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# Parent Times

September 2015

## IN THIS ISSUE

The Happy Mom Pledge	2
Story Times Around Our Neighborhood	4
Helping vs. Enabling	5
Simple & Healthy School Lunches	6
Instructor Roster	8
Class Descriptions	10
Campus Map	11
Event Calendar	14
Meet the Board	16
New Arrivals	20

north central parenting group



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## President's Corner

Dear North Central Parenting Group Members,

To our new members... **WELCOME**, we are so excited that you will be joining us this year! And a BIG welcome back to our returning members! We are looking forward to learning, growing together, and supporting one another as moms in the coming year.

I am thrilled to be returning to the board for my second year and I can't wait for you to all see the new and exciting things we have planned. We have added more play-dates and Mom's Night Out gatherings to our calendar, so hopefully there is an activity that fits everyone's schedule and you will be able to join us!

I am surrounded by a fabulous group of women on the Board; it is the largest Board in NCPG history, with many returning as well as a number of new members. If you are interested in joining one of our committees, please let me know! It is a great way to get involved and meet new friends.

We also have an amazing group of teachers, and the addition of two new classes — Primary (grades 1-3) and Elementary (grades 4-5).

I look forward to our coming year together. Please do not hesitate to reach out to me directly if there is anything you need or with any suggestions on how we can improve NCPG. I hope you are all doing well and we look forward to seeing you soon.

Sincerely,

Sara Snyder  
NCPG Board President  
[president@ncpgaz.org](mailto:president@ncpgaz.org)



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## Parent Times

Members, this monthly newsletter 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](mailto:communications@ncpgaz.org). Thanks for your help!

**Editors** – Laura Beardsley & Kelly Krueger

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## On the Cover

Brooklyn Kasalek, photographed by Carolyn Ruiz.  
See more of her work at [www.carolynruizcreative.com](http://www.carolynruizcreative.com).



# The Happy Mom Pledge

Source: [findingjoy.net](http://findingjoy.net)

## REPEAT AFTER ME:

*(And if you have little kids it might take a couple tries simply because you don't get much quiet.)*

**I will know that I make a difference.**

And yes it counts when you get up early and pack those lunches and tuck notes in and wait outside the door.

**I will not compare myself to the mom sitting across from me in Starbucks.**

That mom at Starbucks is probably comparing herself with you too so it might be better if you just said hello to each other.

**I will give myself grace when I stumble.**

Sorry, you'll stumble. You'll make mistakes. You'll burn the pizza. But you'll get up.

**I will find moments to laugh again.**

And it can be laughing over anything. I laughed at myself when I was headfirst in the dryer attempting to remove crayon because I thought I would be supermom and get all the laundry done super fast and super fast meant not checking nine year old son's pockets for broken crayons. So I just laughed. And sprayed goo-gone.

**I will give myself grace because chances are I won't do everything on this list.**

If anyone on here completes a to-do list it will go on the Guinness Book of Mom Records courtesy of Finding Joy. Good luck.

**I will not be so hard on myself.**

That means it is okay if you make cake balls and they turn into cake mush. It's okay that your birthday decorations are from Target. It's way super okay (can we all just stand up and cheer) that you said no to the treat bags.

**I will let the tears fall if they need to fall.**

Behind bathroom doors, on the phone, in the car, as you're making lunch, to a good friend...tears are emotion...and sometimes they need to fall.

**I will be proud of my children.**

Put their artwork up even if it doesn't match your decor. Text your teenager telling them that you love them. Be proud.

**I will let the handprints be on my windows and not apologize for them.**

Having kids means having handprints, sticky counters, and permanent marker in places. Like now, in my home, on my five and seven year old sons' door to their room where they decided to write their name in Black ultra permanent never coming off you might as well buy a new door Sharpie. At least we all never forget which room is theirs.

**I will say thank you to the barista at Starbucks.**

They are your friends. And at Target. And besides that – our kids are watching us. Always always always say thank you as you never know the impact you'll make on someone else's life.

**I will not be apologize for not having everything together.**

Please don't. Then I have to apologize for not having it together and then we're both stuck thinking that we always have to have it together.

**I will go to bed at night tired but knowing I made a difference.**

If you can remember this before you fall asleep than yes. Otherwise wake knowing that everything you do is awesome. Well, cleaning toilets may feel not awesome but let me remind you of your world if you did not do this. See? awesome.



### I will try super hard to not judge others.

You don't know their circumstances. Maybe what is right in your world isn't right in their world. Love. Don't judge.

### I will try even more super hard to not judge myself so hard.

Um totally yes. (Sometimes the baristas at Starbucks remind me of this...see? Love them.) We're our own worst critics. Enough. The Happy Mom pledge is about learning to give ourselves grace.

### I will remember that my kids will make mistakes.

When they screw up at school, which they will, and you get a note, which you will, it is not a reflection of your ability as a mom. Kids are human too. Help them with their mistakes and do not take it personally.

### I will also remember that my kids do not indicate my parenting successes or failures.

See above. Please.

### I will remember again that I will probably not remember to do everything on the list.

Just another reminder. Remember we're only human. What matters is that you and I try. Get chocolate and start again.

### I will look for one good thing every day.

Yes, yes, yes. Please this. Look for one thing. I know life can be incredibly tough and hard and tedious and aggravating, but please look for one good thing everyday. Even if it was that your latte was extra hot and awesome or that your three year old went to bed without fussing. One thing. And three year olds going to bed without an argument counts as five good things in case you were wondering.

### I will be thankful.

Gratitude destroys comparison, envy, and that pesky part of ourselves that thinks we don't measure up.

### I will be me and will pursue the things I love.

Just because you are a mom does not mean that every single thing you do has to do with mothering. Make sure to cultivate your dreams your desires and the things you love too. With NO guilt.

### I will not feel guilty for the nights when it's popcorn for dinner.

Or macaroni and cheese from the box with the powder that you mix with milk and a dash of butter. Or chicken nuggets. Or pancakes. YOU GOT DINNER ON THE TABLE. Remember that instead.

### I will not let mom guilt bug me at all, in fact.

Going back to that mom guilt thing. It's way way way too easy to feel guilty and to think that we're not measuring up. Nope. Not anymore. Mom guilt? We're kicking it to the curb.

### I will tell a friend how great a job they're doing.

Starting now. Us moms need to hear from our friends that we appreciate them. Send them this note and have them be a part of this Happy Mom Pledge. No more you versus me versus her. That's not happy. Unity.

### I will see the good in me.

After all you're the only one who knows just what to tell your eleven year old when they're nervous about that Social test. Or how to cut their sandwiches in the morning. Or where to find the missing shoe or mitten or homework. Or how to deal with slammed doors or I hate you's and to not take it personally. You are great.

### I will try again.

And again, and again, and again. That's called strength.

### I will be real.

There is no perfect mom in this world of utopian ideals. There is real. And real is beautiful, powerful, amazing, giving, loving, and awesome. So, yes, that's you.

### I will fight for my heart.

And that means letting yourself be happy again.

### I will love me.

That's the Happy Mom Pledge. Will you take it too?



