

overlake moms' group

September 2011 Newsletter

A Note from Our Fearless Leaders :

Welcome!!

We can't tell you how excited we are to welcome each one of you to the Overlake Moms' Group life group!! know that filling the role of "mom" for the children in your life is one of the toughest jobs around, and we are thrilled to join with you in being part of this amazing group where we will learn, laugh, and "do life" together!

For the past three months we have been planning and preparing a great year just for you, including the amazing speakers we have scheduled, the creative activities we have lined up, and the Kids' Club classes where our childcare staff and volunteers will lovingly shepherd your little ones. Our hope for you is that this life group will provide you with wonderful opportunities – opportunities to create friendships, find fellowship, learn with (and from) the moms around you, and feel encouraged!! Our hope is also for you to be challenged to boldly step outside your comfort zone, and allow yourself to be open to those new friendships and new learning experiences which will come your way this year. Most of all, we are honored to be able to serve as leaders to such a truly amazing group of women!



Most Sincerely,
Emily Neal & Lindsey Sewell

Prayer— It is not so scary after all! *By Jackie Giardino*

Prayer – yikes! That topic scares most of us. Just take a deep breath – prayer is just talking with and spending time with your Father, your Maker, Lover of your soul. He already knows your heart so you can't go wrong!

But where to start? Try this acrostic "ACTS" to help you as your GPS for what to say, but don't forget to listen too!

A is for Adoration, worshipping God for who He is. Tell Him how great He is.

"God, you're amazing and powerful. You're awesome for making this earth so beautiful."

C is for Confession, confessing sins (mistakes/the ick in your life) to God. Tell Him how sorry you are.

"I'm sorry God for when I say things I shouldn't and with an unkind tone."

T is for Thanksgiving, thanking God for what He's done. Tell Him what you're thankful for.

"Thank you God for loving me no matter what. Thank you for bringing autumn with a crispness in the air and a fresh start to the school year."

S is for Supplication, asking God to act. Tell Him what's on your heart.

"God, I know you're in control of it all but if you will, help my relationship with my brother."

This is a big topic to tackle, so for right now just get started talking or writing and listening to God!

The {FAMILY} Huddle



Hooray for Fall!

Here are some fun activities to enjoy together.

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

- 1) **Sleepover movie night.** Move all of your mattresses onto the family room floor for an energetic and fun family sleepover night. The kids will love it as you pop some corn, make root beer floats and watch a funny movie. Nothing brings a family closer than sleeping together as you tell stories and get away from video games, the computer and other distractions.
- 2) **Top Chef Family Challenge.** Invite 2-3 families over and have a cook off. One thing to remember is that you need to set some ground rules. At the very least, make each family create one dish that has a \$10-\$15 limit. Have everyone taste the dish and declare a winner. The best part? Potluck at the end.
- 3) **Backwards day.** Take a day during the weekend and reverse everything to create your own backwards day. Here are some good ideas: have breakfast for dinner; put your clothes on backwards; watch a movie in the morning and cartoons in the evening. Include the kids in the planning and enjoy the ideas they come up with. Anything out of the norm will make for a fun break from the routine.



Pumpkin Patches and Corn Mazes Aplenty
Here are just a few of the many patches in our backyard!

Remlinger Farms Pumpkin Patch, Carnation: Their self-guided tour includes a haymaze, toddler play area, 4H barnyard, steam train and oh yes, pumpkins to pick! Remlingerfarms.com

Dr. Maze's Farm Pumpkin Patch, Redmond: This is the old South 47 farms just around the corner from OCC. They have farm animals, wagon rides and fun corn mazes, along with several pumpkin varieties. Drmazesfarm.com

Bob's Corn and Pumpkin Farm, Snohomish: Along with grabbing pumpkins, your kiddos can ride on John Deere trikes, ride ponies and the cowtrain, and you can use their photographer to get a great family pic. Bobscom.com

KidTown Halloween Fun!!

We're going to have a really fun Halloween event this year for our kids & the community. It's part of OCC KidTown's series of "Family Nights" that they will host all year long.

We'll "Trunk or Treat" with kids for a bit, then play on inflatables and have a picture booth, etc. Just want to put that on your radar.

To pull it off, we'll need help. Candy givers, watchers of inflatables, greeters, etc. 6-8pm on Monday, October 31st. Hope you can make it!

