

overlake moms' group

November 2011 Newsletter

All of us on the Overlake Moms' Group steering team hope you are enjoying the meetings so far — the speakers, the creative activities, the FOOD! As we reflect on what we are thankful for this fall season, we wanted to thank all of YOU, our incredible moms. You make this group what it is and we are so grateful for your fellowship and willingness to serve. Happy Thanksgiving!

A Thanksgiving Prayer

Let us give thanks to God above,
Thanks for expressions of His love,
Seen in the book of nature, grand
Taught by His love on every hand.

Let us be thankful in our hearts,
Thankful for all the truth imparts,
For the religion of our Lord,
All that is taught us in His word.

Let us be thankful for a land,
That will for such religion stand;
One that protects it by the law,
One that before it stands in awe.

Thankful for all things let us be,
Though there be woes and misery;
Lessons they bring us for our good-
Later 'twill all be understood.

Thankful for peace o'er land and
sea,
Thankful for signs of liberty,
Thankful for homes, for life and
health,
Pleasure and plenty, fame and
wealth.

Thankful for friends and loved ones,
too,
Thankful for all things, good and
true,
Thankful for harvest in the fall,
Thankful to Him who gave it all.
Lizelia Augusta Jenkins Moorer



It's That Time Again! Find out here first what is in Lindsey Sewell's diaper bag/purse! *Contributed by Rachael Patenaude*

When I'm out with the twins I do the diaper bag/purse combo and in it I have:

3 pull-ups (just in case we have an accident)
Small package of wipes (mainly for wiping messy hands and faces)
Small umbrella
Package of Kleenex
Peanut butter crackers
Disinfectant spray
2 containers of hand sanitizer
Clorox wipes (sense a theme here?)
Band-Aids
Sunglasses for little people
Small package of toilet paper
A Lightning McQueen pez dispenser
5 Matchbox cars
A stack of Overlake Moms' group touch cards

Pens
3 boxes of Red Robin Crayons
Wallet
Lip liner
2 lip-glosses
2 chap sticks (I'm a little addicted)
Compact
Small brush & can of Static Guard
Hairbands and clips (for me)
Camera
Cell phone
Advil
Eye drops
Nail file
Keys
Several loyalty club cards

So there you have it ladies. If you have ever wondered how Lindsey does it all, you now know part of her secret—she carries it all! Stay tuned next month for another hard-hitting investigation into a Moms' Group member's bag.

The {FAMILY} Huddle

This is it! The last three fresh ideas for some Family Fun—try one out!

8) Have an outdoor food fight. I made the mistake years ago of telling my kids about a food fight that broke out in high school. Now they ask me about it at least once a month. This isn't something I would do all the time, but it shows that you can let your hair down, have a little fun, and not take yourself so seriously. Just make sure you choose a food that is easy to clean up, and doesn't hurt when you get hit by it.

9) Make slime. Nothing says fun to a kid like something that's gross, oozing and slimy. Follow this recipe to make cheap and fun slime to entertain your kids for hours. It's easy to make, and it's a fun science experiment that will leave them playing for hours.

Recipe:

1 ½ cups of warm water

2 cups white glue

Food coloring (any color)

Mix in container #1

1 1/3 cups of warm water

3 Tablespoons of Borax

Mix in container #2

Add container #1 to container #2, but do NOT stir. Pull it from the bottom and work with hands until all the liquid is gone (about 5-7 min.).

10) Family game night. I'm not talking about board games -- that's been done to death. If you're like me, you spend way too much time telling your kids that they can't play Xbox (or Wii). Well, indulge them. See what all the fuss is about, grab a controller and join in. Get the whole family involved and play a fun, multiplayer game like Rock Band or Lego Star Wars. The kids will be thrilled that not only are they playing video games, but they're not at war with you while doing it -- and you'll wonder where the last two hours went.



Fall Book Recommendation: Give Thanks for Each Day by Steve Metzger



Are you looking to talk about thankfulness in a concrete way with your toddlers and pre-schoolers? In a easy to follow rhyming pattern, this book engages your little ones with several examples of things to be grateful for. While it has an autumn theme, "Give

Thanks for Each Day" would be a fun read for any time of year with its beautiful illustrations and positive message.

Looking to serve at OCC? Here is your chance!

The Children's Ministry always needs more volunteers! Please have them [contact us](#) if you would like to get involved. If you need a break from kids and can't serve in the classrooms (although that's definitely our biggest need) we can find other ways to get you plugged in!