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## THE LIST: Story Times Around Our Neighborhood

### Changing Hands Bookstore

300 W. Camelback Road  
Thursday at 10:00 am

### Pottery Barn Kids

7030 E. Greenway Parkway  
Tuesday 11:00 am

### Toys & Playtime Oasis

13802 N. Scottsdale Road  
Tuesday at 9:30 am

### Disney Store

7014-2216 E. Camelback Road  
Changes weekly. New schedule comes out every Sunday.

### Imagination Avenue

10614 N. 32nd Street  
Anytime upon request.

### Barnes & Noble

Desert Ridge Marketplace, 21001 N. Tatum Boulevard, Suite 42  
Tuesday and Saturday at 11:00 am

### Metro Center

10235 N. Metro Parkway East  
Saturday 11:00 am

### Phoenix Public Library Family Storytimes

Century Library - 1750 E. Highland Avenue  
Thursday at 11:15 am

Mesquite Library - 4525 E. Paradise Village Parkway North  
Tuesday at 10:15 am and Wednesday at 6:15 pm

Saguaro Library - 2808 N. 46th Street  
Tuesday at 6:30 pm and Thursday at 10:30 am

*\* Days and times are subject to change. Please contact your desired location prior to your visit for confirmation.*





# Helping vs. Enabling

by Susie Garlick

*"As seen on Today.com, written by our very own  
Susie Garlick, NCPG Primary teacher"*

It is official, my oldest leaves for college in three years. I am not sure how this happened and I am positive I don't like it, but it is a reality and so is the fact that my goal of raising a self-sufficient human that can stand alone, without my help, is only three years away.

A few years ago I was taking a class in my counseling program and the lecture was about helping versus enabling. My instructor explained the difference: Helping is when you do something for someone who cannot do it himself and enabling is when you do something for someone who is very capable of doing it himself. The class was on addictions, but my thoughts immediately went to my children. Was I helping them or enabling them?



When my son was in kindergarten I helped him a lot and I loved it! If he needed help with his homework I was by his side, when he was hungry I made him a yummy snack, when his feelings were hurt at school I was the first one there comforting him. He was little, he needed my help and I was there for him. He was getting what he needed (help) and I was getting what I wanted (lots of love and appreciation).

Then came first-grade, second-grade, third-grade and before I knew it I had a middle schooler. The years were ticking by and I continued to be right there, helping with

everything, but I was getting less love and less appreciation in return. While I am sure he enjoyed having everything done for him, developmentally he was looking for more responsibility, more independence, more freedom and I wasn't giving that to him. I was holding on to what I was hoping for (love and appreciation) and not giving him what he needed (freedom to grow).

And so I began to change. In the beginning there was some pushback. He didn't want to make his lunch, do his laundry or clean his dishes, but once he did, a maturity kicked in that was new and refreshing. I was there if he needed my help, but I was no longer doing everything for him. And while he was still very much a teenager, when he became more responsible we were able to give him more independence. When he had more independence he became more loving and appreciative. We had come full circle.

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*Helping is when you do something  
for someone who can not do it  
himself and enabling is when you  
do something for someone who is  
very capable of doing it himself.*

---

But while things had changed, it was important to look back and understand why I had done so much in the first place. It was clear I was initially looking for love and appreciation, but there was another layer; I was equating how much I did for my children with how much I loved them. And so are others. It is the 'Keeping Up With the Joneses' mentality of parenting. The more I do, the more I love, and the more I love, the better parent I am, but it is a backwards way of thinking. So I am here to debunk what has become a parenting norm: Doing everything for our children does not equate to love. Doing everything for our children equates to a generation of children who, as young adults, will be lost in this world. This is not love. This is a mess!

So as the new school year begins, I challenge you to stop doing everything for your children and start giving them the gift of responsibility. Challenge them to fix their own breakfast, challenge them to talk with their teacher when they don't understand their homework, challenge them to fill out their lunch orders for school. These might seem like small or insignificant tasks to us, but responsibility leads to empowerment, empowerment leads to confidence and confidence is what takes us far in life. I only have three years until my first child will be on his way. My hope is that he will be standing on his own two feet ready to take on the world.

*Susie Garlick is the mother of three, a Licensed Associate Counselor in the State of Arizona and the author of DiddleDots.*

# Simple + Healthy School Lunches

SOURCE: [simpleasthatblog.com](http://simpleasthatblog.com)

I don't know about you, but I'm always on the lookout for quick + healthy school lunch ideas for my kids! Lunches that aren't too complicated to throw together in the morning rush. Lunches that are wholesome, affordable and that my kids will actually eat!

Today I'm excited to share a weeks worth of school lunch ideas that are healthy + that your kids are sure to love! They've been tried and tested by my own kiddos, keep reading to see which lunches were their favorites + find out some of my tips for keeping lunch making simple.

For lunch packing I use these 3 compartment containers from **Easy Lunchboxes** for all my kids. I've been using these containers for a few years now and absolutely love them! I love that they're BPA free + dishwasher safe and I love how



## Day 1: Sandwich Kabobs

The simplest and healthiest foods seem to look a little extra yummy when they're prepared in a unique way. This was the first time we tried these sandwich kabobs, a slight variation on the plain old sandwich and my kids loved them! Of the five lunches I'm sharing today this was one of the top two. The kids always love it when I add some jell-O to their lunch as well. I make a batch ahead then refrigerate in the Easy Lunchbox containers overnight.



## Day 2: Meat, Cheese + Veggie Wraps

These wraps were definitely a hit with the kids, my son said they were his favorite lunch of the five I'm sharing today! They didn't all care for the heart-shaped melon, half my kids like melon and half don't, but you could easily switch that out for another fruit. Inside the wraps I did light mayo, ham, grated cheese, grated carrot and lettuce. If you have a child that doesn't like carrot sticks I've found grating a little into their sandwich is a simple way to sneak those carrots into their lunch.



## Day 3: Pizza Buns

I'd have to say that these homemade pizza buns take the number one spot for my kids favorite school lunch, ever! I shared this recipe back in March and it's one of my most pinned blog posts. I love that these pizza buns can be made ahead and frozen which makes for a quick lunch anytime. I need to whip up another batch to have on hand in my freezer really soon! Read how to prepare these pizza buns and print the recipe here.



## Day 4: Butterfly Sandwich

Nothing too complicated here, just a simple sandwich cut into the shape of a butterfly. This was one of my preschoolers favorite lunches and it had everything to do with the cute sandwich shape I'm sure! :) She likes nutella sandwiches, for the other kids I did meat. You can find sandwich cutters all over the place – at your local dollar store or on amazon to name a few.



## Day 5: Tuna Salad + Crackers

This lunch was my preschoolers favorite which surprised me, she really liked dipping her crackers in the tuna. I used these mini dippers containers to include a little bit of tuna salad, along with crackers + cheese. Add a mini spoon for scooping the tuna and making mini cracker + tuna sandwiches or simply use the tuna for dipping. For a little bit of a variety I cut up watermelon into sticks and the kids thought that was fun.

So that concludes a weeks worth of healthy lunch options...I hope there's a few ideas there that your kids will love too! Lunch making is definitely one of my back to school challenges but by adding these new favorites into the lunch menu mix I think we're well on our way to a fun + healthy school year!





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# NCPG 2015-16 Instructor Roster

We are delighted to have a fabulous group of teachers returning to NCPG this year with a few new additions! We encourage you to get to know a little bit more about all of these wonderful women. Also, our Class Reps will again be working hard to update you on the latest NCPG events and will be planning some great play dates throughout the year.



