



Lynette Kelly: October 13

November Birthdays

Nicole Snider: November 1

Renee Clemen: November 8

Denise Need: November 10

Debbie Dunsire: Nov. 11

Holly Bombita: November 12

Kailena Ayers: November 25

Happy Birthday!

This Year's Schedule

(Updated Monthly)

- **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, 9:30 - 10:45 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 21, 2010:** Craft: Coupons (10 things I love about you)
- **January 28, 2010:** Activity: Indoor Playground 10:00 am - 12:00 pm - North Kirkland Community Center
- **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:** TBA
- **April 24, 2010:** Activity: Games & Dessert 7:00 - 9:00 pm - Evergreen Community Church
- **May 6, 2010:** Speaker: Home organization, Rebecca Stuhlmiller
- **May 20, 2010:** Activity: End of the year tea

Your Steering Team

Mentor Mom

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Coordinator Team

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

ISSUE 3

NOVEMBER
2009

LAUNCH PAD

An Uplifting Newsletter for Life Together on Planet Mom

this issue

Celebrate the Small Stuff

By Amy Conom, Steering Team Coordinator

Operation Christmas Child Prayer Guide

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

What are you thankful for? Of course we are thankful for the usual important things like our family, our health, employment, food, and a roof over our heads; but sometimes the best things to be grateful for are all the little things. You know, the ones that make you smile or heave a sigh of relief or maybe even earn you a check mark on a list a mile long. These are a few of the things I have been thankful for lately: a day with no time outs, a memory verse learned, sleeping through the night, a garden that actually produced, my children requesting vegetables "Mom, you promised we could have brussel sprouts tonight", being on time, a clean house or sometimes even just a clean room, a day of no tears, witnessing an act of sharing, riding bikes with no training wheels, actually finding some grown-up time, a well-done somersault, getting a healthy dinner on the table, a modest win at Candy Land and no sore losers, good behavior, a pretty picture, a meal with no spilt milk, learning to read, overhearing my children explain to their friends that we go to church to love & learn about God, a very tall tower, following directions... the first time, finished laundry, getting outside to play, getting dressed by oneself (even if it doesn't match), a HOT cup of coffee and the list goes on. If you start looking, you can find all kinds of things to

be thankful for and celebrating the small stuff is what can help turn a mom's crazy day into a good day; a day to be grateful for. May you find joy in all that you do!

"Finally, [sisters], whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." Philipians 4:8

Photo taken by: Tonya Pitts

Double Apple Pie



Photo by: Southern Living

Ingredients:

- 2 1/4 lbs Granny Smith apples
- 2 1/4 lbs Braeburn apples
- 1/4 cup all-purpose flour
- 2 tablespoons apple jelly
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/3 cup sugar
- Prepared double pie crust dough
- Wax paper
- 3 tablespoons sugar
- 1 tablespoon butter,
cut into pieces
- 1 teaspoon sugar

Directions:

Preheat oven to 425°. Peel & core apples; cut into 1/2-inch-thick wedges. Place apples in a large bowl. Stir in next 7 ingredients. Let stand 30 min, gently stirring occasionally. Place one pie crust dough disk on a lightly floured piece of wax paper; sprinkle dough lightly with flour. Top with another sheet of wax paper. Roll dough to about 1/8" thickness (about 11" wide). Gently press dough into pie plate. Stir apple mixture; reserve 1 Tbsp. juices. Spoon apples into crust, packing tightly and mounding in center. Pour remaining juices in bowl over apples. Sprinkle apples with 3 Tbsp. sugar; dot with butter. Roll remaining pie crust dough disk as directed above, rolling dough to about 1/8" thickness (13" wide). Remove & discard wax paper, & place dough over filling; fold edges under, sealing to bottom crust, & crimp. Brush top of pie, excluding fluted edges, lightly with reserved 1 Tbsp. juices from apples; sprinkle with 1 tsp. sugar. Place pie on a jelly-roll pan to catch drips. Cut 4 to 5 slits in top of pie for steam to escape. Bake at 425° on lower oven rack 15 min. Reduce oven temp to 350°, transfer pie to middle oven rack, & bake 35 min. Cover loosely with aluminum foil to prevent excessive browning, & bake 30 more min or until juices are thick & bubbly, crust is golden brown, & apples are tender when pierced with a long wooden pick through slits in crust. Remove to a wire rack. Cool 1 1/2 – 2 hrs. Makes 8 servings.

