



October Birthdays

Julie Batson: October 11

Jenn Sinasohn: October 14

Angie Pope: October 27

Andrea Wheat: October 27

*Happy
Birthday!*

Your Steering Team

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Leadership Team from left to right: Holly Ryan, Jen Wallace, Julie Batson, Amy Conom.
Photo taken by: Amy Hanson

This Year's Schedule

- **September 17, 2009:** First Meeting
- **October 1, 2009:** Speaker: PCC, Childhood Nutrition, Leika Suzumura
- **October 3, 2009:** Activity: Coffee Social 8:00 - 10:00 am - Village Bean at Bothell Country Village
- **October 15, 2009:** Craft: Wooden Pumpkins
- **November 5, 2009:** Speaker: Creative Activities, Barb Wallace
- **November 12, 2009:** Activity: Jump Planet, Bothell, 10:30 - 11:45 am
- **November 19, 2009:** Craft: Apple Pies
- **December 3, 2009:** Speaker: Hostessing, Julie Batson
- **December 17, 2009:** Craft: Journals
- **January 7, 2010:** Speaker: 30 Meals in a month, Emily Rhoden
- **January 14, 2010:** Activity: Indoor Playground 10:00 am - 12:00 pm
 - - North Kirkland Community Center
- **January 21, 2010:** Craft: Coupons (10 things I love about you)
- **February 4, 2010:** Speaker: Marriage, Martha Weiss
- **February 12, 2010:** Activity: Spa Day
- **February 18, 2010:** Craft: Keepsake Boxes
- **March 4, 2010:** Craft: Clothespin Signs
- **March 18, 2010:** Speaker: Self-care, Brynne Burkhalter
- **Week of March 22, 2010:** Activity: Bothell Fire Department Tour
- **April 1, 2010:** Speaker: Aerobics, Wendy Tacey
- **April 15, 2010:**
- **April 24, 2010:** Activity: Games & Dessert 7:00 - 9:00 pm - Evergreen Community Church
- **May 6, 2010:** Speaker: Home organization, Rebecca Stuhmiller
- **May 20, 2010:** Activity: End of the year tea

ISSUE 2

OCTOBER
2009

Opportunities for Your Involvement

LAUNCH PAD

An Uplifting Newsletter for Life Together on Planet Mom

this issue

Beautiful Mess

By Holly Ryan, Steering Team Coordinator

I mess up. As a mom, I punish when grace is required and cave when accountability is needed. As a friend, I give advice when listening is the answer and frequently act without thought. As a wife I nag instead of letting God refine my husband and am flippant when respect is needed. As a follower of Jesus, I serve without finding out who God wants me to serve and head down paths without asking where He wants me to go. As a women in this world, I lose sight of priorities. I am a mess.

As moms, friends, wives and women, we all know our faults. Most of us could give you a good long list in under two minutes...a very extensive and detailed list. Some of the list would be reasonable and some of it would be from expectations placed on us by society, but either way, we live with the list running through our heads daily.

The last few days, God has been reminding me of how He sees me... as a kid. His kid. A kid that He loves. When milk is spilled and fits are thrown in public. When He asks me to obey and I yell, "I don't want to!" When I hit a brother or a friend. He loves me. When I run into the street, focused only on the ball and not the oncoming car... His heart jumps into his chest.

It doesn't matter what I've done or what I am doing. He loves me. Sure, I am gonna get my time outs now and then and some serious

lectures, but still...he sees me and calls me to be His little princess. He knows the mess I make of things. He is working to help me clean it up. But that doesn't stop Him from loving me and seeing me as His beautiful child that He loved from day one. It wasn't audible, but I am pretty sure this weekend, I heard God whisper..."You are a mess, I know that...but you are loved and you are beautiful, child." I took great comfort in this. Because if I am going to be a mess at least I am His beautiful mess.

Photo taken by: Holly Ryan

Better Moms Make A Better World

Evergreen Community Church - 3429 240th Street SE, Bothell, WA 98021 425-402-1773

Chicken-Artichoke Turnovers



Photo taken by: BH&G

Ingredients:

- 1 - 10oz. pkg. frozen puff pastry shells
- 1/4 cup light dairy sour cream
- 1 teaspoon chili powder
- 2 cloves garlic, minced
- 1 teaspoon lemon juice
- 1 1/2 cups chopped cooked chicken
- 3/4 cup shredded Monterey Jack cheese
- 3/4 cup coarsely chopped, drained artichoke hearts (1/2 a 14 oz. can)
- 1 - 4 1/2 oz. can diced green chilies, drained
- 2 green onions, thinly sliced
- 1 tablespoon snipped fresh parsley
- milk