## Monique Nelson

### PRE-INFANT & INFANT I

Monique a native Arizonan and received her Bachelor of Science degree from Arizona State University in Biology/Pre Med. However, she had a slight change in career plans when she

met and married her husband of 18 years, David. She decided to stay in the Valley and went back to school to obtain a degree in Nursing. She became a registered nurse with a focus in pediatrics. Monique worked as a pediatric triage/advice nurse for North Scottsdale Pediatric Associates off and on for 18 years. She teaches not only for NCPG, but Scottsdale Parenting group as well. She also taught for East Valley Positive Parenting group before the group dissolved. Monique is the proud parent of two children, Taylor (15) and Dylan (10).



## Amy Stewart

### INFANT II

Amy has a Bachelor of Science degree in Nursing. She has worked as a Registered Nurse at Scottsdale Healthcare Shea for the past 10 years. After becoming a mother, Amy switched her nursing roles from adult care to pediatrics.

She has earned her pediatric nurse certification. Amy has directed various programs and teaching projects throughout the hospital system. She has also led women, family, and children groups with her church organization. Amy feels her greatest accomplishments are found in her home. She loves being the wife to her husband, Drew, and mother to her son, Merik (4), and daughter, Sophie (2). Amy loves being active and enjoys competing in sprint triathlons.



## Lisa Kamps

### TODDLER I

Lisa Kamps earned a Bachelor of Arts in Elementary Education from the University of Arizona and a Master of Arts in Elementary Education from Northern Arizona University. She taught second grade at St. Francis Xavier

Elementary School in Phoenix for six years before becoming a stay-at-home mom to Charlie (18), Annie (16), Maggie (12) and Samantha (6). Her children attended Cross Roads Preschool and Kindergarten where she has been employed for five years. She taught the young 3-year-old class and, for the past three years, has enjoyed teaching the "Time for Two" class (formerly known as Mom and Tot). Lisa is an NCPG alum and is looking forward to returning to the organization that served her so well in her early years as a mom. She is excited to share parenting tips and talk through the challenges of life with a toddler. In her free time, Lisa loves to travel, play tennis, take walks on the Bridle Path and play Scrabble. Her greatest joy is being with Spencer, her husband of almost twenty years, and having her whole family home together at the dinner table. She is looking forward to a great year!



## Debbie Hurst

### TODDLER II

Debbie is a native of Arizona. She earned a Bachelor of Science degree from Brigham Young University in Elementary Education with a minor in Child Development and Family Relations.

She later obtained a Master of Arts, also in Elementary Education, from the University of Phoenix. Debbie has recently retired from the elementary classroom after 29 years of teaching, specifically in grades one and three. As a teacher, Debbie has trained and mentored numerous interns, student teachers, and new faculty members in addition to serving on school advisement committees. She also provided parenting tips and benchmarks of child growth and development in her weekly parent newsletters throughout the school year. She believes a nurturing environment containing communication, positive reinforcement, and mutual respect, are paramount and fundamental in a child's life. Debbie has been married to her husband, Craig, for 37 years and they are the proud parents of three children (including Amy Stewart, a fellow NCPG instructor) and five grandchildren.



## Barb Grady

### PRE-SCHOOL I

Barb Grady loves teaching for NCPG and has done so for over 20 years. She is a nationally certified counselor and counsels at GateWay Community College. Barb is a certified teacher

and taught preschool, Kindergarten, and first and second grades prior to becoming a parenting instructor. Barb provided counseling services for families and emotionally disabled children for the Tempe School District. In 1999, Barb began her business, Parenting- Plus, where she offers parenting classes, individual consulting and life/parent coaching for both adults and children. Barb trains preschool and elementary school teachers in emotional intelligence, brain-based learning strategies and classroom management techniques. Barb has two daughters: Jody, (29) who is a nurse, and has a 2-year-old son, Carter, and a 1-year-old son named Grady (after Barb), and Annie, (25) who is passionate about sustainability and beginning her Master of Communication degree at the University of Alaska in Fairbanks.



## Amy Guido

### PRESCHOOL II

Amy has a Master's degree in Social Work and a Bachelor's in Psychology from ASU. She is an NCPG alum, and is grateful to have spent the last 10 years as a homemaker with her husband,

David, and two sons, ages 7 and 9. During this time, she also took part in continuing education for her counseling certification while providing voluntary support to mothers having relationship struggles. Her 18 years of experience with children, teens and adults includes direct practice, as well as program development, leadership, and consulting



in behavioral healthcare. Her background includes inpatient (Phoenix Children's Hospital), adolescent, residential, home, school, office and phone-based care. She is comfortable addressing a variety of common parenting challenges and is familiar with special needs services when developmental or behavioral concerns arise. Her strengths include helping mothers prioritize their self-care and lead by example with limits, compassion and playfulness. Privately, she enjoys walks with her golden doodle, fitness, connection, laughter and spirituality. She is an avid student of parenting, humbly re-applying herself to that art on a daily basis. She believes that children are here to teach us about life and renew a sense of awe and wonder frequently lost in adulthood.



## Pamela Chambers

### PRE-KINDERGARTEN

Pamela is a National Board Certified Counselor and a Doctor of Divinity who has 20 plus years of experience in the counseling profession. Pamela has a private practice in Scottsdale, AZ. She is the author of the award-winning book, "My Mommy's Getting Married." Her book inspired her to go on and form "Kid Care Approved, Inc." Kid Care Approved (KCA) is the most trusted resource for psychologists approved research-based children's books. KCA has developed a methodology that takes in emotional health along with educational health to create an holistic rating system that parents can trust to aid them in supporting their children's highest functioning caliber of emotional and psychological growth as the children navigate through life and its challenges. Pamela graduated Suma Cum Laude from Arizona State University in 1994 with a BA in Psychology and went on to receive her MA in Education in counseling with distinction from Northern Arizona University.



## Jemeille Ackourey

### KINDERGARTEN

Jemeille is a Licensed Professional Counselor and has a master's degree in counseling. She provides services to individuals and families at her North Central Phoenix office. Jemeille served the Boys & Girls Clubs of Metropolitan Phoenix for 23 years before retiring in 2005 as their Vice President of Operations. Throughout her professional career, Jemeille has been volunteering her time and expertise at various community agencies, associations and schools where she trains

staff, educates students, mentors youth, and advises on program and organizational development. She has served on numerous educational and community boards and advisory committees.



## Susie Garlick

### PRIMARY

Susie earned a Bachelor of Arts in Elementary Education from the University of Arizona and a Master of Arts in Professional Counseling from Ottawa University. She began her career teaching fifth grade at Sequoia Elementary, followed by first grade at Desert View Elementary. For the past 15 years she has enjoyed being a stay-at-home mom to her now 15-year-old son, 12-year-old daughter and 9-year-old daughter. During this time she completed her Master's degree while writing and publishing the book Diddle Dots. She has appeared more than a dozen times on Arizona Midday to promote her book and share parenting tips with the community. Susie is a Licensed Associate Counselor and is currently pursuing a career in counseling. In her free time, Susie enjoys journaling through art, practicing yoga, travelling, and spending time with Mike, her husband of almost 20 years, her children, and her two dogs.



