

Parent Times

April 2021



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President's Corner

To the entire North Central Parenting Group community:

Hope you all are feeling hopeful and optimistic as we look forward to a return to in-person NCPG classes in the future! We are so incredibly grateful for you all and thank you for your support throughout this unprecedented year.

We know that 2020-2021 has been different than NCPG years past, and we want to thank our membership for your flexibility and willingness to stick with us despite having to be virtual for the entirety of the year. To show our appreciation, we are offering a discounted rate of **\$250 for EXISTING MEMBERS who register during EARLY BIRD REGISTRATION IN APRIL**. The registration fee for new members or anyone who registers **ON OR AFTER MAY 1ST will be \$320**.

Current members will be guaranteed placement with their existing group if they register in the month of April during our pre-registration period. Beginning on May 1st, spots will be given on a **FIRST COME FIRST SERVED** basis, and existing members will no longer have priority over new members. It is our hope and intention to resume in-person classes in the fall, so classes may fill up quickly due to size and space restraints. Please keep this in mind and plan on registering early to guarantee your placement with your existing group. Registration can be done online at <https://ncpgaz.org/join-ncpg>.

In addition, we're pleased to announce two fun upcoming membership events:

- **Family Zoo Day:** Sunday, April 18th from 8am - 5pm at the Phoenix Zoo: 455 N Galvin Pkwy. All NCPG Members (Moms, Dads + Kiddos) are invited to a special (socially-distanced) day at the Phoenix Zoo in lieu of our Spring Festival. Please join us! Follow the NCPG signs to pick up your family's gift bags at the front curb between 8am-10am only. See flyer for more details!
- **Virtual NCPG Paint Class:** Wednesday, April 21 from 10am - 11am (via Zoom) in the place of our regular NCPG classes*. All NCPG Members and Teachers are invited to join an optional* live Virtual Watercolor Class with Carrie Curran Art Studio. Each class may vote to join the live class (in the place of their 4/21 NCPG class) or have class and then view the painting class via a recording link at a later date. See flyer for more details!

Lastly, I am pleased to announce that our membership has approved our **2021-2022 Board of Directors** via an electronic majority vote last month. The new Board includes a wonderful group of members that have volunteered their time to help NCPG run smoothly and within budget, provide great instructors with relevant content to educate our members, curate fun events to allow our members to come together and create new friendships, foster strong partnerships in our community that benefit our members, and most importantly, help represent the voices of their fellow members. NCPG is so lucky to have such an amazing Board for the 2021-2022 year!

If you have any questions or would like more specifics on anything, please email me at: president@ncpgaz.org any time. Please know your flexibility and understanding during this time is greatly appreciated. We will be in contact with additional updates and details as they are available.

Wishing You Well,

Megan Garvey (President) and the entire 2020-2021 NCPG Board



2020-2021 Board of Directors

- President: **Megan Garvey**
 Vice-President: **Megan Hedstrom**
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 Alternate Director: **Cristina Kiernan**

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

ncpgaz.org Like us on Facebook: [ncpgaz](https://www.facebook.com/ncpgaz)

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. Thanks for your help! Also, please send us photos of you and your family — we are always looking for photos of our community to include in the newsletter and on the NCPG website. Please keep in mind that when you submit photos, you are agreeing that we can use them in our newsletter as well as the NCPG website.

Editors – **Ashley McFate & Amanda Shaw**
 Designer – **Neill Fox, foxnoggin.com**

Front Cover – **Milly, Franklin & Gwendolyn Shaw**
 Photographer – **Rachel Baker**

The information provided by NCPG instructors should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations that your pediatrician may recommend based on individual facts and circumstances.



"We've watched more families than we can list grow at St. Theresa...we want an environment for our son that nurtures and fosters growth, morals and integrity. Our friend's children embody that as we have gotten to know them and it is in no small part, due to the school."
-Kate, current preschool parent

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Member to Meet Lael Harline

Class: 3B

Children & Ages: Poppy 3.5 and Walker 1.5

Spouse: Chase Harlin

How did you meet your spouse: We met in college at the University of Utah on a boat trip to Lake Powell.

Years married/together: We met 15 years ago and have been married for 7 years! He's a hunk.

Spouse/partner's favorite date night spot: La Locanda, it is a hidden gem in Old Town!

Career: I am in Medical Sales and work for a company called Regeneron.

5 words to describe you: Fun, loyal, spontaneous, loud, tired

Favorite family vacation spot? My in-laws Papa and Yaya's house in Utah, it's beautiful all year long. They cater to our high-maintenance sleep routines and I adore them for it.