The {FAMILY} Huddle

Mamma's Bag of Tricks: Quiet Time Bins

Excerpted from aprilemery.blogspot.com

Click [here](#) for the full article

Behold, my secret weapon for successful quiet or resting times in my house ... Quiet Times Bins! I was first introduced to this idea a few months ago and instantly thought my girls would LOVE having this during their mandatory rest times each day, ESPECIALLY since my 2-year old is in the process of become a "No-Napper."

Creating Quiet Times Bins - A How-To:

- 1 - Purchased 5 plastic bins for each child - 1 for each day of the week (in my case I had 5 for my 4-year old and 5 for my 2-year old). You can also use shoeboxes that you have around the house.
- 2 - For each child label their bins with their name and a day of the week (I printed out labels and then attached them on the inside of the bin using packing tape).
- 3 - Fill each bin with items age-appropriate for your child. My goal for each day was to include at least one book (board books for my 2-year old), one item to promote problems solving or creative play, and one manipulative item to foster fine motor skills.
- 4 - On the appropriate day I give my child that day's bin to use during her resting time. When rest time is over the bin is put away.

Great Quiet Times Bin Content Ideas

Geo-Board
Magnetic Dolls or Activities (Mudpuppy Robots or Melissa & Doug Dolls are great choices)
Lace-n-Trace cards
Small plush animals
Lincoln Logs or Tinkertoys
Cars
Toys that teach skills (this Tie-Up Shoe is an example)
AquaDoodle
Water Wow! books (available in Dora, My Little Pony, Transformers, Thomas the Train and more)
Wooden building blocks (make sure they are eco-friendly - safe paint, safe wood)
Play Doh
Stacking pegs

Helpful Tips & Pointers

Make sure the toys/books in these bins are not ones they will play with every day. Try to make the items in your bins a special treat. This allows the bins to hold their interest for longer periods of time.

Follow age guidelines for toys to prevent young children from choking.

Refrain from adding items that are going to make noise. I try to steer clear of anything electronic. The goal of these bins is to help your child play quietly and rest their body and mind.

Look at the items you already have in your house to get your bins started. You don't have to go buy new things. Over time, as you spot a great deal, you can purchase extra items for your bins to replace or include in an existing day's bin.

Give your child items for their quiet times bins in their Christmas stocking or as Birthday presents.

Don't force your child to use a bin if they aren't wanting to. My kids understand that their rest time each day is for laying in their bed and resting or for playing with the items in their bins. My 2-year old actually starts out playing with hers and, on some days, puts herself in bed for a short nap!

Don't overload your bin. You want to provide enough items to have options, but so many that it becomes overwhelming. I typically have around 4 different types of toys/activities in my bins (see photos above).

Try to use a bin that is easy for your child to open and close him/herself.

If your children are older and do not nap, try this alternative: instead of labelling the bins by day just fill them and store them in a place your child can reach them.

When your child gets bored or needs some entertainment he/she can go and select a bin of his/her choice.

My oldest child loves taking one of these up to her room to play by herself.



The {FAMILY} Huddle

Here are some family crafts to get you ready for Thanksgiving! *Excerpted from familyfun.com*

Turkey Table Topper

Time needed: 1 hour

Materials

Large brown paper bag
Piece of corrugated cardboard
Paper plates
Stapler
Mod-Podge glue
Colored paper
Orange or red balloon and googly eyes
Glitter, stickers, or other notions
Craft clothespins
Tacky glue



Instructions

1. The Turkey's Body: Trim the bag so that it measures about 8 inches tall. Then fold down the sides so that they are half the height and double the thickness. Cut the cardboard to fit in the bottom of the bag and insert it. Next, fold a paper plate in half and fit it inside the bag where the tail will go, bending the sides as needed.
2. Staple the plate in place. Then staple a second plate (don't fold this one) to the outside of the bag behind the first plate. For wings, fold 2 paper plates in half and staple one to each side so the bag is sandwiched between it.
3. For the turkey's head, fold and staple another paper plate, as illustrated. Decorate all the paper plates, including the head, by gluing on torn bits of colored paper. Then add a balloon wattle and googly eyes.
4. The Feathers: Have your kids glue colored paper shapes on paper plates, layering different prints or creating bold patterns if they like.
5. When the glue is dry, cut feather shapes out of the plates and stick a craft clothespin to the back of each with tacky glue so your child can attach the feathers to the paper plates. For an extra fancy finish, they can add decorative notions or even their names.