## Joan Sarin

### ELEMENTARY

Joan Sarin, M.S. is a Social Psychologist, EQ Educator and Step-family Coach. She has taught at every level from preschool through college, focusing on emotional intelligence, positive psychology and personal development. Her 20 years as a step-mom and mom have provided her with abundant opportunities to convert her theories into practical experience. She consults in schools, training both students and parents to integrate emotional intelligence into their daily lives. Her private practice focuses on facilitating family members in making breakthroughs in their relationships through a unique coaching method, the Truwell Technology.



## 2015 Spring Philanthropy Update!



Wigged Out is a 501(c)3 non-profit organization, whose mission is to return a sense of self and confidence to individuals who have experienced hair loss

due to a medical condition by providing wigs, hairpieces, hair accessories, etc. The organization was founded by Chelsea Kunde, Lindsey Dies and Katie Sarvas. Listed at right are the women NCPG was able to help and the amount of money they received.

1. Annette Mitchell (26, Alopecia): \$250
2. Patricia Suing (55, Colon Cancer): \$200
3. Ann Strommelu (46, Breast Cancer): \$190.40
4. Kathleen Cook (73, Lung Cancer): \$175
5. Danielle Arden (32, Leukemia): \$300
6. Debra Gutierrez (37, Brain Cancer): \$250
7. Maressa Williams (29, Hodgkin's Lymphoma): \$300
8. Donna Carlson (68, Lung Cancer): \$200
9. Kristy Dennis (39, Hodgkin's Lymphoma): \$250
10. Elizabeth Stuart (36, Alopecia): \$200
11. Karen Harris (70, Lung Cancer): \$200
12. Tamara Thomas (35, Brain surgeries): \$200



# Class Descriptions

## PRE-INFANT *(Pregnant by September)*

This class provides the foundation for a successful transition into motherhood. There are many new things to learn about a newborn's development, behaviors, and most importantly needs. Please feel free to bring your infant with you to class if you should have him or her during the school year!

## INFANT I *(0-6 months old)*

All the infant "firsts" are shared and cherished in these important first six months. Bedtime routines are established and new foods are introduced. Please feel free to bring your infant (0-6 months old) to class with you!

## INFANT II *(7-13 months old)*

The entirety of the first year is discussed and celebrated. The child is developing new behaviors and reaching milestones in crawling, walking and babbling.

## TODDLER I *(14-20 months)*

Mobility and exploration are under way. This class focuses on nutrition, napping and discipline.

## TODDLER II *(21-29 months)*

Helping parents prepare and guide their children through the major transitions of this stage and year ahead. Preparing for preschool, potty training, moving from the crib to the bed, behavioral changes and social interaction are the goals of this class.

## PRE-SCHOOL I *(30-40 months)*

This class focuses on the struggle for power between child and parent, providing useful and effective parenting strategies while respecting the child's need for independence. Sibling interaction and the family are discussed as well.

## PRE-SCHOOL II *(41-50 months)*

This class devotes much time to children's social development, covering a variety of issues from anger management to conflict resolution to peer relationships. Additionally, topics in this class will include: establishing family rules, building self-confidence and self-reliance, and encouraging cognitive and physical development.

## PRE-K *(51-59 months)*

Parents discuss and prepare for the next step into kindergarten, including but not limited to: choosing a school that meets their child's and family's needs, learning math and reading tools that will enhance kindergarten success, and finding ways to encourage self-confidence and independence. Also, every class features take home crafts and recipes that focus on kindergarten readiness skills.

## KINDERGARTEN *(enrolled in Kindergarten)*

Come to this class for support, encouragement, and many laughs as we help moms and their children transition into elementary school. Topics will focus on nurturing a child's autonomy, helping them set appropriate boundaries, fostering their awareness, and encouraging responsibility.

## PRIMARY *(Grades 1-3)*

### NEW CLASS THIS YEAR!

NCPG is excited to announce the opening of our primary class, which will focus on issues affecting children in grades 1-3. The class will cover pertinent topics such as: creating a safety net for your child; teaching your child to set boundaries with their teacher and peers; building relationships with teachers; school organization in your home; communicating effectively; empowering your child; and homework/reading strategies.

## ELEMENTARY *(Grades 4-6)*

### NEW CLASS THIS YEAR!

NCPG has added an elementary class to help Valley parents navigate the challenges of parenting increasingly independent children. The class will cover topics such as: how to partner with your child's teacher and school, bullying recognition and prevention, nutrition for learning, deepening your relationship with your child as he/she gets older, parenting in the digital age, raising your child to be an innovator, and encouraging autonomy.

## Class Progression

For 30 years, North Central Parenting Group has followed a class progression that has proven to be most beneficial to members and instructors. We group parents by their first child's age (as of Sept. 1) and they follow the progression shown in the diagram. Parenting a 3 month old is much different than parenting an 11 month old, so classes for the "little ones" were created for a much smaller age range. As our children age, the developmental differences between a few months lessens, therefore the age range in classes widens. The result of this widened age range is that at preschool age, NCPG combines the two Toddler classes to progress through the rest of their NCPG years together. This depicts a typical class progression in NCPG. Of course, there are several variables in play:



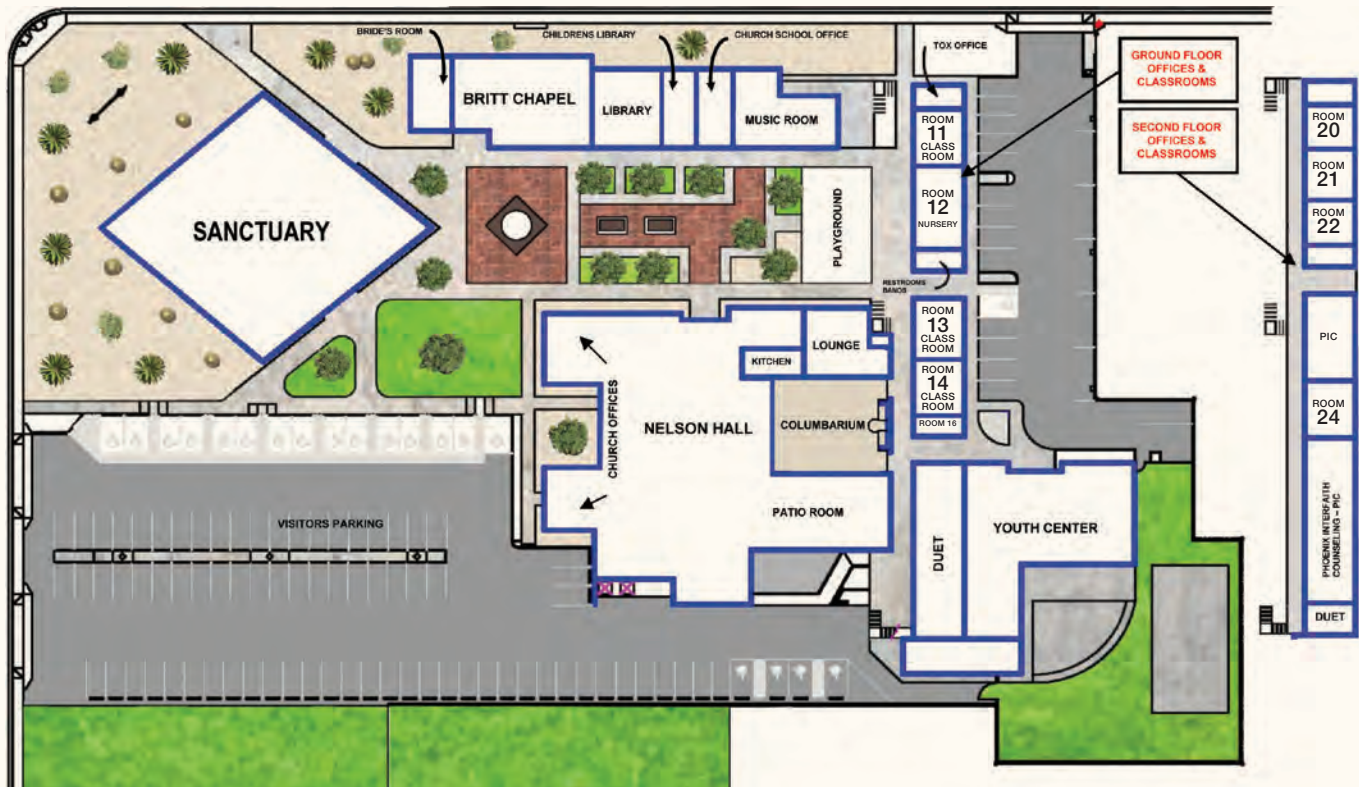
1. Progression may vary depending on your child's birth date. If your child is the oldest or youngest in a class, you may not follow the same progression as other members.
2. Member enrollment also affects class progression as the Board strives to have no class be too big or too small.