Favorite family spot to dine in town? I love taking my babes to OHSO, they love petting all of the doggos

Do you have a hidden talent? I am pretty, pretty good at trivia.

Favorite date spot or activity when you are child-free? Tapas Papas Fritas. The Paella and Sangria take me back to my time in Spain, and they have a beautiful patio!

Favorite children's book to read? We're reading the BFG and the accent I've given the BFG is this loud Randy "Macho Man" Savage voice and it's difficult keeping it up for more than a chapter or two, but oh how Poppy loves it.

Favorite adult book to read? Thriller novels à la Gillian Flynn.

Where were you born and raised? San Diego. It was a fun place to grow up, I got to take "Surf P.E." and can still surf pretty well! My whole family still lives there so I like to go home a lot.

What do you miss most about being a kid? I used to love when my parents would go on vacation and my Grandma Betty would come stay and watch us. She would let us break the rules a little bit, stay up late, and eat all the treats. She was my favorite person.

When you have 30 minutes of free time what do you do? Take a walk and listen to The Office Ladies Podcast

What story does your family always tell about you? 2 days before I was supposed to be the flower girl in my aunt's wedding I played "hair salon" with my cousin. I cut bangs so short they stuck straight up. After inconsolably crying, my mom's solution was to give me a 90's bowl cut that lives in infamy in wedding photos that will haunt me for life.

What's your favorite thing to do with your children? I love taking special one-on-one time with them. We are usually all together as a family, so when I get the opportunity to snatch one of them away for a couple hours I cherish it. With my 3 year old, I let her pick the activity and she's so hilarious with what she comes up with.

Most meaningful moment as a parent? As your babies grow in to toddlers and you start noticing that the love you're giving is being reciprocated. They show you in little moments that melt you. I am in that with my 18 month old right now and I wish I could freeze time.

Most "OMG did that really happen" moment as a parent? When I was in labor with my son my contractions never got closer together, they were always 10 minutes apart. Suddenly I had a contraction that didn't stop and I realized that we weren't going to make it to the hospital. My husband delivered him on the bathroom floor in our house. The firemen came minutes later and took us to the hospital, and everything miraculously worked out!

What is your favorite family tradition? My extended family is really close and at Christmas we all get together at my grandparent's house. We get some liquid courage and go caroling around the neighborhood and eat clam chowder and it's random and amazing. We didn't get to do it last year because of COVID and I miss it more than ever

Best parenting advice given to you? Stay off Google

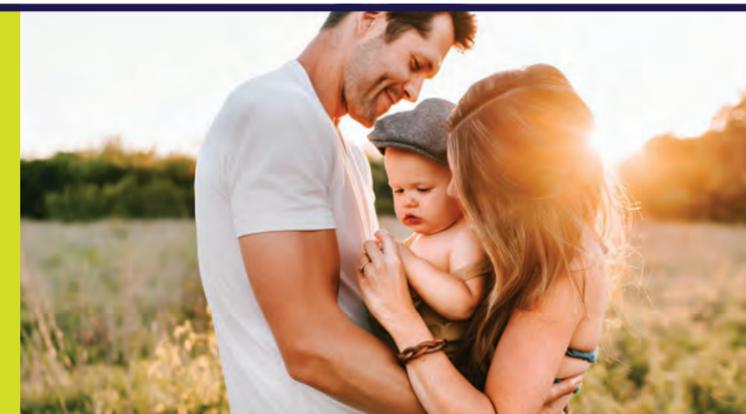
How do you balance meeting your children's needs as well as your own? My 3B instructor Barb has been instrumental in this! I try to take time for myself whenever I can fit it in. Sometimes that means watching a show in the other room for 30 mins and sometimes it means a whole girls weekend away.

If you could give your pre-baby self advice, what would it be? Stop worrying so much! I promise it all works out; better than you ever dreamt it would.

Who introduced you to NCPG and for how many years have you been a part of the group? My pilates instructor at Body Lab, Billie Drury. We're still in the same class today!

Best thing learned in NCPG? When your child is acting the most unlovable is when they need the most love.

Their future is in your hands...



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I make the estate planning process easy and convenient to serve busy parents like you. I can guide you through the process in person or via Zoom. Evening and weekend appointments available. *NCPG members automatically get a 10% discount.* To schedule a free consultation, call me at 602.684.1398 or email Paula@PaulaHannahLaw.com.



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17 Habits of Very Happy Moms

By Marion Winik, <https://www.parents.com/parenting/moms/healthy-mom/17-habits-of-very-happy-moms>

How do those upbeat moms we all envy keep the joy and love flowing? We sent our intrepid reporter to uncover their secrets.

