

overlake moms' group

October 2011 Newsletter



We trust your fall is off to a great start!

Whether you are taking care of your first child or your fourth, this can be a stressful time of year. Back to school for the older kiddos and off to preschool for the younger ones is full of packing snacks or lunches, making sure projects are complete and forms are all filled out and handed in on time!

In an effort to bring a smile to your face, we asked a few of our young Kids' Club members what they like best about fall. Here are the responses:

Making snow angels! - *Ceci, 4*

My birthday is in October! - *Josie, 3*

It storms and is windy (what she doesn't like about fall) - *Chloe, 4*

What do you like best about this season??

The Hannah Group—Calling All Women of Prayer by Paige Huffaker

Hi, Ladies! Prayer is such a blessing from the GOOD LORD – a way to communicate and listen to HIM. We are starting a weekly email, where you can send any prayer requests you may have or praises to HIM, and all receiving the email will have the opportunity to pray for you! What a blessing and an encouragement to know you have a group of women praying for you! You may not even know the precious lady you are praying for (or the people she may list in her request), but don't worry....it will encourage her to know you are praying for her! If you are interested in being a part of this group, please email me at paigehuffaker@hotmail.com and I would love to add you to the list. I hope to send out a "weekly starter" each Sunday evening, but please send the prayer requests/praises throughout the week!

The "Hannah" group seemed like such an appropriate name for us – I felt the GOOD LORD laying it on my heart. She prayed and prayed for the LORD's Will in her life and that if it was HIS Will, that HE would grant her a son. I Samuel 1:20 (NLT) says, "...She named him Samuel, for she said, 'I asked the LORD for him.'" I Samuel 1 and 2 are wonderful chapters of the story of Hannah and how she prayed to GOD and praised HIM for HIS answer to her prayer. GOD is so good and HE loves for HIS children to pray to HIM. In 1 Thessalonians 5:17 (NLT), HE tells us, "Never stop praying."

It is my prayer and hope that you will join in! Blessings to all! Please feel free to access InTouch.org for another look at prayer and for many inspirational stories from people of prayer (it is part of this month's weekly magazine that they have). I highly recommend this site and magazine – it has been such a blessing from the GOOD LORD to me and my family.

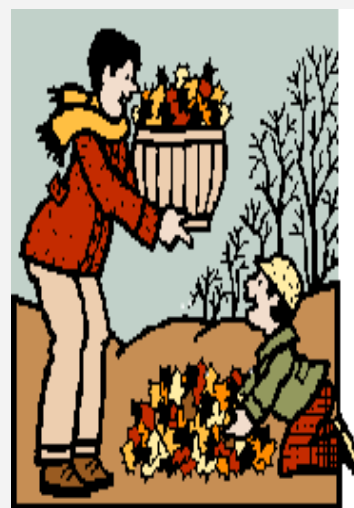
The {FAMILY} Huddle

Money tight? Here are some more fresh ideas for Family Fun at home!

4) Treasure hunts. These can be as elaborate or as simple as you wish. Simply ask them to "find something purple" and as soon as they find it and bring it back, request something else. At the end, give them a treat or a little reward. To make it more elaborate, give them a list of the things that you've hidden and let them go.

5) Eat like a pig. Kids love a mess -- that's not debatable. So break the rules one night this summer and have a dessert eating contest with only one rule -- no hands. Your kids will think they have died and gone to heaven. Any excuse to eat without silverware and be funny. This will be a blast for everyone.

6) Have a themed dinner night. One of the greatest tools we have to bring a family together is the good ol' family dinner. Just tweak it a bit. Make spaghetti, put on some Italian music, and have each member of the family bring one fun fact about Italy. Cook an authentic dish from where your family roots lie and let the kids learn their history. This is a great way to get kids to try new foods, learn about other cultures, and have fun at the same time. Get them involved in the cooking process to empower them.