If you have any questions about your class assignment, please contact [membership@ncpgaz.org](mailto:membership@ncpgaz.org). We can accommodate requests.



# NCPG Campus Map

Use this map to help you find our class, daycare and your whereabouts!



## CLASSROOM

## LOCATION

## TEACHER

Pre-infant & Infant I	Lounge	Monique Nelson
Infant II	Room 13	Amy Stewart
Toddler I	Youth Center Hall	Lisa Kamps
Toddler II	Youth Center Room 1	Debbie Hurst
Preschool I	Chapel	Barb Grady
Preschool II	Room 24	Amy Guido
Pre-K	Room 14	Pamela Chambers
Kindergarten	Music Room	Jemeille Ackourey
Primary	Bride's Room	Susie Garlick
Elementary	Youth Center Room 2	Joan Sarin

## NURSERY

## LOCATION

Ladybugs, 0-11 months (non-walkers)	Nursery, Room 12
Butterflies, 12-23 months (walkers)	Nursery, Room 12
Monkeys, 24-30+ months	Children's Library/Playground





# Summer







Smiles!





# Events Calendar

## Class Schedule:

8:45 a.m. – Nursery opens  
9:00 – 9:40 a.m. – Refreshments served  
9:45-11:30 a.m. – Classes are held  
11:35 a.m. – Nursery closes  
11:45 – 1:45 p.m. – Pre-Infant Class

## Location:

The Church of the Beatitudes  
555 West Glendale Avenue  
Phoenix, AZ 85021

## Class Dates:

September 9*	January 20
September 23	February 3*
October 7*	February 17
October 21	March 2*
November 4*	March 30*
November 18	April 13
December 2*	April 27*
January 6	

\*Monthly *Parent Times* magazine distributed

## Board Meeting Dates:

October 5	February 1
November 2	February 29
November 30	March 28
January 4	April 25

\*Meetings are at 7:30 pm



# Special Events

## Fall Play Date

Wednesday September 30, 3:30 - 5:00 pm

Arcadia Park, 3402 N. 56th Street, Phoenix 85018

Join us at Arcadia Park for some outdoor fun! Look for mamas, kids, blankets and shade and spend the afternoon with NCPG!

## Fall Fundraiser / Date Night

Friday October 9, 6:00 - 8:00 pm

Valley Riding Club, 2530 N. 64th Street, Scottsdale 85257

You won't want to miss our fall happy hour fundraiser! We'll have red and white wine tastings, along with wood-fired pizza. We'll be raffling off a stay-cation too! This is a great night to bring along friends outside of NCPG! Details on purchasing event tickets and raffle item to follow.

## Fall Family Festival

Saturday October 24, 10:00am - 12:00 pm

All Saints' Episcopal Day School

6300 N. Central Avenue, Phoenix 85012

Bring your kids dressed in their adorable Halloween costumes for all to see and join us for lots of Halloween fun! There will be a bounce house, kids' crafts, bubbles and a trackless space train. Lunch and ice cream will be provided for all!

## SAVE THE DATE!

Saturday February 20, 2016

## NCPG 30th Anniversary Celebration and Fundraiser

PHOENIX COUNTRY CLUB

Join us for an evening full of food, fun, and a fabulous silent auction. This event helps fund NCPG activities, facilities, and instructors. Member tuition covers only a portion of our operating costs and we rely members' participation in this fundraiser. Save the date now!

Contact us at [fundraising@ncpgaz.org](mailto:fundraising@ncpgaz.org) if you have auction items or would like to join our committee to help with preparations.



## NEW: Monthly Meet Ups!

The "NCPG Monthly Meet Ups" are a time for NCPG members of all classes to get together casually. Please feel free to attend any event that works for you, however, no event is mandatory.

Date	Time	Event	Location
September 16	6:30 p.m.	Mom's Night Out*	The Henry
October 14	9:30-11 a.m.	Playdate	Scottsdale Quarter
October 28	3:30-5 p.m.	Playdate	Railroad Park
November 11	6:30 p.m.	Mom's Night Out*	Rita's
December 9	9:30-11 a.m.	Playdate	Granada Park
January 13	3:30-5 p.m.	Playdate	Kachina Park
January 27	6:30 p.m.	Mom's Night Out*	The Yard
Feb. 10	9:30-11 a.m.	Playdate	Arcadia Park
Feb 24:	3:30-5 p.m.	Playdate	Railroad Park
March 9	6:30 p.m.	Mom's Night Out*	The Vig
March 16	9:30-11 a.m.	Playdate	Kachina Park
April 6	3:30-5 p.m.	Playdate	Granada Park
May 4	6:30 p.m.	Mom's Night Out*	El Chorro



## We Want Your Pictures!

Please send all birth announcements, cute pictures of NCPG kids and parents and professional photos to be considered for the front cover to [communications@ncpgaz.org](mailto:communications@ncpgaz.org).

NCPG is now on



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](https://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.

You use the same account on Amazon.com and Amazon Smile. Your shopping cart, Wish List, or baby registry, and other account settings are also the same.

On your first visit to AmazonSmile, you need to select North Central Parenting Group as your charitable organization to receive donations from eligible purchases before you begin shopping. Amazon Smile 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!*

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Nurture confidence, curiosity, and physical skills through play-based activities.

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Ages 0-18 mos.  
Explore music through play, activity and songs.

**Family**  
Ages 0-18 mos.  
Bring all your children to the same class to play and learn together as a family!

[gymboreeclasses.com](https://gymboreeclasses.com)

# Meet the Board



## Sara Snyder

President

### Children/Spouse Names:

Jeremy (spouse), Lila (15 months)

### NCPG Class:

Toddler II

### Best thing about being a mom...

I never imagined I could love so much and sleep so little! Lila's giggles, smiles and snuggles just melt my heart!

