppers looking for unique gift items.

Cityskate Ice Rink at Cityscape

Nothing says winter in the city like a freshly surfaced ice-skating rink decorated with twinkling holiday lights. That's what visitors will find at the annual CitySkate at CityScape Phoenix event, which arrives in downtown Phoenix every year in December. Guests can rent ice skates and take a spin around the rink, snack on holiday treats like cookies and hot cocoa, enjoy the twinkling lights, and listen to the sweet sounds of holiday carolers - all in the heart of downtown Phoenix. The ice skating rink is located at the CityScape center and stays open until January. The ice skating rink is conveniently located near downtown shops and dining.

Las Noches de las Luminarias

The elegant grounds of the Desert Botanical Gardens glow with candlelight during this famous winter event. Late in the year (usually in December), volunteers line garden pathways with more than 7,000 luminaries, creating an otherworldly spectacle that draws sell-out crowds. Musicians perform throughout the evening (including strolling mariachis), and light refreshments are served. Hungry guests can purchase gourmet bites or reserve a table at the garden's restaurant for holiday-themed meal with all the trimmings. Non-member tickets go on sale in early October and sell out quickly, so plan ahead! This is one of the most unique holiday celebrations in the Phoenix area.



VOLUNTEER OPPORTUNITY

We would like to continue spreading the love this holiday season!



Please join us as we support the Salvation Army's Red Kettle initiative during the holidays!



We will be ringing bells **December 9** and **December 16** at **Safeway on Camelback and 32nd St** and at **Scottsdale Fashion Square**. Take your family or pair up with another mama and her kiddos for an hour of spreading joy and raising money for a good cause.

We sent an email signup in the end of November, but please email outreach@ncpgaz.org if you have any other questions!

A huge THANK YOU to every single mom that selected an angel or angels from our tree!!
We handed out 200 tags and collected copious amounts of gifts!



Snowman Pin (for the big kids)

INGREDIENTS

- 1 square red felt
- 1 square green felt
- 1 package pin backs- 1 1/4" long
- White buttons — the larger, about 7/8" wide; the smaller, about 3/4" wide. Each should have 2 holes (Simple, plain buttons work best.)
- Green beads
- Green sequins
- Craft glue

INSTRUCTIONS

1. With the pin of the pin back pointed down, glue (hot glue works here also) one large button at the bottom and the smaller button directly above the larger one.
2. While glue dries, cut out a small top hat from the green felt, approximately 1" wide and 5/8" high. Cut a small bow tie from the red felt, approximately 6/8" wide. (Feel free to reverse the colors.)
3. Carefully glue the hat to the top of the small button and the bow tie between the two buttons. Glue a small green bead over each hole in the buttons, forming eyes and "coal" buttons. A toothpick may be helpful in placing a dab of glue over the small holes. Glue one green sequin to the center of the bow tie.
4. Allow to dry thoroughly before using.



Beaded Candy Cane Ornaments (for the little ones)

INGREDIENTS

- 1 package (25 pc.) green chenille pipe cleaners, 12 x 6 mm
- 1 package pony beads — red, 6 x 9 mm
- 1 package pony beads — white, 6 x 9 mm

INSTRUCTIONS

1. Use wire cutters or old scissors to cut the pipe cleaners in half.
2. Slide one bead to the end of a pipe cleaner, turning the end around the bead to keep it in place. Alternate red and white beads until the pipe cleaner is full.
3. Turn the end around the last bead. Bend into a candy cane shape and hang on your tree.
4. The candy cane can also be used as a package decoration! Fun!



**WHOLE
FOODS[®]**
MARKET

 wholefoodsphoenix

Festive Bites To Impress Your Guests

No artificial preservatives, no artificial sweeteners,
no artificial flavors in any of the food we sell.

Reserve Your Holiday Appetizers and Party Platters Today:
shop.wfm.com or Call 844-936-2428

Camelback
4701 N. 20th St.
Phoenix
20th St. & Highland Ave.
7 AM - 10 PM Daily

Chandler
2955 W. Ray Rd.
Chandler
Loop 101 & Ray Rd.
7 AM - 10 PM Daily

Paradise Valley
10810 N. Tatum Blvd.
Phoenix
Tatum Blvd. & Shea Blvd.
7 AM - 10 PM Daily

Scottsdale
7111 E. Mayo Blvd.
Phoenix
Mayo Blvd. & Scottsdale Rd.
7 AM - 10 PM Daily

Tempe
5120 S. Rural Rd.
Tempe
Rural Rd. & Baseline Rd.
7 AM - 10 PM Daily

Do you know someone in our organization that could use a little helping hand?



These are just a few examples of the issues we deal with each and every day, and there are so many more!

NCPG wants to HELP...

with meals, babysitting hours, toys, and more importantly, kindness.

If you know someone who could use a hand,
please send nominations to outreach@ncpgaz.org
or stop by the submission box that can be found near the
breakfast table and nominate anonymously.

NCPG  CARES

Thank You to our Uncorked 2017 Sponsors!



POSTINO



We hope all of our members had
as much fun as we did!

Thank You to Our 2017-2018 Sponsors

PLATINUM



Stephanie Ellsworth
Financial Advisor
MassMutual
Arizona



GOLD



Allison S. Mikes
Associate Broker



CENTER FOR
Dermatology &
Plastic Surgery



Sonia Bhushan, MBA
480-991-3983
sonia@allstate.com



Allstate
You're in good hands.

SILVER



Music Together
in Phoenix



Melissa Ahearn Lange
Financial Advisor
melissa@melissaahearn.com

Northwestern Mutual



ST. FRANCIS XAVIER
A Jesuit Catholic Elementary School
Preschool - 5th Grade

BRONZE