Directions:

Thaw pastry shells; set aside. For filling, in a medium bowl stir together sour cream, chili powder, garlic and lemon juice. Stir in chicken, Monterey Jack cheese, artichoke hearts, chillies, green onions and parsley. On a lightly floured surface, roll each pastry shell in a 7-inch circle. Place about 1/2 cup filling on half of each circle. For each turnover, moisten edge of circle with water; fold other half of circle over filling. Press with tines of a fork to seal. Line a baking sheet with foil; place turnovers on baking sheet. Cut slits in the top of each turnover for steam to escape. Brush tops with milk. Bake at 400 for 25 to 30 min or until golden brown. Makes 6 turnovers.

This recipe is from the Better Homes & Gardens: Treasured Recipes Cookbook.



Photo taken by: Lumina Photography

Celebrate Today!

Make today stand out from the daily mix of laundry & dishes

October – Popcorn Popping Month

Start the month by celebrating with a big bowl of popcorn. Then get creative and try out this idea. Collect 6 clean small socks and fill with 1/2 cup un-popped popcorn. Tie a knot at the tops. You’ve made beanbags! Use them for a “beanbag toss” similar to an egg toss. The average person eats 59 quarts of popcorn per year.

October – Eat Better/Eat Together Month

Does your family eat in staggered shifts, barely talking to each other while racing from one activity to another? This month reschedule activities to allow for more time for family meals.

October 4th – 10th – Fire Prevention Week

Children are involved in starting over 100,000 fires each year. Use this week to your teach children about the dangers of fire. Turn an egg carton into a fire truck. Cut off the lid and paint it bright red. When dry, glue on 2 black paper circles for the tires. Cut pictures of faces out of magazines and glue them in the “windows” of the truck. Visit a local fire station so that your kids can meet (& more importantly trust) uniformed firemen & women.

October 2nd National Peanuts Day (Comic Strip)

Linus loves his blanket. Ask your kids to choose their favorite blankets to spread out for a cozy indoor picnic with peanut butter & jelly sandwiches. Kids can dress up like their favorite Peanuts character. In 1950 Charles Schulz published his first Peanuts daily comic strip. Schulz went on to draw 18,250 cartoon strips that appeared in 2,600 newspapers.

October 22nd Pretzel Day

Tradition says a monk rolled leftover bread dough into a coil, shaping it to look like arms folded in prayer. Give everyone a piece of lightweight cardboard and different-sized pretzels and pretzel sticks to make a picture. Use markers to embellish the pictures.

This excerpt is from [Everyday a Holiday: Celebrations for the Whole Year!](#) by Silvana Clark. Check it out for inventive ways to elaborate on these & other themes with your kids through creative games, snacks & art projects.

Curbside Food Scrap Collection

Over 90 percent of single family households in King County can now recycle food scraps in their yard waste bin. Food scraps, food-soiled paper and yard waste are recycled into a nutrient-rich soil amendment, compost. Using compost improves the health of our plants, crops, local gardens and parks. Nearly 30% of what we throw away in our garbage is organic – and the average single-family household throws away about 45 pounds of food scraps and food-soiled paper every month. Items such as vegetable and fruit trimmings, meats, fish and poultry scraps and bones, plate scrapings, egg shells, coffee grounds, paper towels and napkins—even greasy pizza delivery boxes—all can be recycled in your yard waste cart. To learn more, go to www.recyclefood.com



Photo taken by: Amy Hanson



Using crafts to engage your child’s creativity & captivate busy hands

Glittered Pumpkins

Photo from marthastewart.com

Materials:

Small pumpkins with strong stems

White (clear drying) glue & Brown acrylic paint

2 craft paintbrushes, a large paper plate & a plastic spoon

Glitter (powdery texture works best) in Dark Red, Copper, Bronze & Brown

With a paintbrush, spread a layer of white glue over the surface of the pumpkin. Place the pumpkin on a paper plate or newspaper to catch excess glitter. Sprinkle powder glitter over the glue, covering it completely. Let it dry for an hour or so, and then shake off any excess powder.

Coat the stem with brown acrylic paint, let it dry. Once dry, the stem can also be covered in glue & brown glitter, if desired. It's easiest to do half of the pumpkin and sprinkle it with glitter, let it dry, and then continue with the other half. There's no need to completely cover the bottom, since it's not seen. Also, it's fine if your pumpkin has marks or mild blemishes, since you will be covering it with glitter.

The pumpkins will last for months if kept inside. Enjoy!

Photo from marthastewart.com

Craft idea taken from marthastewart.com

Tidbits to becoming a slightly better woman