1. Ask for help

Happy mothers are not afraid to ask for help from family and friends. While morose, martyred moms miss those out-of-town weekends and movie nights with their husband because they can't find a babysitter or a willing relative, Very Happy Moms just say, "Please."

2. Leave the house now

Have you been outside today? Fresh air, sunlight, and nature are believed to be critical mood enhancers for women, and moms can get this little lift while pushing strollers or swings. Look around that playground. Who looks happy? Go talk to her, right now.



3. Plan some big fun

In my research, I've found that VHMs work really hard to find time and money for vacations. Take away the alarm clocks, the homework, the deadlines...bring on the sunsets, the sand castles, the card games.

You can even inject some fun in those boring must-do tasks like grocery shopping. Bring home a fun treat for your family, we like Friendly's Sundae Cups, and call your kids to the kitchen to eat them together while everyone helps unload the rest of the haul. Suddenly you remember why you spend so much time washing these people's laundry.

4. Get your groove on

You call him "honey," and he calls you "sugar" -- but are you giving each other enough sweetness? Happy moms like getting busy. It'll put a smile on your face. And it's nice to have a Very Happy Husband hanging around.

5. Eat, sleep, and be merry

Being sleep-deprived may be a badge of honor for those with young babies, but the sooner you can figure out how to get your eight hours back, the more delirious with joy you will be. Follow that well-deserved rest with a bowl of oatmeal and a banana instead of three cups of coffee and the remains of somebody's Pop-Tart, and see what happens.



6. Have a six-pack

I thought the main habit of Very Happy Moms might be popping Prozac, but I asked around and not a single happy mother mentioned drugs. Not even margaritas. Sigh. What they did mention, in droves, was exercise. And of course they're right: Just about equal to how good regular exercise makes us feel is how insidiously the gloom creeps in when we weasel out of it. Fortunately, to a mom, exercise can feel almost self-indulgent -- after all, you're doing something for yourself, in the company of other grown-ups. And that's part of the buzz.

7. One is not the loneliest number

Carving out time away from the kids is crucial, whether it's poker night with the girls or just a long bath with a magazine.

8. Be nice to thy neighbor

You would think that moms would be tapped out in the giving department. But most happy moms make doing things for others a regular part of their lives, whether it's baking a lasagna for a family with a new baby or offering a ride to an elderly friend. Remember: Your helpfulness is another deposit in the karma bank.

9. Love the one you're with

The happiest moms don't compare and compete. Neither they, nor their kids, nor their cars, nor their houses have to be the smartest, cutest, newest, or neatest. The green-eyed monster has chewed up the happiness of many a mom. Around A.D. 89 the philosopher Epictetus offered advice for Very Happy Moms: To be content is greater than riches, so love what you have.

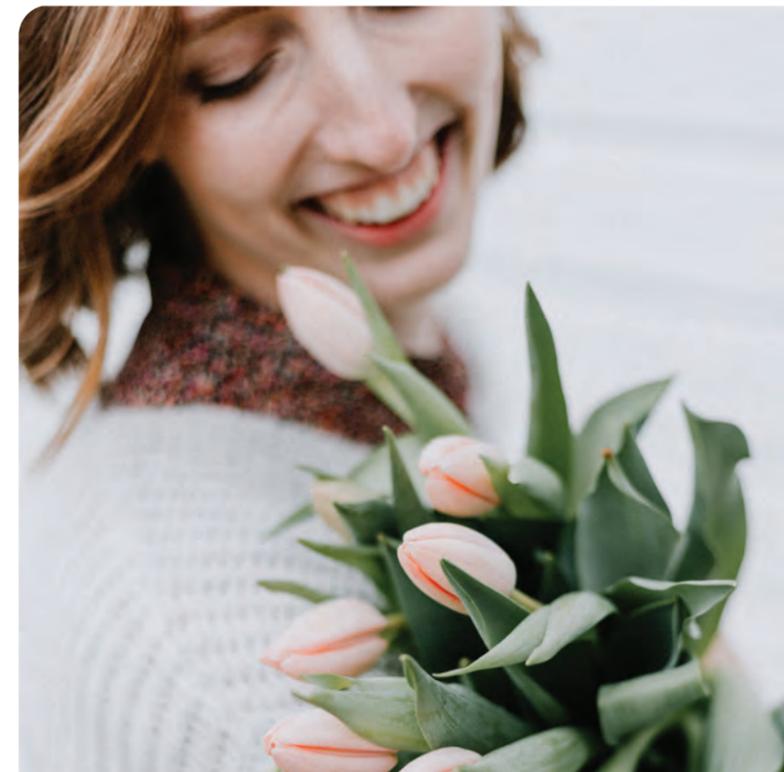
10. Hang with your gal pals

Very Happy Moms have close mom friends. Knowing that others are in the trenches with you is key. From the super-petty issues to the deadly serious crises, I don't know how I would have made it without my friend Theresa. Over the years, she has patiently listened to long stories involving extremely important topics, such as Pull-Ups, car pools, and her favorite: the vice principal of the middle school.

