



# Central Co-Op News



Volume 6

P.O. Box 142 Chelmsford, MA 01824 978-256-3033

March 2007



## From The Director

Dear Parents,

March looks like another busy month at the Co-Op. We are anticipating several wonderful "special events" thanks to Sheila Doherty who is our field trips and special events co-coordinator. One of the best events we regularly schedule for March is Explore the Ocean World, which is presented by Ellen Goethals of Hampton, New Hampshire. She brings in some very exciting live sea creatures and many other things from the ocean, which is very interesting and informative for the children. It amazes me how Ellen always gets to the right level for our various age groups. Her presentation usually provokes some great questions, and we always learn something new.

March also always brings our own Children's Pajama Day and Pancake Breakfast, which we've been doing for many, many years. On that day, children (and teachers) wear their pajamas to school, and our office staff serves up some delicious pancakes for the kids. This is so much fun, and kind of silly. If your child hesitates to wear pajamas, that is okay but you may want to bring

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them along in the backpack since once the children realize that everyone else is wearing



them, they sometimes change their minds.

By the time you read this, we already have hosted

Imagimotion Kidz (scheduled for the last Monday and Tuesday of February). This creative movement special event sounds awesome, and very different from our usual events. Since this is the first year that we invite them to come in, we are looking forward to seeing what they do, and how the children enjoy this special day.

I am pleased to let everyone know that during February, the Co-Op has maintained its accreditation for this school year, and also became re-licensed with the state of Massachusetts. It has been busy. Our licenser, Beth Dillon, was impressed with the curriculum she saw in the classrooms, and always has such wonderful things to say about our school. Well, we knew that.

Again, I would like to remind parents of our snow day policy, since I think there



was some confusion during the Valentine's Day storm. Basically, to keep things simple, we follow whatever the Chelmsford morning kindergarten does on a snow day. If there is no school in Chelmsford, then we have no school. If there is a delay, with

no morning kindergarten, then we are also closed for the day.

And to repeat our large motor policy once again: if the weather for Chelmsford, by the large TV and radio stations, and by our own thermometers, show that it is below 32 degrees, then we play inside that day. If it is warmer, then we may try to go outside. There is a large sign that says IN or OUT, on the car pool door for now, but we will move it to the bulletin board after vacation. Although car thermometers and stations may differ by a degree or two, for the most part, they are close to each other. Also thrown into the mix is the condition of the playground, whether it is snow covered, or icy and if we can use the equipment that day. We are usually IN for most of the winter.

If you haven't met our new Administrative Assistant, Suzanne Dionne yet, or if you don't know who she is, please either ask me to introduce you, or introduce yourselves to her. It is wonderful to have her working with us these days.

Happy March!

*Pat Finlay-Hamilton*



## The Board Briefing



The Annual Co-Op Nursery School Pancake Breakfast was held on Saturday, February 3<sup>rd</sup>, 2007.

The success of the pancake breakfast was made possible by the generosity of over 55 volunteers who helped with various activities such as, set-up the night before, prep work, serving and clean-up.

Approximately, 250 people were served pancakes, scrambled eggs, bacon, mixed fruits and a variety baked goods. Beverages ranged from coffee, hot chocolate, milk, juices & flavored waters.

The Co-Op would like to thank all of the local businesses and parents of Co-Op students who made generous donations of gift certificates, time, and food and beverage items. Local business donations were received from: Hannaford Supermarkets, Stop-n-Shop Supermarkets, Starbucks Coffee, Panera Bread, Spiro's Eggs, Northland Paper Group/Rosenblooms Paper, Veryfine and Washington Savings Bank.

The Co-Op would like to extend special thanks to Sheila Doherty's son, Shaun, who volunteered tirelessly; shoveling snow from the front entrance, flipping countless pancakes and helping with clean-up.