Fun Things on the Eastside: Indoor fun for little ones! Contributed by Rachael Patenaude

Parkplace Books, 348 Park Place, Kirkland; 425.828.6546
www.kirklandparkplace.com/boutique_details.html?id=48

This independent bookstore in Kirkland's Parkplace Mall has a roomy children's book section entered via the Magic Faraway Tree. There are cosy armchairs in here for an impromptu story time or nursing mothers.

Baby's Day At The Movies, 404 Park Place, Kirkland; 425.827.9000
www.kirklandparkplace.com/cinema.html

The Parkplace cinema opens its doors to parents and children every second Friday. Unlike other "child-geared" cinema programs, all screens are open, not just one, so there's a lot of choice for parents and kids alike. Doors open at 9:15 am; shows start at 9:45am. Adult tickets \$8:50; child, \$5:50.

Molbak's Gardening Center, 13625 NE 175th St., Woodinville; 425.483.5000
www.molbaks.com

Parking: Yes Changing table: Yes

When the weather's changeable—and really, when isn't it?—and your little ones could still do with a taste of the outdoors, head on over to Molbak's, where 15 acres of garden center await you and your brood. There's plenty for you to browse whilst the children enjoy the outdoors, indoors. Molbak's holds free monthly kids' planting workshops with a different theme each month. And when your green-fingered urchins are all done, sit back and enjoy lunch at the Molbak's cafe, run by Lowell-Hunt, caterers to the great and good. The seating area is spacious, with a couple of big tables for larger groups, a ramp for strollers, and a water feature in the middle of the cafe that will keep the children entertained even once they're done with their food.

Bonus: The Oshkosh outlet is nearby (www.oshkoshbgosh.com).

The {FAMILY} Huddle

Fall Fingerprint Tree Craft

Handprint crafts are fun way to get creative with your little ones! They can make this fall craft year after year and watch as their hand prints grow!

Materials needed: White, green and brown construction paper; yellow, green, red and orange finger paint; scissors; pencil; glue

Directions

1. Trace your child's hand and forearm onto brown construction paper and cut it out. Glue the handprint onto white construction paper.
2. Cut a strip of green construction paper out that is about 1-2 inches wide. Cut small slits in the paper the entire way along one side to create "grass". Glue this piece down on the white paper covering the very bottom of the hand print.
3. Have your child dip a finger in one of the colors of paint and "dot" on some leaves over and around the handprint "trunk". Use a new finger for each color.



Fall Handprint Wreath

Kids can make a fall handprint wreath from colorful craft foam to hang on any door.

Materials needed: 12 to 14 handprints traced and cut from craft foam; craft glue, ribbon and a hole punch.

Your children can make a circle with layered handprints, gluing them together on the backside. They can also draw and cut out small foam leaves and tiny acorns to embellish the front of their wreath. You can help them find leaf and acorn patterns online or from coloring books. The children can punch holes in the top of the wreath and thread ribbon to make a hanger.



Jar o' Lanterns excerpted from Family Fun

Materials needed: Masking tape; clean, dry jar; paintbrush; orange acrylic paint; battery operated tea light

Directions

1. Cut masking tape into simple jack-o'-lantern face shapes, such as triangles and squares.
2. Invite your young helper to create a face with the shapes on the side of a clean, dry jar. Have her brush the outside with orange acrylic paint.
3. After the paint dries, carefully remove the tape shapes. For a cleaner line, first peel up the corners of the shape.
4. Light your jar-o'-lantern with a battery-operated tea light.



dwelling/digs/habitat/abode

Glittered Pumpkins — *excerpted from marthastewart.com*

These decorations bring sparkle to tables and serving areas -- and they last far longer than jack-o'-lanterns.

Directions

1. Use a medium-size paintbrush to spread a layer of white glue over the surface of a small pumpkin.
2. Hold pumpkin over a paper plate or a sheet of newspaper to catch excess glitter.
3. Sprinkle powder glitter over pumpkin in several colors (we used penny, persimmon, orange, and pink champagne), covering completely. Let dry for about one hour; shake off excess glitter.
4. Coat stem with brown acrylic paint; let dry. Pumpkins will keep for



Thrifty Fall Decorating— *excerpted from sheknows.com*

Get creative with pumpkins These bright balls of goodness are the ultimate sign that fall has arrived. They're also pure joy for a budget decorator. In recent years, pumpkins have been painted, studded, striped with festive Japanese washi tape and even turned into pumpkin chalkboards.