11. Plan a little fun

Very Happy Moms sometimes buy themselves flowers, just in case no one else has thought of it. They meet their husbands for lunch, get a facial, or have the car detailed just because.

continued >>>



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12. Play with the rules

One of the best things about being the person who makes the rules is bending them. With each of my kids, I allow certain treats that have a slightly wicked feel. With my 4-year-old daughter, it's taking a bubble bath with our miniature dachshund. With my teenage son, it's stopping for really expensive sushi on the way home from a doctor's appointment. Very Happy Moms know when to turn the mundane into magic.

13. Pick and choose

Separate the siblings and enjoy some one-on-one time with each kid. No interrupting, no juggling, no sibling rivalry. What joy!

14. Look ahead

When your happy buzz threatens to slip away altogether, remind yourself that "This too shall pass." It works both ways: Either you get through the terrible stuff by knowing it's not forever, or you put it into perspective by reminding yourself that the good stuff -- the sticky kisses, the cute little tutus -- will also soon be gone.



15. Forgive and forget

We all want to live up to our parenting ideals and do everything right all the time, and here we are, losing our tempers, being inconsistent, and bribing kids with candy on a daily basis. Unfortunately, all the time you spend brooding and punishing yourself for this is more time when your best self is not there for your kids. Very Happy Moms know that even the best of us have days from hell. They let those days go, and get on with exercising and vacation planning.

16. Pee in your pants laughing

Kids love to see their moms smile (mine actually comment on it, if that tells you anything), and research is starting to show that just crinkling your eyes, turning up the corners of your mouth, and laughing can produce the happy brain chemical serotonin. At least it will make you look really ridiculous, which will make your kids laugh. And laughing really hard with your kids is one of the best Very Happy Mom secrets of all.

17. Cuddle up

Though I consider myself a Somewhat Cranky Mom, I share this with the Very Happy Moms I surveyed: I have a hug habit. "Hugs and snugs and snoodles" is how my 4-year-old, Jane, and I refer to our smooching sessions. Happy moms cuddle their kids every chance they get, which is smart since those chances diminish through grade school and then disappear altogether by the time your former cuddler gets her driver's license. So take Janis Joplin's parenting advice: Get it while you can.



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2020-2021 Calendar

NOTE: Classes will be offered virtually until in-person classes are able to resume.

Class Schedule

8:45 am Nursery opens
9:00-9:40 am Refreshments served
9:45*-11:30 am Classes are held
***Teachers will start promptly at 9:45!**
11:45 am Nursery closes
11:30 am-1:15 pm Pre-Infant & Pre-Teen Class

Class Dates

April 21st
 May 5th **
 ** *Parent Times* magazine distributed.

Board Meeting Schedule

April 12th
 May 3rd



**Saint Barnabas on the Desert
Episcopal Church**
 6715 N. Mockingbird Lane
 Paradise Valley, AZ 85253

Board Announcements

Membership

Spots remain available in a handful of classes for the 2020-2021 year! Space is limited so please contact membership@ncpgaz.org for additional information about open classes and registration.

Communications

WE WANT YOUR PICTURES!

Spring is here and we are always looking for new pictures! Send us your high-resolution photos and your babies might wind up on the cover!



Please also send birth announcement pics, snapshots of NCPG kids and parents, and any professional photos to communications@ncpgaz.org.

Public Relations



Please follow along on our private **NCPG Instagram** @ncpgaz for helpful information and updates!



Please continue to use the members-only **NCPG Facebook Group** to ask questions, share advice, local events, deals and to buy & sell. We ask that we keep everything positive and respectful on the page. Please request to join the group, if you haven't already and join the fun!

Childcare



Our number one priority at NCPG NCPG Childcare is the safety of your children. Childcare will remain closed until we have consistently met the benchmarks set forth by the CDC and Arizona Department of Health for childcare settings, our facility lifts their restrictions on groups, and when we confidently feel that we can safely offer childcare.

In the meantime, if you need childcare during the virtual meetings, **Busy Bees Babysitting**, our trusted provider, is currently offering in-home sitters and has implemented procedures and guidelines to ensure the safety of your children and their Bees. If you don't already have an account, please feel free to reach out to us at childcare@ncpgaz.com and we can help get you registered.

We look forward to serving you and your children again soon. Thank you for your patience during this time.