Turkey Place Cards

Time needed: 1 hour

Materials

Nontoxic ink pad
Blank place cards
Markers

Instructions

1. Press a thumb into the inkpad and then on paper to print a turkey's body. Use the same technique with fingertips to create a head and feathers.

2. Use markers to add a beak, wattle and feet.

3. Complete the cards by writing in guests' names.



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Autumn is a fine time for switching your home décor. Here are some easy and fun DIY projects that can be completed in no time! *Excerpted from goodhousekeeping.com.*

Family Time

Show off some of your clan's favorite moments with this clever DIY wall clock. Gather 13 frames, sizes 2" by 3" to 4" by 6" (unify mismatched frames with spray paint), 12 photos, a clock kit (from a crafts store), and white paper and cardboard (to hide clock mechanism). Pop snapshots into 12 frames. Take out remaining frame's glass; use it to cut cardboard and paper to fit, and place in frame. Poke a hole through center to fit the clock's spindle. Push spindle through; reattach the clock's hands. Hang as shown.



Scarf Trick

You've switched to your fall wardrobe, but what have you done to cozy up your house? For a quick update, turn a cast-off accessory into a piece of decor. Salvage from your closet a good-condition scarf you don't wear often (or check thrift stores for one) in a shade that coordinates with your interior, then simply drape the scarf as you would a runner. Any side or sofa table will appreciate the accessorizing.

Cute Cookbook

Let a pal know just how thankful you are for her friendship by sharing a selection of your favorite recipes, organized in a clever and spill-proof catchall. From a crafts store, buy an inexpensive plastic photo album and pretty scrapbook paper. Slip patterned paper into the cover, then fill sleeves with handwritten cards or card-size printouts from goodhousekeeping.com/recipefinder.



It's a Wrap

Ring in Thanksgiving with these feast-worthy napkin holders. You'll need: cardboard tubes (like those from paper towel rolls), ribbon in autumnal hues, tape, and scissors. Cut rolls into one-inch rings and ribbon into one-and-a-half-yard lengths. Tape one end of a ribbon to each tube's interior, then wind around, overlapping slightly as you go. Once the cardboard ring is covered, snip off the excess and tape the leftover end inside the ring. Slip in a napkin, and you're all set.

Pretty Practical

Give your dining table a cheery face-lift for fall by making these custom, easy-care place mats. To start, gather fabric (heavier, "home decorating" weight works best), pinking shears, and iron-on vinyl topping, which is available at most fabric stores. Cut fabric into 12"-by-17" rectangles; iron. For each mat, cut two rectangles of the same size from the vinyl. Following package directions, iron a piece of vinyl onto each side of the place mat; use pinking shears to trim the edges of your mats. You'll be able to sponge away any spills.



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Holiday Entertaining Tips Contributed by Meagan Crum

As fulfilling as it is to gather loved ones together for a holiday feast, planning one requires much time and effort. One strategy many people use to avoid this stress is to throw a potluck party.

As host, your role is to provide a venue and to organize and coordinate the event. In addition, you'll want to prepare any dishes, such as the holiday turkey, which would be difficult or unsafe to transport. Here are some suggestions for a successful and safe holiday potluck dinner:

Your duties as host

- You provide a main course, such as turkey or ham. Ask what each guest would like to make, or assign each guest a dish to bring (appetizer, side dish, or dessert), especially if they have a specialty everyone enjoys.
- Coordinate contributions to prevent an overabundance of one course and the lack of another, and to make sure there will be enough servings. Traveling guests can contribute nonperishables, such as chips or dinner rolls. Those who don't cook can bring ice, beverages, or paper products.
- Clear space in the refrigerator for cold dishes and determine ahead of time which dishes need to be heated or finished in your kitchen.
- Make sure you have plenty of serving dishes and utensils, beverages, ice, plates, napkins, and silverware on hand. (Buy small disposable containers too; they're great for packing up the leftovers for guests to take home.)
- Tasteful decorations and quiet background music will help set a festive mood.