Bring on the burlap When bedecking your house for fall, remember: Texture adds instant interest. Empty burlap coffee sacks can be purchased online for less than you'd spend on a coffee at Starbucks. Grab your shears and get creative. Burlap can be snipped into triangles and strung up as a fall bunting banner, wrapped around a wine bottle for a chic hostess gift, or cut into strips and used as napkin ties or ribbon.

Use beautiful branches Beautiful budget decorating is within reach – literally. Arrange some branches from the trees in your yard in a tall vase. With or without leaves, the branches instantly bring the feeling of the season into your home.

Pick up some produce Place fresh cranberries and nuts in a clear vase with a votive candle on top, or fill a large wood bowl with apples or pears for an inexpensive fall centerpiece.

Light a candle Light an autumn-inspired candle and snuggle up with a juicy new book and a steamy mug of tea. If you're not ready to commit to one scent, try a few of the mini Slatkin & Co. candles available at Bath and Body Works. Their 2011 fall line includes these fragrances: Oatmeal Raisin Cookie, Salty Caramel, Apple Crumble and S'mores.

Make a faux leaf wreath With some foam from the craft store and some faux leaves from the dollar store, you can make yourself a stunning fall wreath for the front door. For photo inspiration and step-by-step instructions, visit [Thrifty Décor Chick](#).

Bring out blankets & throws Pull your coziest blankets and throws in warm fall colors out of your linen closet and drape them over the back of your sofa or chairs. Light a fire, and curl up on the couch to admire your fall decorating on a dime.

Beyond Peanut Butter and Jelly...

Pumpkin Black Bean Soup

This recipe is courtesy of Nicole DeNosky, who says it is quite tasty and a fun change of pace for the rainy and cool fall days. Bonus is it is quite healthy and full of fiber (just don't tell the kiddos)!

Ingredients

3 (15 ounce) cans black beans, rinsed and drained
1 (16 ounce) can diced tomatoes
1/4 cup butter
1 1/4 cups chopped onion
4 cloves garlic, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper
4 cups beef broth
1 (15 ounce) can pumpkin puree
1/2 pound cubed cooked ham
3 tablespoons sherry vinegar



Preparation

1. Pour 2 cans of the black beans into a food processor or blender, along with the can of tomatoes. Puree until smooth. Set aside.
2. Melt butter in a soup pot over medium heat. Add the onion and garlic, and season with salt and pepper. Cook and stir until the onion is softened. Stir in the bean puree, remaining can of beans, beef broth, pumpkin puree, and sherry vinegar. Mix until well blended, then simmer for about 25 minutes, or until thick enough to coat the back of a metal spoon. Stir in the ham, and heat through before serving.

Banana Bread

This recipe is courtesy of Cristen Eby, who is grateful that her boys LOVE this and will eat it for breakfast!

Ingredients

1/2 cup butter, melted
1 cup white sugar
2 eggs
1 teaspoon vanilla extract
1 1/2 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup sour cream
1/2 cup chopped walnuts (optional)
2 medium bananas, mashed



Directions

1. Preheat oven to 350 degrees F. Grease a 9x5 inch loaf pan.
2. In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well. Combine the flour, baking soda and salt, stir into the butter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas. Spread evenly into the prepared pan.
3. Bake for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

Beyond Peanut Butter and Jelly...

Hot Cocoa Cupcakes

Courtesy of Rachael Patenaude

Ingredients

Cake:

- 1 1/2 cups sugar
- 1 2/3 cups all-purpose flour
- 1/2 cup plus 1 tablespoon cocoa powder, preferably Dutch-processed
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 3/4 teaspoon salt
- 2 eggs
- 3/4 cup milk
- 1/3 cup plus 1 tablespoon vegetable oil
- 1/2 tablespoon pure vanilla extract
- 3/4 cups very hot water

Topping:

- 1 cup heavy cream
- 1 tablespoon sugar or 1 can real whipped cream



Equipment:

- 6 fairly heavy China coffee cups

Directions

Make the Cake: Preheat the oven to 350 degrees F. Sift together the sugar, flour, cocoa, baking powder, baking soda, and salt. Transfer to a standing mixer fitted with a whisk attachment (or use a hand mixer) and blend briefly.