SPECIAL EVENT

FUN DAY @ THE ZOO

+ GIFT BAGS!
Sunday, April 18th
8am - 5pm

PHOENIX ZOO
 455 N. Galvin Pkwy.
 Phoenix, AZ 85008

IT'S BEEN A WILD YEAR!
 So, we're inviting all NCPG Members (Moms, Dads + Kiddos) to a special (socially-distanced) day at the Phoenix Zoo in lieu of our Spring Festival!

Follow the NCPG signs to pick up your gift bag at the front curb between 8am - 10am!

SPECIAL EVENT LIVE PAINT CLASS!

*Optional, each class will have the option to vote to join the painting class LIVE on 4/21. If they'd rather have their regular NCPG class on that date, they can watch the recording link to the painting class that will be shared afterwards.

NCPG PAINT CLASS APRIL 21 AT 10 AM

Feeling a little Zoom fatigue? Let's take a break from our regularly scheduled programming and do something fun and relaxing!

All NCPG Members & Teachers are invited to join us for an (optional*) Live Virtual Watercolor Class with Carrie Curran Art Studio in the place of our 4/21 NCPG Class. Painting will begin at 10:00am and individual NCPG classes are encouraged to meet (via Zoom) at 9:30am for any hot topics prior.

Watercolors are a great way to celebrate and create at home! Supplies needed: watercolor paint palette, watercolor paintbrush, and watercolor paper (9"x12").

Zoom Link:
<https://us02web.zoom.us/j/82137143192>
 Meeting ID: 821 3714 3192
 Password: 160388

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Email: hello@musictogetherinphx.com

Website: www.MusicTogetherInPhx.com

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Children's Museum of Phoenix Summer Camps

215 N. 7th Street, Phoenix, AZ 85034

Contact: Matt Hanshaw

Ph: (602) 253-0501

Email: mhanshaw@ChildMusPhx.org

Website: www.ChildrensMuseumOfPhoenix.org/camps

Each week of Camp at the Children's Museum of Phoenix features hands-on learning and activities designed for children ages 5-8.

Camps also include free play within the Museum's imaginative exhibits.

As You Wish Pottery Summer Camps

6 locations valley wide

Contact: Liz Goeghan

Ph: (949) 287-9676

Email: Liz@AsYouWishPottery.com

Website: www.AsYouWishPottery.com

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The Reel Camp

Locations in Phoenix & Peoria

Contact: Shelly Boucher

Ph: (623) 521-9324

Email: shellysandwich@gmail.com

Website: TheReelCamp.com

Girl Scouts-Arizona Cactus-Pine

Four Locations- Prescott, Payson and Phoenix

Ph: (602) 452-7000

Email: reghelp@girlscoutsaz.org

Website: www.CampLikeAGirlScout.com

Morning Music & Afternoon Art Camps

3925 3233 E Chandler Blvd. Suite #2, Phoenix, AZ 85048

Contact: Shelley Yakubow

Ph: (480) 706-1224

Email: Lessons@MMWAZ.com

Website: www.MMWAZ.com

Boys and Girls Music Camps

1131 E Missouri Avenue, Phoenix AZ 85014

Contact: Topher Keene

Email: TopherKeene@boyschoir.org

Website: www.BoysChoir.org

The Torch Theatre Improv Summer Day Camp

4721 N Central Avenue, Phoenix, AZ 85012

Contact: Jacqueline Arend

Ph: (602) 456-2876

Email: Info@TheTorchTheatre.com

Website: www.TheTorchTheatre.com/kidsteens

Dance Theater West Summer Camps

3925 E. Indian School Road, Phoenix, AZ 85018

Contact: Frances Cohen

Ph: (602) 840-3883

Email: FraneCohen@aol.com

Website: www.DanceTheaterWest.com

Phoenix Theatre Summer Camps

100 E. McDowell Road, Phoenix, AZ 85004

Contact: Michael Barnard

Ph: (602) 254-2151

Email: info@PhoenixTheatre.com

Website: www.PhoenixTheatre.com

Arizona School of Classical Ballet Summer Camps

20820 N. 25th Place, Suite 112, Phoenix, AZ 85050

Contact: Nadya Zubkov

Ph: (602) 494-3400

Website: www.AZClassicalBallet.com

Dearing Acting Studio Summer Camps

10806 N. 32nd Street, Phoenix, AZ 85028

Contact: LeeAnn Dearing

Ph: (480) 313-9901

Email: info@DearingStudio.com

Website: www.DearingStudio.com

SPORTS

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1515 E. Bethany Home Road, Phoenix, AZ 85014