**I stay sane by...** wine, mom's night outs, yoga, play dates...and more wine!

**People might not know that I...** was an extra in Sweet Home Alabama! I was working in the PR department at Tiffany & Co. at the time and they needed extras for the engagement scene & my first language is French. I'm originally from Québec City, Canada, but grew up in Hong Kong & Singapore.

**Come to me for...** any event/wedding/birthday party planning needs! I just launched my events company (Simply Stunning Events), which I am super excited about!

Having recently moved to Phoenix a few years ago for Business School, I didn't have any "Mom friends," which is one of the reasons NCPG has been so amazing! Being able to meet and connect with other Moms who are currently going through or have gone through what you're going through has been incredibly reassuring. I am SO thankful for the friends I've made through NCPG and am looking forward to meeting all of you this year! We have some great play dates & MNO's planned so please come join us! If you have any questions or want to meet for coffee/wine/whatever, send me an email: [president@ncpgaz.org](mailto:president@ncpgaz.org).



## Kelly Vasbinder

Vice President

### Children/Spouse Names:

Jordan (spouse), James and Geneva (2 ½ year-old twins)

### NCPG Class:

Preschool I

### Best thing about being a mom...

The hugs! There are a million things,

but a big hug from those little arms is always amazing.

**I stay sane by...** morning coffee and evening wine, watching my kids while they play together and sleep, hanging with other moms and my husband, and going for a run or watching a wonderfully terrible TV show instead of falling asleep early.

**People might not know that I...** went white water rafting down Grand Canyon for 8 days this summer! It was incredible!

**Come to me for...** anything fertility/IVF or twin related! I'm always happy to share my experience or listen to yours!



## Anna Petermann

Treasurer Co-Director

### Children/Spouse Names:

Greg (spouse), Lillian (4)

### NCPG Class:

Pre-K

### Best thing about being a mom...

The unconditional love and watching her sense of humor develop.



**I stay sane by...** CrossFit, Apple TV and Sauvignon Blanc (not necessarily in that order).

**People might not know that I...** lived in Taiwan for 12 years and I'm fluent in Mandarin Chinese.

**Come to me for...** a sympathetic ear about demanding children and your next Netflix wine pairing.



## Caroline Keating

Treasurer Co-Director

### Children/Spouse Names:

James (spouse), Jack (2 ½), Henry (11 months)

### NCPG Class:

Preschool I

**Best thing about being a mom...** is the endless exchange of unconditional love.

**I stay sane by...** venting to my fellow

mommy friends over wine.

**People might not know that I...** have a very sincere phobia of worms. Don't tell my kids!

**Come to me...** if you need someone to listen. I'm a great listener.



## Ashley Blalock

Membership Co-Director

### Children/Spouse Names:

Tucker (spouse), Cash (12 months)

### NCPG Class:

Toddler I

**Best thing about being a mom...** My son thinks I'm the funniest person in the world... it's a huge ego booster, and something I plan to soak up as much as possible

because someday he'll probably think of me as anything but funny!

**I stay sane by...** relying on my tribe of fellow mommas + drinking wine (if you ask my husband he'd say even those two things don't keep me totally sane!)

**People might not know that I...** am a type 1 diabetic and have been since I was 14 years old.

**Come to me for...** the real low down on motherhood because sometimes you just don't want it with sugar on top, hilarious stories about my wild child, Google searching help, and support!



## Nathalie Estes

Membership Co-Director

### Children/Spouse Names:

Shawn (spouse), Jackson (12), Cody (11), Avery (1)

### NCPG Class:

Toddler I

**Best thing about being a mom...** is the hugs, the giggles, and the smiles. When my kids are happy, I'm happy.



**I stay sane by...** yoga, date nights with my husband...and keeping in mind that everything is a phase.

**People might not know that I...** have 2 amazing stepsons, ages 11 & 12.

**Come to me for...** advice on traveling with a baby. After spending the summer in 5 different states, I've got it down!



## Chelsea Kunde

Education Co-Director

**Children/Spouse Names:** Josh Kunde (spouse), Harper (20 months)

**NCPG Class:** Toddler II

**Best thing about being a mom...** seeing the world through my daughter's eyes, laughing with her daily, and enjoying this new chapter with my husband.

**I stay sane by...** a few things: coffee, working out, my girlfriends, and date nights!

**People might not know that I...** have four siblings and am from Florida :)

**Come to me for...** Sleep/Discipline Consultation Services (Building Blocks is the name of my company).



## Meredith Christensen

Education Co-Director

**Children/Spouse Names:** Mitch (spouse), Caroline (21 months)

**NCPG Class:** Toddler II

**Best thing about being a mom...** I have loved being a mom (even in the dark dark parts of the night); however, the best thing is learning through my

daughter's eyes and exploring the world...again! I have also loved meeting a whole new group of (NCPG) moms; it's always great to have a support system.

**I stay sane by...** hiking, date nights with my hubby, girlfriend time, play dates, coffee drinks, pedicures and wine!

**People might not know that I...** I'm from the South (born and raised in Nashville, TN) I miss it everyday but would not trade my Phoenix life. And yes, I LOVE monograms, deep southern accents and country music!

**Come to me for...** any questions about NCPG education - I would love to hear your feedback!



## Jennifer Nelson

Nursery Director

**Children/Spouse Names:** Jared (spouse), Carter (15 months)

**NCPG Class:** Toddler II

**Best thing about being a mom...** watching the smile on your child's face when they realize they've learned something new. And all the wonderful kisses!

**I stay sane by...** working out! It allows me a few hours a day to just focus on myself and clear my mind.

**People might not know that I...** would love to get my nursing degree once I'm done having children!

**Come to me for...** a good recipe. I love being in the kitchen and creating new dishes.



## Laura Golding

Sitter Director

**Children/Spouse Names:** Michael Golding (spouse), Olivia (3), William (1)

**NCPG Class:** Preschool I

**Best thing about being a mom...** experiencing unconditional love.

**I stay sane by...** exercising and drinking wine.

**People might not know that I...** love to read.

**Come to me for...** a girl's night out.



## Kelly Krueger

Communications Co-Director

**Children/Spouse Names:** Mark (spouse), Kennedy (21 months)

**NCPG Class:** Toddler II

**Best thing about being a mom...** the giggles, hugs and kisses. I really did not know I could love someone so much.

**I stay sane by...** date nights with my hubby and staying busy with activities for Kennedy throughout the week.

**People might not know that...** I love to dance. I started dancing when I was 4 years old and danced competitively all the way through high school and college.

**Come to me for...** information on plagiocephaly. My daughter had to wear a cranial band for 4 months starting at 5 months old.



## Laura Beardsley

Communications Co-Director

**Children/Spouse Names:** Andrew (spouse), Austin (2 1/2)

**NCPG Class:** Preschool I

**Best thing about being a mom...** discovering who your little one is and seeing their eyes light up when they see something for the first time.

**I stay sane by...** getting a little break for myself when possible (and trying not to feel guilty while doing it): date nights, pedicures, shopping, driving with my choice of music...anything to catch my breath and re-charge.

**People might not know that I...** have an obsession that borders on the unhealthy with World War II. Movies, shows, books, museums...you name it. Can't get enough!