*Missie Reynolds*

The Silent Auction was held in conjunction with annual Pancake Breakfast on February 3, 2007. Despite a snowy start, it was the most successful silent auction to date. A total of 44 donated items were combined into 25 bid packages, and all were sold. The Co-Op fundraising team would like to thank the individuals who volunteered at the silent auction: Janine Viarella, Deb Gere, Beth Shashikant and



Nancy

Polley. We would also like to thank the following businesses and individuals whose generous donations made our auction possible:

3 Trolls Games and Puzzles, 99 Restaurant, A Cut Above Hair Salon, Applebee's Neighborhood Grill & Bar. Ashley Paige Day Spa, A Touch Of Class Salon, Bainbridge's, Beth Shashikant, Center Sports, Cheesecake Factory, DNE School of Dance, Drumlin Farm Wildlife Sanctuary, Executive Tan, Fitcorp, Gold's Gym, Jabberwocky Children's Shoppe, Inc., Jordan's Furniture, Kelly Holden, Kristin & Clint Donovan, Magic Brush, Mahoney's Garden Center, Mary Kay Cosmetics-Darlene Duffy, Mrs. Martin's M/W/F Class, New England Aquarium, Over the Top Chocolate, Princeton Station, Red Sox Foundation, Sam's Club, Shampoo Hair and Day Spa, Showcase Cinemas, Six Flags New England, Slim and Tone, South Beach Tan, Southwick's Zoo, Sports Museum at TD Banknorth Garden, Story Land, The Butterfly Place, The Children's Museum of Portsmouth, The Lowell Spinners, The Museum of Science, Urban Café, Wachusett Mountain, Zoo New England

*Kim Davis*

Mark your calendar for the annual Co-Op yard sale Saturday, March 31<sup>st</sup>. This event is a Co-Op tradition and is one of our best fundraisers. As always, there are many ways to help.



First, we are looking for someone to chair this event. If you enjoy yard sales this may be the ideal way for you to help out at the Co-

Op. The chairperson from the last two years has left extensive notes and there will be plenty of volunteers. If you were born to delegate, this is just the job for you.


Second, we will need lots of volunteers. The week of March 26<sup>th</sup> we will need people to help organize and price items. Pricing items is one area where we need your yard sale expertise. On Friday the 30<sup>th</sup>, we will need people to help set-up. On the day of the yard sale we will need help at the event and also help cleaning up.

Third, we will need donations to sell at the yard sale. Please bring in any gently used items you no longer want starting Monday the 26<sup>th</sup>.

And last we need people to buy stuff, so circulate the word to friends, family and co-workers.

This truly is a cooperative event; any and all help is appreciated. Parent volunteers are what help to make the Co-Op a very special place. Thanks for all your help.

*Kim Davis*

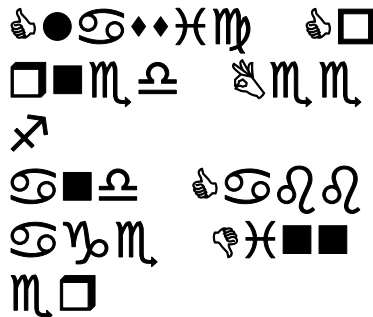


**"I'm a great believer in luck, and I find the harder I work, the more I have of it".**

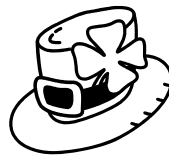
**-Thomas Jefferson**



## The Monthly Dish



Corned beef dinner with rutabagas, carrots, onions, potatoes, and cabbage.



### INGREDIENTS:

- ♣ 1 corned beef brisket, about 4 pounds
- ♣ 1 small bay leaf
- ♣ 6 peppercorns
- ♣ 2 to 3 rutabagas, cut in chunks
- ♣ 1 pound carrots, or about 8 to 10, trimmed, scraped, and left whole
- ♣ 12 small whole onions, peeled
- ♣ 6 medium potatoes, peeled
- ♣ 1 medium head of cabbage, cut in wedges

### PREPARATION:

Place meat in a deep stockpot or kettle; cover with water. Add bay leaf and peppercorns. Bring to a boil; skim off foam.

Reduce heat, cover, and simmer for 3 hours. Add vegetables;



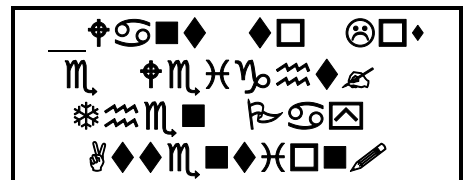
simmer for about 45 minutes longer, or until vegetables and meat are tender.