Contact: Lori Price

Ph: (602) 277-0067

Email: Lori@FlipDunkSports.com

Website: www.FlipDunkSports.com

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Ph: (602) 867-9204

Email: SenseiWall@gmail.com

Website: www.PVkarate.com

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Contact: Susan Hyden

Ph: (480) 893-3431

Email: shyden@Ahwatukeehoa.com

Website: www.Ahwatukeehoa.com

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Ph: (480) 704-8700

Email: fast@FoothillsRehab.com

Website: www.Fast-Training.com

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Suns Basketball Camps

201 E. Jefferson Street, Phoenix, AZ 85004

Contact: Mark Gretter

Ph: (602) 594-CAMP

Email: Camps@Suns.com

Website: www.NBA.com/Suns/kids/jr-suns-basketball-camps

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Octane Raceway Summer Engineering Camp

9119 E Talking Stick Way, Scottsdale, AZ 85250

Contact: JP Mullan

Ph: (602) 302-7223

Email: marketing@OctaneRaceway.com

Website: www.OctaneRaceway.com

Phoenix Gymnastics & Dance Academy Summer Camps

1926 W. Monona Drive, Phoenix, AZ 85027

Contact: Jerry & Ellen Hinkle

Ph: (623) 582-5293

Email: office@PhoenixGymnasticsAcademy.com

Website: www.PhoenixGymnasticsAcademy.com

Ahwatukee Community Swim and Tennis Center Summer Camps

4700 E. Warner Road, Phoenix, AZ 85044

Contact: Robert Blakesley

Ph: (480) 893-3431

Email: info@ahwatukeehoa.com

Website: www.AhwatukeeHOA.com

Dance Studio 111 Summer Camps

4910 E. Chandler Blvd. #111, Phoenix, AZ 85048

Contact: Carrie Matheus-Anders

Ph: (480) 706-6040

Email: DanceStudio111@DanceStudio111.com

Website: www.DanceStudio111.com



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Email: Jennifer@Play-Well.org

Website: www.Play-Well.org
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Mad Science Summer Camps

Contact: Jack Hamlett
Ph: (480) 222-2233
Email: FunInfo@MadSciPhx.com
Website: www.MadScience.org/ScottsdaleNEPhoenix
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Montessori Day Schools Summer Camps

9215 N. 14th Street, Phoenix, AZ 85018
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Ph: (602) 943-7672
Email: info@mdpssc.org
Website: www.MontessoriDaySchools.org

Singapore Math NOW Summer Camps

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Email: Tricia@SingaporeMathNow.com
Website: www.SingaporeMathNow.com

Deer Valley USD's "Science Rocks" Summer Camp

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Website: www.dvusd.org/communityed

The Hills School Summer Camps

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Website: www.TheHillsSchool.com

All Saints Episcopal Day School's Summer Camps

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Ph: (602) 317-7448
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Website: www.Audubon.org

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Ph: (602) 716-2028
Website: www.AZscience.org

Boys & Girls Clubs of Metro Phoenix Summer Camps

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Ph: (602) 449-2850
Email: info@BGCMP.org
Website: www.BGCMP.org

Arizona Humane Society's Summer Camps

1521 W. Dobbins Road, Phoenix, AZ 85041
Contact: Fernanda Torres
Ph: (602) 997-7586 ext. 1015
Email: FTorres@AZhumane.org
Website: www.AZhumane.org

Horses Help Summer Camps

2601 E. Rose Garden Lane, Phoenix, AZ 85050
Contact: Gregg Goodman
Ph: (602) 569-6056
Email: Gregg.g@HorsesHelp.org
Website: www.HorsesHelp.org

Desert Botanical Garden Summer Bird Camps

1201 N. Galvin Parkway, Phoenix, AZ 85008
Ph: (480) 481-8123
Email: education@dbg.org
Website: www.dbg.org

Arizona Animal Welfare League & SPCA's Summer Camps

15 N. 40th Place, Phoenix, AZ 85034
Contact: Michelle Ramos
Ph: (602) 273-6852, ext. 122
Email: mramos@AAWL.org
Website: www.AAWL.org/education





Spring Has Sprung!





Watch Children Around Water!

<https://www.phoenix.gov/fire/safety-information/home/water>

Too often, firefighters hear people say, “I only turned my back for a few seconds.” Sadly, just a few seconds is all it takes for a child to drown. Drowning is one of the leading causes of death for children under age four in Arizona. Most children drown in their own pools, but many children drown in canals, buckets, toilets, bathtubs and ponds. Non-fatal incidents are also tragic. Non-fatals can cause permanent brain damage. Drowning and non-fatal incidents can be prevented! Anyone involved with young children needs to be aware of this potential tragedy.