**Come to me for...** anything ear infection related with your kids (mine had terrible infections early on, and then tubes).



## Kelly Ellison

Special Events Co-Director

**Children/Spouse Names:** Patrick Ellison (spouse), Parker (3 1/2) and Owen (3 months)

**NCPG Class:** Preschool II

**Best thing about being a mom...** The feeling of complete happiness

as you watch your little ones experience things for the first time and become their own person.

(continued on next page)

**I stay sane by...** connecting with friends and exercising.

**People might not know that I...** love to cook.

**Come to me for...** anything...if I can't help, I will help you find someone that can.



## Megan Livengood

Special Events Co-Director

**Children/Spouse Names:**

Jeremy (spouse), James (almost 4)

**NCPG Class:** Preschool II

**Best thing about being a mom...**

there are too many things to pick just one.... but I do love how each day I love him just a little bit more and I think the

feeling is reciprocated.

**I stay sane by...** lots of yoga, "girl time" and, of course, some wine.

**People might not know that I...** am from Oregon. I love the state and my family there and miss it every day.

**Come to me for...** if you want to talk about your child not sleeping! We have been battling at bedtime for 6 months now, I can feel your pain and feel free to vent to me!



## Teana Wagner

Public Relations Co-Director

**Children/Spouse Names:**

Henrik (spouse), Aston Wagner (3)

**NCPG Class:** Preschool II

**Best thing about being a mom...** is

looking your child in the eyes and feeling an undeniable love for someone who looks just like you.

**I stay sane by...** scheduling naps and getting in my 3 hours of alone time.

**People might not know that I...** have a twin sister. She lives in Asia now. We are close, but closer the further apart we are.

**Come to me for...** anything that involves promoting our wonderful group of moms and educators! I'm the first one to tell you like it is, so if you want the honest truth about anything, I may tell you a story but I sure won't leave out anything for the imagination!



## Amy Kasalek

Public Relations Co-Director

**Children/Spouse Names:**

Carl (spouse), Brooklyn (20 months) and two more on the way soon!

**NCPG Class:** Toddler II

**Best thing about being a mom...**

seeing the joy and excitement on my daughter's face as she experiences each

new moment in her life. Love being able to stay at home with her and have the chance to teach and expose her to new things and guide and develop her character.

**I stay sane by...** keeping a balanced life and being very organized. My husband and I also make the most of our time together. Scrap booking, running, and baking are outlets for me.

**People might not know that I...** (Have twins coming soon!) I run a CA photo booth business from Arizona and am a past marathon and half marathon runner.

**Come to me for...** advice on traveling with kids...we've done quite our share! You can come to me for my honest opinion or for a sounding board, as I'm a good listener.



## Kacey Raab

Social Co-Director

**Children/Spouse Names:** Brian

(spouse), Hudson (3), Everlee (17 months)

**NCPG Class:** Preschool I

**Best thing about being a mom...** truly my favorite part is all the snuggles and kisses along with the smell of freshly washed baby hair! (Not too profound,

but it's that simple. I love being a mom to these two nuggets).

**I stay sane by...** taking time out for myself, whether it's time alone, with my husband or friends. Taking a step outside makes me a better and rejuvenated mom when I return.

**People might not know that I...** still love a good hostess cupcake every now and then (that's the kid in me).

**Come to me for...** a smile and a donut hole or a shot of tequila if it's one of those days.



## Jessica Phipps

Social Co-Director

**Children/Spouse Names:**

Colin (spouse), Harlow (14 months)

**NCPG Class:** Toddler I

**Best thing about being a mom...**

seeing my girl change day to day and the little ways she takes in the world around

her. Her developing personality comes out in everything she does, and I love watching it happen. And most importantly, when her sweet little voice says "mama," my heart melts.

**I stay sane by...** making time for myself; whether it's a date with a girlfriend, a mani/pedi outing, or even just enjoying a glass of wine once I get Harlow to sleep.

**People might not know that I...** love good food and drinks! I love cooking at home or enjoying a delicious meal out on the town.

**Come to me for...** anything! Advice, an ear to listen, or a night on the town!



## Amy Forsythe

Social Co-Director

**Children/Spouse Names:**

Warren (spouse), Connor (stepson, 14), Elise (3), Savannah (17 months)

**NCPG Class:** Preschool I

**Best thing about being a mom...**

constantly being reminded that the simple things can bring the most amount

of joy. And my kids' laughter in these happy moments is THE best!!

**I stay sane by...** having the best girlfriends who remind me I'm not alone doing this mommy thing.

**People may not know that I...** struggled with infertility and had to do IVF for both my pregnancies.

**Come to me for...** ways to keep your kids busy. As a former preschool teacher & a mom who loves to be on the go, we are always doing something. For a play date...or a happy hour-I'm your go to ;)





## Sarah Wolfswinkel

Fundraising Co-Director

**Children/Spouse Names:** Ashton (spouse), Vivienne (17 months), Elizabeth (3 weeks)

**NCPG Class:** Toddler II

**Best thing about being a mom...** Becoming a mom has deepened my relationship with my own mom and my

appreciation for all of her hard work!

**I stay sane by...** traveling, even if it's just a short weekend away.

**People might not know that...** I'm a PADI Divemaster. Although, there hasn't been much time for dive trips since Vivienne was born.

**Come to me for...** dinner recommendations. Ashton and I love trying new places and I'm always happy to share our favorites!



## Pele Fischer

Fundraising Co-Director

**Children/Spouse Names:** Nicholas (spouse), Courtland (8 months)

**NCPG Class:** Infant II

**Best thing about being a mom...** Baby Court's smiles, giggles and endless energy! They melt my heart!

**I stay sane by...** getting outdoors, practicing yoga and enjoying wine!

**People might not know that I...** am not named after the soccer player.

**Come to me for...** striving for balance as a working mom, legal questions and Arizona politics.



## Tiffany Pondelik

Fundraising Co-Director

**Children/Spouse Names:** Miles (spouse), Cassie (3), Baby Girl due October 9th

**NCPG Class:** Preschool I

**Best thing about being a mom...** are the hugs and getting to explore things another time around (like the zoo!)

through the imagination of a toddler.

**I stay sane by...** playing tennis and planning trips with the family.

**People might not know that I...** used to be an actress in New York.

**Come to me for...** suggestions on flying with kids and dogs and help with choosing a great bottle of wine :)



## Caroline Taylor

Sponsorship & Advertising Co-Director

**Children/Spouse Names:** Stuart (spouse), Vivienne (4)

**NCPG Class:** Pre-K

**Best thing about being a mom...** the unconditional love, and looking at her sweet face smiling back at me each morning takes my breath away.

**I stay sane by...** utilizing "Mommy Time-Outs" stealing a few moments behind closed doors to catch up on my shows.

**People might not know that I...** have a passion for sailing. In fact, I met my husband racing keel boats on San Francisco Bay.

**Come to me for...** a partner in crime, I am usually up for an adventure and love to explore, especially since we just moved here in October from Tiburon, CA.



## Katie French

Sponsorship & Advertising Co-Director

**Children/Spouse Names:** Will (spouse), Peter (8 months)

**NCPG Class:** Infant II

**Best thing about being a mom...** knowing that there is so much love between me and my little one. When he smiles, laughs or gives me that "just

for mommy" look my heart just melts; I knew being a mom would be special, but it has completely exceeded my expectations!