This abridged recipe was taken from *Southern Living* magazine, Sept 2008.



Photo from: gukurup.wordpress.com20090706red-poppies

Celebrate Today!

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

November 11th – Veterans’ Day

Poppies are the traditional flowers of Veterans Day. They grew wild in the battlefields of Europe and became a symbol of the bloodshed that took place. Make your own poppies by cutting pieces of red tissue paper into circles the size of a saucer. Place 3 – 4 circles on top of each other. Poke a hole in the center and insert a green chenille flower stem. Scrunch up the flowers individually, layer by layer, to form a bright red poppy.

November 14th – National Teddy Bear Day

For an easy treat, serve teddy bear graham crackers. If you want to get more creative, set out bowls of colored frosting. Use toothpicks [or popsicle sticks] to spread the frosting on the teddy bear graham crackers to create colorful clothes and fur styles.

November 17th – Homemade Bread Day

Borrow a friend’s bread machine. (Or dig yours out from the back of the pantry.) Make bread with the machine doing most of the work. You’ll still get that great homemade bread smell.

November 26th – Thanksgiving

Many books suggest volunteering to serve dinner at a mission on Thanksgiving Day. Often this is impractical with out-of-town guests or toddlers in the family. Instead, before Thanksgiving ask a shelter what you can do to help at home. One family ended up taking 50 lbs of potatoes and peeling them at home!

The excerpt above is from *Everyday a Holiday: Celebrations for the Whole Year!* by Silvana Clark.

November 29th – Advent Begins

Many of you still remember the outstanding MOPS presentation given last fall by Jack and Kathy Stockman, filled with ideas for families celebrating the birth of Jesus. For more inspiring ideas that you can incorporate into your own Christmastime traditions, check out: www.celebrationsandtraditions.com

A Gathering Place for Children, Parents, and Friends

The Village Bean coffee shop boasts of a spacious sitting room with a well-stocked play area, featuring activities for kids of all ages. Owner (and mother) Karin Resing envisioned a cozy nook to park the stroller, relax with a latte, & recharge the kids with a healthy snack & some playtime. The Village Bean serves well-priced espresso drinks, tea, fresh-baked goods, healthy breakfast & lunch items, & kid- friendly menu options. A great place MOPS play dates or your own quiet retreat!



Photo by: Jen Wallace

Located in the SW section of Country Village, near Bella & Max.
720 - 238th St. SE, WA Bothell, WA 98021 (425) 481-7900

Moms who bring in this newsletter to The Village Bean during the month of November will receive \$1 off their total purchase of \$5 or more that day.

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

Kid’s Sick Day Kit

Photo from: www.cdc.gov

Helping our children through times of illness can require a great amount of energy & creativity. We want to provide loving care and comfort so they can feel their very best as soon as possible. With a little preplanning and some help from the kids, there next sick day can include a few extra smiles and perhaps a few extra moments of rest for you.

Invite your kids to help you gather the following materials:

- Plastic card file box, pencil case, or lunchbox
- Finger puppets or Happy Meal toys
- Sticker sheets & kid-friendly fake tattoos
- Fruit leather or fruit snacks
- Pictures of friends & family
- Single-serve powder drink mix sticks
- Brightly-colored flexible straws trimmed smaller for kid-sized cups
- Mini tissue package or a washcloth disc that expands in water
- Crayons, paper, stencils &/or mini coloring books

Photo from: www.cdc.gov

Fill the box of your choice with these and other fun items you gathered to make sick day sunnier.

Tuck the box away where it will be easy to find when the kids are feeling under the weather.

Tidbits to becoming a slightly better woman