Swimming Lessons

If you find someone in trouble in the water:

- Yell for help and pull the person out of the water.
- Call 9-1-1 immediately! Stay on the line.
- Begin CPR.
- If you are not trained, follow the instructions from the 9-1-1 operator until help arrives.

How to Prevent Drowning:

- Use an approved barrier to separate the pool from the house.
- **NEVER** allow children to be alone near a pool or any water source. This includes bathtubs, buckets, toilets, ponds and canals.
- Have life-saving devices near the pool, such as a hook, pole, or flotation device.

Birth Announcement

Help us welcome this new addition to our NCPG family!



Barrett Henry Conner

Born to Caroline & Joseph Conner

12.1.20 — 6:50 pm

8lbs 2oz, 21 inches



- Keep large objects such as tables, chairs, tricycles or ladders away from pool fences.
- **NEVER** leave children unattended in or around a pool. **ALWAYS** have a designated child watcher.
- Do not allow children to play in the pool area. Store all toys outside of the pool area.
- If you leave the pool area, take the child (children) with you.

Pool Safety Tips:

- Learn to swim.
- **NEVER** swim alone.
- **NEVER** swim under the influence of alcohol or medications.
- **NEVER** swim when you hear thunder or see lightning.
- **NEVER** dive into an unfamiliar body of water.
- Learn CPR



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What is the best way to handle a tantrum in public?



Lesley Isaak, Class 4B

If possible, try to establish a connection with your child while keeping your voice calm. Take a deep breath and don't focus on your fear that others may be judging you. Acknowledge their feelings. You can try distraction, such as giving your child a task or something to look at. Sometimes you may have to step away from the stimulation of your surroundings to help your child come out of the big emotions. And we all know that there are days where you are simply going to need to pack it up, head home, and try again another day!



Chelsea Kunde, Class 3A

Redirection, take a break with them. Walk them outside, sit with them in the car, take a time out- a re-set. Block out everyone else-- this tantrum is happening, everyone has been there, deep breaths and address it. Sometimes the re-set and quick pep talk can make all the difference. But remember, don't not address it just because in public, be consistent the best you can. This will help in the future.

For school age siblings, what are some tips/advice to help foster a good relationship between them and get them to empathize with each other?



Barb Grady, Class 3B

By encouraging activities that foster teamwork, setting kids up to have fun together, and giving kids the tools to work out conflicts in a constructive and respectful manner, parents can help siblings develop a good relationship that will carry them through the rest of their lives. Teach them that the gifts and talents of others don't diminish them.



Blaire Hinks, Class 1A

Teach them how to communicate and don't underestimate their understanding of the world around them. Explain concepts in a way that they will understand and work through a solution together.

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Recipe: No-Bake Mint Chocolate Brownie Bars

By Minimalist Baker: <https://minimalistbaker.com/no-bake-mint-chocolate-brownie-bars/>



One bite into these beauties and it was pure love. Think Andes bar elevated x 1,000. A no-bake brownie is layered with creamy, minty coconut butter and topped with luscious chocolate ganache. Swoon! What's not to love? Just 10 ingredients and simple methods required for these decadent, vegan, gluten-free bars.

SERVINGS: 16 BARS **PREP TIME: 45 MIN** **COOK TIME: 15 MIN**

Ingredients

Brownie Layer

- 1 ½ cups raw walnuts
- 1/4 cup cocoa powder (or cacao powder)
- 1 pinch sea salt
- 1 cup packed dates, pitted (we prefer Medjool // if dry, soak in warm water for 15 minutes, then drain and pat dry)

Mint Layer

- 1/4 cup raw cashew butter
- 3/4 cup coconut butter (homemade or we like the brand Ostara)
- 1 tsp peppermint extract
- 1/4 tsp moringa powder (Optional, but gives the mint layer its green color. Or sub matcha, barley grass powder, or spirulina.)

Chocolate Ganache Layer

- 1 ¼ cups vegan dark chocolate or chocolate chips, finely chopped (such as Enjoy Life brand)
- 7 Tbsp full-fat coconut milk
- 1 Tbsp coconut oil