**I stay sane by...** spending time with great friends who are there to support, encourage and listen. It's so important to connect with people who can relate to what you're going through. Having community is vital!

**People might not know that I...** am a little obsessed with crime shows, I never met a Dateline I didn't like :)

**Come to me for...** a good laugh, laughter is the best medicine. So is WINE!!!



## Sarah Ragland

Sponsorship & Advertising Co-Director

**Children/Spouse Names:** Scott (spouse), Hank (2 ½) and Charlie (1)

**NCPG Class:** Toddler II

**Best thing about being a mom...** Seeing the world through your kid's lens.

**I stay sane by...** calling my mom for advice and taking time for myself.

**People might not know that I...** used to be cool before kids.

**Come to me for...** if you're having a hard mom day. I have been there, happy to try and make you laugh and feel normal.

Being a mom is the best hardest thing I have ever done. It takes amazing moms and organizations like NCPG to raise great kids.



## Sarah Frey

Alternate Director

**Children/Spouse Names:** Brian (spouse), Tessa (6) and Connor (3)

**NCPG Class:** Kindergarten

**Best thing about being a mom...** every cliché you can think of, because all of them are true!

**I stay sane by...** having a husband who gets home by 4 most days.

**People might not know that I...** grew up on a dirt road.

**Come to me for...** advice on preschools. We have attended three, toured even more, and have friends at almost each one in the Valley!



# New Arrivals!

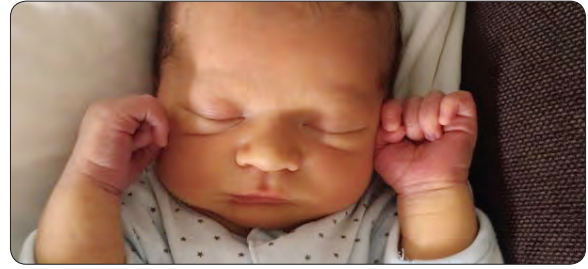


**Blake Walker Chester**

May 22, 2015

8 lbs 4 oz, 20 inches

Sister: Riley (2 ½), Parents: Colleen and Tim



**Oliver Thomas Ackerman**

May 18, 2015

8 lbs 12 oz, 21½ inches

Brother: Lucas (2 ½), Parents: Christina and Derek



**Elizabeth Jayne Wolfswinkel**

August 12, 2015

7 lbs 14 oz, 21 inches

Sister: Vivienne (17 mo), Parents: Sarah and Ashton

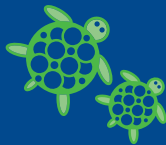


**Hendrik Joseph Wolfswinkel**

July 15, 2015

7 lbs 6 oz, 19 ½ inches

Brother: Dutch (2 ½), Parents: Brandon and Jenna



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# Crock Pot Lasagna

Source: [www.food.com](http://www.food.com)



Yield: 4-6 servings

Cook Time: 4-5 hours

## Ingredients:

- 1 lb. lean ground beef
- 1 onion, chopped
- 2 garlic cloves, smashed
- 1 (28 oz.) can tomato sauce
- 1 (6 oz.) can tomato paste
- 1 1/2 teaspoons salt
- 1 teaspoon dried oregano
- 12 oz. cottage cheese (we like 2%)
- 1/2 cup grated parmesan cheese or 1/2 cup asiago cheese
- 12 oz. lasagna noodles, uncooked
- 16 oz. shredded mozzarella cheese

## Directions:

1. Brown ground beef, onion and garlic in fry pan.
2. Add tomato sauce, tomato paste, salt and oregano.
3. Cook long enough to get it warm.
4. Spoon a layer of meat sauce onto the bottom of the slow cooker.
5. Add a double layer of uncooked lasagna noodles (break to fit) and top with cheeses.
6. Repeat with sauce, noodles and cheeses until all are used up.
7. Cover and cook on low for 4 to 5 hours.

# Paper Plate Banjo

Source: [www.parents.com](http://www.parents.com)

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# 2015-2016 REGISTRATION FORM

**Class Registration:** • \$250

**Annual Nursery Fees:** • First Child (\$300)

• Second Child (\$50)

• Additional Child (no charge)

**Please Note:**

- No refunds on registration and/or nursery fees after 9/30/15.
- Guests are welcome to attend one meeting. Please make reservations with the Membership Director. The guest nursery fee is \$25 per visit, per child. Space is subject to availability.
- Financial assistance for tuition and/or nursery costs is available to those for whom the fees are prohibitive. Confidential inquiries are handled by the Membership Director.
- There will be a \$25 charge for returned checks.

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Child's Name\*: \_\_\_\_\_ DOB: \_\_\_\_\_ Nursery ( Y / N )

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Nursery ( Y / N )

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Nursery ( Y / N )

*\*You will be grouped by your oldest child's birth date unless you indicate otherwise.*

• How did you hear about us? ☐ Current Member ☐ Friend ☐ Newspaper ☐ Hospital ☐ Online

☐ Other (please explain): \_\_\_\_\_

• Would you like to be on a committee? ☐ Fundraising ☐ Special Events ☐ Communications

By signing below I acknowledge that neither North Central Parenting Group (NCPG) or Church of the Beatitudes (CB) carry insurance to cover any injuries to NCPG members or their families. As consideration for participation in the NCPG program, I hereby release, remise forever, discharge, and agree to save and hold harmless and indemnify NCPG and CB, and the employees, officers, directors, and agents of each, of and from all liability, claims, demands, causes of action and possible causes of action whatsoever, arising out of or related to any loss, damage, or injury that including negligence of any of the foregoing. I agree to defend and indemnify NCPG from and against any and all liability or claims arising out of any loss, damage or injuries sustained by myself, my minor child or family member participating in any function of NCPG.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**PAYMENT BY CREDIT CARD:**

Class Registration \$250 (or \$200 before June 15, 2015)

Nursery (First Child) \$300

Nursery (Second Child) \$50

Credit Card Usage Fee 4% of Total

**TOTAL:** \$ \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Check One: ☐ Pay in Full ☐ Two Equal Payments\*

**\*Terms & Conditions**

Credit card will be charged for half the total registration/nursery fee(s) upon registration. The second payment will be automatically charged to the credit card on January 30th regardless of whether member continues with membership or nursery usage unless the second payment is received prior via cash or check. Policy of no refunds on registration and nursery fees after 9/30/14 remains in effect. Credit card processing fees apply. Credit card information will be kept secure on file until second payment is made, after which it will be securely destroyed. Must register by December 1st to utilize payment plan.

*I acknowledge that I have reviewed and accepted the Terms and Conditions of the Two Equal Payment Plan and authorize NCPG to charge my credit card upon registration and on January 30th, 2016.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature & Date Required)

**PAYMENT BY CHECK:**

Class Registration \$250 (or \$200 before June 15, 2014)

Nursery (First Child) \$300

Nursery (Second Child) \$50

**TOTAL:** \$ \_\_\_\_\_ Check # \_\_\_\_\_

*(If paying only the first half of the total registration/nursery fee(s), you are required to fill out credit card information above and sign/date after the Two Equal Payment Plan Terms & Conditions.)*

Please mail payment and registration form to: **NCPG, P.O. Box 32644, Phoenix, AZ 85064**

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