Food safety

- When guests arrive, refrigerate cold dishes immediately. Before serving, reheat hot dishes on the range, in the oven, or in the microwave.
- Keep the food clean. Make sure everyone knows where the sink is and set out antibacterial soap and paper towels so guests can wash their hands before handling the food. (Set an example by washing your own hands frequently.)
- Keep hot foods hot and cold foods cold: 140°F or more for hot foods and 40°F or less for cold foods. Use chafing dishes for the hot foods, if you have them, and set cold foods in bowls of ice. Throw away food left out at room temperature for more than 2 hours.

Bringing a potluck dish

- Finish cooking your potluck dish just before you leave for your host's home, or make sure cold dishes are thoroughly chilled before packing.
- To help prevent bacteria growth, transport hot and cold foods in separate insulated containers. Wrap hot dishes in several layers of foil, then overwrap them in a thick towel to minimize heat loss. Pack cold dishes in ice and place them in a cooler. Beverages also should be packed separately so they don't affect food temperatures.
- Slow cookers are great containers for foods that need to stay hot. Overwrap the slow cooker during transport, and plug it in as soon as you arrive.

Serving the meal

- The easiest way to serve a potluck meal is buffet-style. Place plates at the beginning of the line and put the silverware and napkins at the end. Leave room on the table for guests to set plates down in case they need both hands to serve themselves.
- Set up a separate area for ice and drinks so the main buffet line can keep moving.
- To prevent spoilage (and potential food poisoning), put out only small portions of perishable items, such as meats, and replenish them as needed. Use a new serving dish each time or wash the empty one before refilling it.
- Keep the buffet area mess-free for cleanliness and ease of service.

Beyond Peanut Butter and Jelly...

Turkey and Stuffing Pie

Courtesy of Jessica Watson

Serves 4, prep time: 25 minutes, bake time: 25 minutes

Ingredients

- 4 Tablespoons butter
- 3/4 cup plus 2 tablespoons flour
- 2 cups chicken broth (or more if desired)
- Salt and pepper to taste
- 1 lb. ground turkey or diced turkey (great from Thanksgiving leftovers)
- 1/2 to 1 cup dried cranberries
- 4 celery stalks, cut in bite size pieces
- 3 chopped Granny Smith apples
- 1 teaspoon of thyme
- 1 teaspoon of rubbed sage



For topping: You can either use a cornbread mix topping or you can use leftover stuffing.

Preparation

1. Preheat the oven to 400 degrees. In a medium saucepan, melt the butter over medium-high heat. Stir in 2 tablespoons flour and cook, stirring, for 1 minute. Whisk in the chicken broth and cook, stirring, until smooth and thickened, 5 to 7 minutes; season with salt and pepper. Stir in the turkey and cranberries. Transfer the mixture to a 9-inch square baking dish.
2. In a large bowl if using cornbread make the cornbread mix.
3. Once you have the mixture in the 9-inch square dish, either spread the stuffing over the mixture and bake for 25 minutes or take the cornbread batter and spread it over the meat mixture. Bake till golden brown, then let

Slow Cooker Turkey Meatloaf

Courtesy of Meagan Crum

- 1 1/2 lbs. ground turkey
- 2 eggs
- 1/3 cup ketchup
- 1 T. Worcestershire sauce
- 1/2 cup chopped fresh basil
- 1 t. salt
- 1/2 t. black pepper
- 1 small onion, finely chopped
- 1 medium baking potato, peeled and shredded
- 1/2 cup finely chopped red bell pepper
- 1/2 cup seasoned bread crumbs
- 2/3 cup ketchup
- 1 T. Worcestershire sauce

1. Combine first 11 ingredients (through bread crumbs) in large bowl.
2. Shape into loaf slightly smaller than slow cooker.
3. Cover and cook on high for 1 hour. Then on low for 2-1/2 to 3 more hours. Carefully drain off liquid.
4. Stir together 2/3 cup ketchup and 1 T. Worcestershire sauce. Spread glaze on top of loaf. Cover and cook on low for 1 hour, or until a meat thermometer registers 165.
5. Allow loaf to cool about 15 minutes in cooker before serving

Beyond Peanut Butter and Jelly...