The {FAMILY} Huddle

What to do with all the artwork now that kids are back in school?? Craft an artwork display!

Excerpted from The Toddler's Busy Book by Patricia Kuffner

Materials needed: Wooden ruler (12-, 18-, or 24-inch), magnet strip, glue gun, 2-4 clothespins



Directions

1. Glue the magnetic strip to the back of the wooden ruler.
2. Glue clothespins to the front of the ruler so that the pins open downward. Use two clothespins for a 12-inch ruler, placing one at each end. You may want to use three or four clothespins for a longer ruler.
3. Write your child's name with marker or glitter on the front of the ruler, or let your child decorate the ruler and clothespins with paint, glitter, pasta, and so on.
4. When dry, place the ruler on the refrigerator and clip your child's artwork with the clothespins.

Other ideas:

Glue a child's artwork to the back of a cereal box for all to enjoy while eating breakfast in the morning.

Donate artwork to nursing homes.

Scan all your kids' artwork and download them to a digital frame. Then everyone can enjoy the continuous display without all the clutter!

Friday, Sept.23 to Thursday, Sept. 29 - Orange Blossom Society Halloween Costume Swap Drop-Off

Stop off and bring your gently used costumes to one of our drop off locations between September 15th and October 5th, and receive a token to trade for a "new to you" costume! Swap and have fun with us on October 8th with refreshments and activities and some Halloween safety tips from the Redmond Police Department.

Where: Orange Blossom Society, 16715 NE 79th Street, Redmond 98052

When: See www.orangeblossomsociety.com for drop off times

Who: Children's costumes ages 3m-10yrs

How: Drop off costumes at Redmond Whole Foods or Orange Blossom Society during specified times ([see website](#)) and get a token. Bring your token to OBS on the 8th to swap.

Cost: FREE

For more info: 425-883-2400

MOMS—Want to have more fun and less stress while raising responsible kids? Check this out!

OCC is launching a new program, "Parent Life, Jr.!" To kick it off, OCC will be hosting a "Love and Logic" class. The first series will focus on preschoolers and run October to January. An elementary series will begin in February. Find details on the OCC.org website.

- Classes are the first Wednesday of each month (10/5, 11/2, 12/5, and 1/4) from 7:00-8:30 pm at OCC.
- Cost for the preschool session is \$45*. This includes:
- Four sessions...both parents are welcome to attend
- Child care at OCC *(If parents do not need to utilize OCC child care the cost is reduced to \$30.)
- Materials for the class
- Teaching from a Love & Logic certified parenting coach
- Light dessert

dwelling/digs/habitat/abode



FALL is in the air!

With the weather changing and the fall leaves starting to appear, it is a great time to change your home décor. Here are some fun ideas for art and ambiance on the cheap!

TOP TEN ideas for art that looks high-end but doesn't break the bank

- **Fabric:** Chances are you have some leftover fabric lying around your house. Pull the fabric around a wood fabric stretcher (available at Ikea) and staple the fabric to the back. Hang it on your wall or anywhere else you need a splash of color!

- **Plates:** For an unexpected pop of color and pattern, hang a series of plates or dishware on your wall...there are endless inexpensive options at antique stores. Add hooks to the back and create a custom look in minutes!

- **Re-work your existing frames:** By simply pairing a new paint job and pre-cut mats with a modern print or black and white photo, you can make any old frame look like a masterpiece!



- **Free prints:** Check out the online collection of the National Archives at www.archives.gov. You can search for just about any topic and find all sorts of historical photos to download and print. Unexpected and free!

- **Wallpaper remnants:** Just like fabric stores, wallpaper stores also sell remnants at deeply discounted prices. Something as simple as framing a square of a funky or modern wallpaper pattern can make a bold statement.

- **Have a collection?** Art doesn't have to be two-dimensional. If you have some one-of-a-kind items or a collection of some sort, purchase some inexpensive floating shelves and create a focal point using your own items!

- **DIY art:** You don't have to be Picasso to create your own work of art. Simply take a blank canvas, tape off stripes, squares, or other interesting shapes, and paint the background. Then use coordinating colors to paint the stripes and shapes. It's simple, but fabulous!

- **Photo Canvases:** Transform your own family photos into high-end works of art by having them made into black and white canvas prints. Costco does this for cheap!