Instructions

1. Line an 8x8 inch baking dish with parchment paper. Be sure the parchment comes up above the pan on all sides — you'll use it to lift the bars out at the end.
2. Prepare crust by adding walnuts, cocoa powder, and sea salt to a food processor and blending into a meal. Add pitted dates to the food processor and pulse about 5 times, scrape down the bowl, and pulse again until the dough looks well combined and moist. It should stick together between two fingers when pressed. If too dry, add more pitted dates or a splash of water.
3. Transfer the dough to the parchment-lined baking dish and spread with fingers or a spatula to evenly distribute — it should be about 1/4-inch thick. To get an even layer, top the brownies with parchment paper and use a flat-bottomed object — such as a drinking glass or measuring cup — to press and pack the crust into a solid, even layer. Place the crust in the freezer for 15 minutes to chill while you make the mint layer.
4. Add cashew butter and coconut butter to a small mixing bowl. Microwave for 10-20 seconds to soften slightly (or gently heat over a double boiler), and then mix until no lumps remain and it's smooth and silky. Add in peppermint extract and moringa powder (optional for color // or sub matcha, barley grass powder, or spirulina) and stir well until fully combined.
5. Remove crust from freezer and pour mint layer over the crust. It should be thin enough to spread easily. Use a spatula to get the mint layer all the way to the sides and corners of the pan, then gently shake the pan to even out the top of the mint layer. Place in refrigerator to chill for 10 min. while you make the ganache.
6. Add the finely chopped dark chocolate to a medium mixing bowl. To a separate glass mixing bowl, add coconut milk and coconut oil and microwave until hot but not boiling (alternatively, heat in a saucepan on the stovetop until very hot). Pour the coconut milk mixture directly over the chopped chocolate. Do not stir. Cover with a lid or a piece of aluminum foil to encourage it to melt. Let the chocolate sit, covered, for 5 minutes.
7. After 5 minutes, uncover, then whisk to combine. The mixture should be entirely melted and smooth. If not, heat in the microwave in 20-30 second increments until entirely smooth and no chunks remain. (Alternatively, set your glass or ceramic mixing bowl over a double boiler on the stovetop to melt).
8. Remove your pan from the refrigerator and pour the ganache on top. Spread with a spoon until smooth. Then return to the freezer to set for 10 minutes, or until semi-firm to the touch (and firm enough to slice).
9. Remove the pan from the freezer and gently lift the bars out of the pan using the parchment paper. If any chocolate or filling is stuck to the sides of the pan, gently loosen the edges with a butter knife until the bars can be lifted out.
10. Place on a cutting board or counter and slice into desired shapes. These are rich, so we recommend cutting into 16 squares
11. These are best enjoyed slightly chilled or at room temperature and will keep for up to 1 week in the refrigerator, or 1 month in the freezer.

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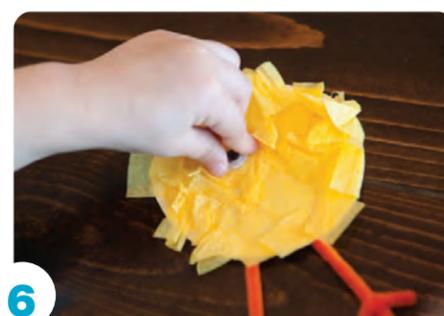
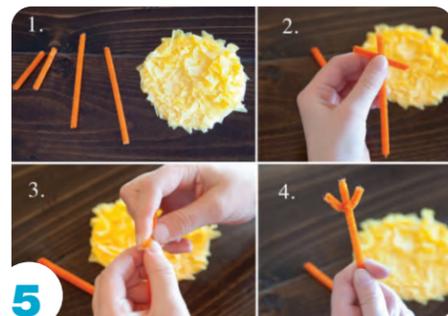
CRAFT: TISSUE PAPER BABY CHICKS

By KiwiCo Corner, <https://www.kiwico.com/diy/Arts-and-Crafts-Ideas/1/project/Tissue-Paper-Baby-Chicks/2043>

1. First we gathered the materials for our project. The next thing we did was to cut a medium-sized circle out of the yellow cardstock for the chick's body.
2. Next we began cutting our tissue paper (or crepe paper) into small square pieces.
3. Now we covered the yellow paper circle with glue.
4. Taking our little yellow squares of tissue paper, we scrunched them up and stuck

them on the yellow paper circle. We kept doing this until the whole circle was full of fluffy pieces of tissue paper.

5. Next we made some legs for our baby chick out of pipe cleaners. We cut two pieces of pipe cleaner for each leg, one longer one and one little short one. Taking the two pieces we twisted the small one around the longer one near the end to make the chicks feet. We attached the legs to the back of the chick using glue or tape.
6. For the finishing touches we added googly eyes, a small triangle cut out of orange paper for the beak and feathers for the wings.
7. After our chicks were all done we talked about their fluffy feathers, their smooth beaks and their soft pipe cleaner legs.



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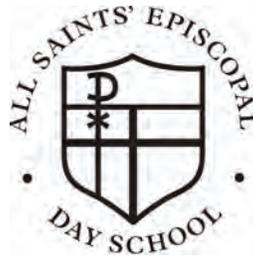
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