



Montgomery Moms

President's Note

Wow, it is already May! School is wrapping up and summer is upon us. We have had a wonderful year and I cannot thank our amazing board enough for their time, enthusiasm, creativity and energy this year. Across the board from children's activities, to Mom's nights out, to couples parties, playgroups and more, we stayed busy each week and forged loads of friendships for us and our kids.

Friendships and connections. This is what I love about our group. We are establishing bonds that will last a lifetime. Thanks to Montgomery Moms, we all have support along this fun, challenging and at times seemingly impossible journey of motherhood. Also, we are guaranteeing that our children will have friends and connections with other kids and families when they start school. When I moved here 5 years ago, Montgomery Moms helped me out of a feeling of isolation as a new Mom and forced me to make friends. Today, some of these ladies are like family now and I know they will be my friends forever. This is why I took such an active role in Montgomery Moms four years ago.

Although I won't be President again next year, I will stay on the board in a smaller role and continue to help this great group grow. I know this is a busy time of year, but I hope to see everyone before the end of the "school year". If you can't come to our meeting on May 10, perhaps you can come to help plant flowers on May 14, MNO on May 16 or a children's activity. Mark your calendars for our end of the year family party on June 11.

Thank you all for a wonderful year!! Not only our board, but our amazing members make Montgomery Moms the best Moms group in Cincinnati. Thank you all for your friendship over the years.

Sincerely,
Wendy
President, Montgomery Moms

GENERAL MEETINGS

Our final meeting of the year will be at El Jinete on **May 10th at 7:30 p.m.** Looking forward to seeing many of you there!

MEMBERSHIP INFO

Our year may be winding down but we take members all year long. Keep referring your friends and neighbors to Montgomery Moms.

Thank you to The Growing Room Preschool & Summer Camps for being our April meeting sponsor. In June 2016, The Growing Room will open a second location with two classrooms in Old Montgomery.

All MMOMS are invited to an adults-only "Moms, Mimosas & Munchies" grand opening party on June 4 from 11 a.m. to 3 p.m. (drop in anytime) at the new location at 7781 Cooper Road.



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Moms' Night Out

Let's have a nice fun, relaxing, and creative night out. Our MNO for May will be at "The Pottery Place" located in Kenwood mall on **Monday, May 16th**. We have a room reserved just for us from 7 p.m. to 8:30 p.m. But everybody is welcome to come earlier or to stay until the place closes at 9 p.m.

We'll have wine and snacks in the room. Pick your favorite piece of art and have fun!

Looking forward to seeing you there!

Volunteer with Your Children in May

Do you enjoy gardening? Grab your gloves and a trowel, and get ready to make our community pretty. On **Saturday, May 14th at 9 a.m.** Montgomery Moms will join other local groups for the city's annual Beautification Day.

This gardening event is from 9-11am and Moms are welcome to bring their children to help plant flowers. Please consider volunteering with our group for this fun event! Contact Heather at heatherwooley@yahoo.com for additional information and to sign up.

This is a way to give back to the city of Montgomery and thank them for allowing us to use their lodge free of charge for our monthly meetings.

Upcoming Events

May 3 - Noon lunch at IKEA ("Kids Eat Free Tuesdays") followed by a free story and craft, 1 p.m.

May 9 - Boot Camp with Bekah Erck, Weller Park, 7 p.m. (Moms and kids ages 5+)

May 10 - General Meeting, El Jinete, 7:30 p.m.

May 14 - Montgomery Beautification Day, 9 a.m. (Volunteers needed!)

May 16 - MNO at "The Pottery Place", Kenwood Mall, 7-8:30 p.m.

May 18 - Touch a Truck, Summit Park, 4 p.m.

June 11 - MMOMs Pool Party

10 THINGS *mom's* NEED TO SURVIVE SUMMER

-  1. Noise-canceling headphones to put on the kids when the ice cream truck comes around.
-  2. Super-soaker filled with sunscreen since they run away at the first mention of SPF.
-  3. Kool Aid on tap.
-  4. Also, margaritas on tap.
-  5. Membership at a public pool that's nice and clean, but not SO nice and clean that they won't let your kids in.
-  6. Blackout curtains for the kids' rooms so they don't notice it's light out until 9:30.
-  7. 4,000 cubic foot dryer for the constant loads of wet towels and swimsuits.
-  8. 4,000 watt vacuum to get all the sand out of your minivan seats.
-  9. Outdoor showers — because you don't want all that filth in your tub, and the sticky crap in those bubble wands is basically soap.
-  10. We mentioned the margaritas, didn't we?