- **Etsy!** Etsy.com is a great site to find artists of all kinds all around the world. No matter what your personal style is, you can find something that's just what you're looking for!

- **Go Vintage:** Take an afternoon to scour your local flea markets, thrift stores or even Ebay for vintage pieces. Whether it's old posters, postcards, photos, or prints, sometimes there's nothing more chic than placing a vintage art piece in a contemporary frame!

dwelling/digs/habitat/abode

EASY FALL CENTERPIECE

Supplies needed

- Acorns collected from the yard or a park, glass vase or jar, craft jute, scissors and candle, decorative sticks, fall leaf picks from the craft store, etc.

1. Fill your vase or glass jar about 3/4 full with acorns. The tops often pop off, but include them anyway! Start wrapping jute or twine around the center of the jar, overlapping the end to keep it in place.

2. Continue wrapping until the end is covered.

3. Cut off other end and tuck under first few strands to keep it in place. If you are unable to keep it tight, you could try a piece of tape to hold it to the vase.

4. Now you can add something to the vase to make it more interesting. For this look I grouped a bunch of taper candles together and stuck them down in the acorns. Then I positioned the vase on a fall-ish plate and added some oak leaves and more acorns.



Just for Fun

What's in my purse!?! By Rachael Patenaude

We all know moms are infamous for carrying everything from bandages to boogie wipes. Find out what's really in this mom's purse!

Boogie Wipes
Wet Ones
Pacifier (Bebo in our family)
Hair Bows
Octopus
Notebook
Book Reader
Blissberri Card
2 Million Lip Glosses (Just in case there's a shortage in the greater Seattle area)
Receipts
Wallet
Glow Bracelet
Keys (In their usual locale - buried at the bottom)
Shopping Lists

Straw Wrapper (Daily McD's coke from the drive thru - see you there most mornings at 9am)
Earrings
Ring
Pretend Cupcake
Pens
Day Planner
Eye Patches
An assortment of Lego Men
Mascara
A Single Teddy Graham (Good news, he's single ladies!)

Join us again next month for a thrilling adventure through another Mom's purse. It may be yours!!

Beyond Peanut Butter and Jelly...



Fall is here and it is high time to enjoy the spicy smells that come from cooking up some yummy comfort food. We have a great collection of recipes this month that have you covered from breakfast all the way through dessert! Enjoy the season!

Pumpkin Ginger Pancakes with Ginger Butter

This recipe is courtesy of Barbara Chinn, who makes it almost weekly for her family. A good way to get your family to eat their fall fruit without a fuss!

Ingredients

1 cup all-purpose flour
2 tablespoons firmly packed brown sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon salt
1 large egg
3/4 cup milk
3/4 cup canned pumpkin
1/4 cup plain low-fat or nonfat yogurt
2 tablespoons butter, melted
Candied-ginger butter (recipe follows)
Maple syrup



Preparation

1. In a large bowl, stir together flour, brown sugar, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt. In another bowl, mix egg, milk, pumpkin, yogurt, and butter until well blended. Stir egg mixture into flour mixture just until evenly moistened.

2. Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350°); when hot, coat lightly with butter and adjust heat to maintain temperature. Spoon batter in 1/3-cup portions onto griddle and gently spread into 4-inch rounds. Cook until pancakes are browned on the bottom and edges begin to look dry, 2 to 3 minutes; turn with a wide spatula and brown other sides, 2 to 3 minutes longer. As pancakes are cooked, transfer to baking sheets and keep warm in a 200° oven. Serve warm with candied-ginger butter and maple syrup.

Candied-ginger butter: In a bowl, with a wooden spoon, stir 2 tablespoons finely chopped candied ginger into 1/4 cup (1/8 lb.) soft butter (soften in a microwave oven on full power [100%] for 5 to 10 seconds). Chill until firm before serving. Makes about 1/4 cup.

Tips from Barbara: Double the recipe and add a full can of pumpkin and add a little extra milk to thin the batter out some. Pumpkin pie spice can be subbed for the cinnamon, ginger and nutmeg.

Beyond Peanut Butter and Jelly...