Serve corned beef surrounded with vegetables. Corned beef dinner serves 8 to 10

## Fit Facts



### Health & Fitness tips for the busy parent!



Picture this: You're sitting in a movie theater, popcorn and soda in hand, chatting with friends and waiting for the show to start. Finally, the lights go down and you reach for the popcorn and you realize you're scraping the bottom of the barrel.

That's right – you managed to eat the whole thing while you weren't paying attention.

The good news is you're not alone. A new study of healthy-weight women revealed that even restrained eaters consumed significantly more calories when they were distracted than when they were alone without outside stimuli.

Researchers from Hospital Hotel-Dieu in Paris, France recruited 41 women, ages 26 to 55, to eat lunch once a week under four different conditions in a laboratory setting.

They were alone without distraction, alone while listening to recorded instruction on how to focus on the taste of their food, and alone while listening to a tape of a detective story.

And they ate lunch with three other women who were also participating in the study.

Despite reporting equal levels of hunger under all four conditions, they ate considerably more calories while listening to the detective story.

Researchers recommend that people who wish to maintain or lose weight avoid eating while watching TV, talking on the phone or listening to music, all activities capable of derailing even the best weight-loss efforts.

*Source: American Journal of Clinical Nutrition 2001, 74, 197-200*



## Kid's Craft Corner

This project is rated **EASY** to do.



- Green construction paper
- 2 Green chenille stems

- Tape
  - Glue
  - Stapler
  - Scissors
  - Ruler
  - Pencil
  - Heart shapes (tiny cookie cutters, Woodsies, etc.)
1. Trace around the heart shapes 4 times lining up the sides of the hearts together to form a ring of hearts. Cut out.
  2. Repeat above step 3 additional times.
  3. Make some small snips between the hearts (not all the way through!) to show the petals of the shamrocks.
  4. Cut 2 strips of green construction paper about 1 1/2 inches wide. Tape one end together and try on child's head. Cut and tape to fit. Remove from child's head.
  5. Staple one chenille stem to the outside of the green paper ring.
  6. Staple the other chenille stem to the opposite side of the green paper ring. (Note: You can use wire cutters and cut the stem in half to make shorter wiggling shamrocks if desired.)
  7. Glue 2 shamrocks to the opposite end of each of the chenille stems. Let dry.
  8. Place on the child's head and have some fun!



## Meet The Staff



**Abigail Buhle**

### *Co-Op & Career History*

Meet Abigail Buhle. From Billerica, she teaches the second-oldest group of students Monday thru Friday. She has been a teacher at the Co-Op for 15 years. A graduate of Wellesley College with a B.A. in French, she also has a Master's degree in Early Childhood Education from Lesley College. Abigail has been a preschool teacher since graduation that also includes 9 years as Head Teacher/Director of the Lowell Y.W.C.A. Preschool.

### *Family & Pets*

Abigail and her husband Dick have been married for 35 years. They have two amazing sons: Eric, 30, who is a biologist and completing his Ph.D. at the University of Washington in Seattle, and Peter, 17, who is a senior at Billerica High School. She has an older brother and two younger sisters.

### *Personal Hobbies*

Mrs. Buhle's special interests include teaching preschool, family times, gardening, reading novels (especially while sitting by her gardens), swimming (especially in lakes), being in the woods and mountains, listening to classical and folk music, and connecting

with her sisters, Sarah and Hannah.

### *Favorites*

Christmas is Abigail's favorite holiday because it provides time to be together and it's peaceful and relaxing. Her favorite season is the fall because the trees are celebrating, a new school year is beginning and she loves fall's brisk "high energy" weather. At school, Mrs. Buhle enjoys planting bulbs with the children in their garden, trying experiments, sharing favorite stories and folksongs, and seeing children enjoy life.

### *Something We May Not Know...*

Abigail was born in Vermont where she spent summers in an old farmhouse her family named "The Merrythought". School years were spent in Austin, Texas, except for the year she was 10 when she lived in a tiny, beautiful village in German-speaking Switzerland. Abigail was her mother's name and the name goes back 8 generations. When she was 7, Abigail knew she wanted to be a Mommy and a teacher like her mother, and she feels very lucky to be both.

*Nice to get to know you better Mrs. Buhle!*



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