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Children's Activities

It's hard to believe that the MMOMS calendar year will soon come to an end! We've had a lot of fun meeting friends, old and new, at the different children's events this year. The fun isn't over quite yet! We still have plenty of events planned for the month of May, along with our end of the year pool party in June! Hope to see you there!
~Lisa and Sara

IKEA Lunch/Storytime, Tuesday May 3rd (12 noon)

Join us at IKEA West Chester (9500 Ikea Way, West Chester, OH 45069) for lunch and storytime at 12 p.m. Tuesday is "Kids Eat Free" Day in the Ikea Restaurant. Meet us there and stay for Miss Heather's Story Time at 1 p.m., also located by the restaurant, where kids can enjoy classic tales of adventure and craft time after the story.

Mom and Me Boot Camp, Monday May 9th (7 p.m.)

Join us for a Mom and Me Boot Camp with MMOM's own Bekah Erck! Bekah will meet us at Weller Park at 7 p.m. to lead us through a great workout (and hopefully tire our kids out for bedtime)! This class is designed for Moms and their kids ages 5+. Check facebook for more details as this event approaches.

Touch-a-Truck, Wednesday May 18th (4 p.m.)

Join us for Touch-a-Truck at Summit Park, 4 p.m. on Wednesday, May 18th. We'll be there close to the start of the event, but for those who can't make it that early, the Touch-a-Truck event lasts until 7 p.m.. Kids will love getting up-close and exploring on the vehicles. Arrive early to buy some tasty local treats at the Blue Ash Farmer's Market (which opens at 3:30pm).

MMOMs Pool Party, Saturday June 11th (3:30-6:30 p.m.)

The MMOMs Pool Party will be on Saturday June 11th from 3:30-6:30 p.m. at the Montgomery Swimming Pool. This is an event for the whole family, so bring your gang and join us for swimming, dinner and fun! Evite coming soon.

Congratulations to All Our New Moms!



We want to give a belated congratulations to Christine Koppenhoefer and family on the arrival of their 4th child, Meredith. She arrived November 11, 2015 and is the family's first girl!

The Carneson family welcomed a beautiful baby girl, Kenzi Rene Connor Carneson on March 10th. She weighed 6 pounds 1 ounce and measured 19 inches long.

The Keyes family also welcomed a beautiful baby girl! Katherine Mary was born on April 7th weighing 7 pounds 13 ounces.

Thank You

A very special thank you to the following members for providing meals to our new moms - Jenn H., Sarah K., Nikki M., Melissa K., Corin H., Carrie H., Kristi D., Julie S. and Marion M.

Expecting?

If you are currently pregnant and would like meals provided after your delivery, please email Heather (heatherwooley@yahoo.com) several weeks before your due date, so she can coordinate your meals.



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Healthy Popsicle Recipes

Strawberry Basil Blast

Fruit + fresh herbs add a gourmet twist

Just one pop provides half your daily dose of vitamin C.

Recipe: Simmer 1/3 cup sugar + 3/4 cup water in a small saucepan until sugar is dissolved. Add 4-6 thinly sliced basil leaves, simmer 1 minute and set aside. Blend 4 1/2 cups hulled strawberries until smooth. Add the sugar mixture and blend until just combined. Pour mixture into popsicle molds, insert stick and freeze until solid.



Pina Colada Pop

Tropical and creamy, these frozen delights taste like summer on a stick.

Pineapple delivers bone-building manganese and wrinkle-fighting vitamin C.

Recipe: Blend together 4 cups pineapple chunks (about 1 pineapple) + 1 cup canned coconut milk + 1/2 cup sweetened coconut flakes. Pour mixture into popsicle molds, insert stick and freeze until solid.



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