Whisk together the eggs, milk, oil, and vanilla in a medium bowl. Add to the dry ingredients and mix at low speed for 5 minutes. Gradually add the hot water, mixing at low speed until just combined. The batter will be quite thin.

Pour the batter into coffee cups and arrange them 1-inch apart on a sheet pan or a rectangular cake pan. Bake until a toothpick inserted in the center comes out clean (a few crumbs are okay), and the center feels firm to the touch, about 25 to 30 minutes. Let the cakes cool on the pan. (Don't remove the cakes from the cups!) Meanwhile, make the Topping: In a chilled bowl, combine the cream and sugar and whip, using a hand-mixer, until soft peaks form.

When ready to serve, spoon the topping over the cakes to cover, so they look like a cups of cocoa topped with whipped cream. Serve with a spoon.

For an added touch – roast some marshmallows to sprinkle on top!

Apple Chicken

Ingredients

- 1 1/4 tsp. vegetable oil
 - 6 boneless chicken breast halves, cut into 1/2 inch cubes
 - 4 Granny Smith apples, cored and sliced into 1/2 inch wedges
 - 3/4 cup dry white wine
 - 3/4 cup chicken broth
 - 1/3 cup brown sugar
 - 1/4 cup cider vinegar
 - 3 Tbsp. cornstarch
 - 2 Tbsp. Worcestershire sauce
 - 1/2 tsp. salt
 - 1 tsp. black pepper
- Heat oil in large nonstick skillet. Add chicken and brown on all sides. Add apple slices, sauté 3 minutes, stirring occasionally. Add half the wine and broth, reduce heat, cover and simmer 10 minutes.
 - Mix remaining wine and broth with rest of ingredients; add to skillet. Cook over medium heat, stirring occasionally until sauce thickens.

Pear Applesauce

Something yummy to make with your kiddos!

Ingredients

- 3 medium apples, peeled and coarsely chopped
- 3 medium pears, peeled and coarsely chopped
- 3/4 c. water
- 2 Tbsp. sugar
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg

- In a large saucepan, combine all ingredients. Bring to a boil.
- Reduce heat, cover and simmer for 15-20 minutes or until tender, stirring occasionally.
- Mash until sauce is desired consistency. Serve warm or cold.



Coming up...

Dates to remember!
Upcoming meetings:
October 25
November 8

Don't Forget the OCC KidTown Trunk or Treat Monday, October 31st 6 - 8pm (trunk setup at 5:30 pm). 100 families are needed to decorate their cars and fill their trunks. To register your car or get more details, go to www.occ.org/kidtown. Hope to see you there!

Community: /kə'myōnītē/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: Backpacks with a Purpose Many children enter foster care with just the clothes on their back or a few belongings in a garbage bags. An iBelong backpack is a comfort kit for a child who has just been uprooted from their home. Your loving and thoughtful donation will help a child make it through a difficult transition. Please bring donations for the backpacks to our October 25th meeting! Email [Xandy Coddington](mailto:Xandy.Coddington) for a list of needed items.

OCC Sunday School If you attend OCC and would like to be involved in Children's Ministry, we'd love to have you join us! There is an adult leader training on October 19, from 6-8pm. Go to www.occ.org/kids-getinvolved for more information.

Sock Monkeys for Texas! If you enjoy crafting with your kids, check out Craft Hope's (crafthope.com) latest project! They are currently collecting handmade sock monkeys to give to children in Texas who have lost their homes to wildfires this summer. There are free patterns available on their website. The deadline for the project is November 24. Go find some cute socks and get crafting!



A ministry of Overlake Christian Church

www.occ.org/momsgroup

For registration information contact:

barbarawchinn@gmail.com

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