Pumpkin pie with pecan caramel topping

Courtesy of Meagan Crum

Ingredients

Crust

- 1/2 cup(s) pecans, toasted
- 2 tablespoon(s) sugar
- 1 1/4 cup(s) all-purpose flour
- 1/4 teaspoon(s) salt
- 4 tablespoon(s) margarine or butter, cold
- 2 tablespoon(s) vegetable shortening

Pumpkin Filling

- 1 can(s) (15 ounces) pure pumpkin
- 3/4 cup(s) heavy or whipping cream
- 1/2 cup(s) milk
- 1/2 cup(s) packed light brown sugar
- 1 1/2 teaspoon(s) ground cinnamon
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) ground nutmeg
- 1/4 teaspoon(s) ground ginger
- 1/4 teaspoon(s) ground cloves
- 3 large eggs

Pecan-Caramel Topping

- 1 cup(s) packed light brown sugar
- 1/4 cup(s) heavy or whipping cream
- 2 tablespoon(s) light corn syrup
- 2 tablespoon(s) margarine or butter
- 1 teaspoon(s) distilled white vinegar
- 1 cup(s) pecans, toasted and broken
- 1 teaspoon(s) vanilla extract

Directions

1. Prepare Crust: In food processor with knife blade attached, blend toasted pecans and sugar until finely ground. Add flour and salt to nut mixture and pulse to blend. Add margarine with shortening, and pulse just until mixture resembles very coarse crumbs. With processor running, add 3 tablespoons ice water, stopping just before dough forms a ball. Shape dough into a disk.
2. Preheat oven to 400 degrees F. Between lightly floured sheets of waxed paper, with rolling pin, roll dough into a round 1 1/2 inches larger in diameter than inverted 9-inch pie plate. Dough will be very tender; refrigerate if too soft to roll. Gently ease dough into pie

plate, trim edge, leaving 1-inch overhang. Fold overhang under, bring up over pie-plate rim and pinch to form high decorative edge. With fork, prick bottom and side of pie shell at 1-inch intervals to prevent puffing and shrinking during baking. Refrigerate pie shell about 30 minutes.

3. Line pie shell with foil and fill with pie weights, dried beans, or uncooked rice. Bake pie shell 20 minutes, remove foil with weights and bake 10 minutes longer or until lightly browned. Cool pie shell on wire rack at least 15 minutes. Turn oven control to 350 degrees F.

4. Prepare Pumpkin Filling: In large bowl, with wire whisk, beat pumpkin and remaining filling ingredients.

5. Pour filling into cooled pie shell. Bake pie 50 to 60 minutes, until knife inserted 1 inch from edge of pie comes out clean. Transfer pie to wire rack until it cools and becomes slightly firm, about 1 hour.

6. Prepare Pecan-Caramel Topping: In 2-quart saucepan, heat brown sugar, cream, corn syrup, margarine or butter, and vinegar to boiling over high heat, stirring occasionally. (Do not use smaller pan, mixture bubbles up during cooking.) Reduce heat to low, simmer, uncovered, 5 minutes, stirring frequently. Remove saucepan from heat, stir in pecans and vanilla. (Topping will be very thin when hot but will thicken as it cools.) Pour hot topping over cooled pie. Refrigerate pie at least 4 hours or overnight.





Coming up...

Dates to remember!
Upcoming meetings:
 November 22
 December 13

OCC KidTown Family Night—Saturday, Dec. 3 6-8 pm
 This is a night of family worship and some gingerbread house construction. You are welcome to bring your own supplies or [pre-register here](#) to have a kit ready for you. Feel free to bring a plate of cookies to share! Hope to see you there!

Community: /kə'myōōnitē/Noun

A group of people living together in one place, esp. one practicing common ownership

Overlake Moms Group Outreach

Here are several ways for you and your family to be involved in caring for the community outside of our group...

iBelong

Wow! Your response to the iBelong backpack program was phenomenal!!! We were able to fill 32 backpacks with your generous donations. Thank you so much for the love you poured on foster kids! You are incredible!



World Concern Global Gift Guide

Getting started on Christmas gifts? Ever thought of giving someone a goat? World Concern is a Christian humanitarian organization that focuses on sustainable development for the poor around the world. They have a Global Gift Guide full of ways to make a donation to honor loved ones this Christmas while giving gifts to people in need. A gift of a goat, “The 44-Cent Cure”, school tuition, a soccer ball, or a small business microloan can begin to transform a life. These and many more opportunities can be found on World Concern’s website: <http://globalgiftguide.worldconcern.org>.



A ministry of Overlake Christian Church

www.occ.org/momsgroup

For registration information contact:

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We want to hear from you!

Know of a fun play date

location? Any great recipes or articles/tips you want to share?

Send your comments and

suggestions to: splabouy@hotmail.com.

Even there your hand will guide me, your right hand will hold me fast. Psalm 139:10