Butternut Squash Soup

Courtesy of Barbara Chinn

Ingredients

- 1 tablespoon butter
- 3 1/2 cups cubed peeled butternut squash (about 1 1/2 pounds)
- 3/4 cup chopped carrot
- 1/2 cup chopped sweet onion
- 2 1/2 cups fat-free, less-sodium chicken broth
- 1/4 cup half-and-half
- 1/8 teaspoon salt



1. To prepare soup, melt butter in a large saucepan over medium-high heat. Add squash, carrot, and onion; sauté for 12 minutes. Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes. Remove from heat; stir in half-and-half and salt.
2. Preheat broiler.
3. Place squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

Tips from Barbara: I often serve this with grilled cheese - a real treat on a cold day! This also freezes well.

Chewy Molasses Spice Cookies

Courtesy of Shelly Campbell

Ingredients

- 2 cups all-purpose flour (spooned, leveled)
- 1 1/2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 3/4 cup unsalted butter, softened
- 1 large egg
- 1/4 cup molasses

1. Preheat oven to 350 degrees. In a medium bowl, whisk together flour, baking soda, cinnamon, nutmeg, and salt. In a shallow bowl, place 1/2 cup sugar; set aside.
2. With an electric mixer, beat butter and remaining cup of sugar until combined. Beat in egg and then molasses until combined. Reduce speed to low; gradually mix in dry ingredients, just until dough forms.
3. Pinch off and roll dough into balls, each equal to 1 tablespoon. Roll balls in reserved sugar to coat.
4. Arrange balls on baking sheets, about 3 inches apart. Bake, one sheet at a time, until edges of cookies are just firm, 10 to 15 minutes (cookies can be baked two sheets at a time, but they will not crackle uniformly). Cool 1 minute on baking sheets; transfer to racks to cool.

Creamy Chicken Enchiladas

Courtesy of Rachael Patenaude

Ingredients

- 10" tortillas
- 3 cups cooked and shredded chicken
- 12 oz cream cheese
- 1/2 onion, finely chopped
- 1 tsp chili powder
- 1 tsp garlic salt
- 1/2 cup whipping cream
- 2 cups shredded Monterey Jack cheese

1. Preheat oven to 375.
2. Melt cream cheese in a stock pot over low-medium heat. Stir in onion, chili powder and garlic salt, blending well.
3. Stir in chicken and mix well.
4. Spread approximately 1/3 cup of mixture onto a tortilla and roll, placing in a lightly greased baking dish.
5. After all tortillas are rolled and in pan, brush on whipping cream, paying extra attention to the ends to prevent drying out.
6. Sprinkle cheese over top and bake for 20 minutes until bubbly.



Dates to remember!
Upcoming meetings:
October 11
October 25

Remlinger Farm Fall Harvest Tour Tuesday, October 4th
10am - 1pm. \$8 per person. Everyone can choose a complimentary pumpkin to take home! An invite will be sent out to pre-register for this event so check your email!

Community: /kə'myōōnitē/Noun

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

In July, the United Nations declared a famine in the Horn of Africa, the first declared in 30 years. The famine has continued to worsen. Within the four Horn of Africa countries, an estimated 13.3 million people are in immediate need of aid. In Somalia alone, 1.25 million children are in need. Aid organizations continue to need monetary support to reach out to the vulnerable communities.

World Concern, a Seattle-based Christian organization currently providing aid to Horn of Africa communities, provides the following information on their website: *World Concern is one of only a few international aid organizations to be able to work across the Kenya-Somalia border in southern Somalia – an area once inaccessible due to insecurity. We're providing emergency food, water, medical assistance and supplies to thousands people...on both sides of the border. In the past few weeks we have brought water to border communities that previously had none. These communities serve as major transit points for Somali refugees. We've also fed thousands of people with emergency meals and provided rations, including rice, beans, sugar, oil and salt...we've provided supplies such as blankets, jerry cans, mosquito nets and cooking pots to families who were forced to leave all their belongings behind. Thousands are also receiving medical care for famine-related illnesses.*

If you are able to donate to the famine crisis fund or would like to learn more about the famine, please visit World Concern's website: <http://www.worldconcern.org/crisis>.



A ministry of Overlake Christian Church
www.occ.org/momsgroup
For registration information contact:
barbarawchinn@gmail.com

A huge thank you goes out to those of you who volunteered your time for Community Serve Day and the Wait No More event. We so appreciate your willingness to serve! You ladies rock!

**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