

MOMMY'S TIME OUT

Lakewood Ranch Mom's Group, Inc.

The official newsletter of the Lakewood Ranch Moms Group, written by, for, and about moms living in the Lakewood Ranch community.



October 2014

Activities in Lakewood Ranch and Around Town

Boo Fest: Lakewood Ranch Main Street.

Friday, October 24, 2014

6:00 PM - 9:00 PM

Sarasota Pumpkin Festival

Payne Park

October 24-26th

www.sarasotapumpkinfestival.com

Hunsader Farms - Pumpkin Festival:

Event Date: Saturday, October 18, 2014

9:00 AM - 5:00 PM

Other Hunsader Farm Pumpkin Festival Dates:

- Saturday, October 11, 2014
- Sunday, October 12, 2014
- Saturday, October 18, 2014
- Sunday, October 19, 2014
- Saturday, October 25, 2014

<http://www.hunsaderfarms.com/>

Pumpkin Patch Express

Event Date: Monday, October 27, 2014

Other Events Dates:

- Sunday, October 26, 2014
- Monday, October 27, 2014

Address:

12210 83rd St East

Parrish, 34219

<http://www.frrm.org/Months/ppe1.html>

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Monthly Meeting

When: October 15th

Time: 7pm

Where: Apollonia Grill

A Message from Our President

Is it finally sweater weather?? Ok, so us Floridians don't really experience a true autumn that includes chilly weather, but I am definitely ready to hit the beginning of busy season. This is the time of year where suddenly you have no weekend where you aren't doing something! Between football games, pumpkin patches, and other festivities, October becomes a very active month. Our group's activities are included in this upswing in scheduling too. There is a lot to participate in this month!

To start, you've probably noticed by now that our monthly meetings now include a guest speaker. We will try and coordinate a speaker each month and will alternate speakers that are great for us to bring our kids along to and those that are adult centered topics. This month, John Freeman will speak on college planning. I think you'll find this a great opportunity to learn as well as hang out with each other at a great restaurant.

Our Halloween party is going to be really fun this year. We've been blessed with some amazing sponsors who are going to help take this party to a whole new level of entertainment. I am pretty sure you'll find something for everyone this year. Please review the portion of the newsletter dedicated to the party to discover all of the things that will be included this year, and please take the time to RSVP on our Facebook event so we can be sure to have enough supplies on hand to make sure everyone can enjoy all of the activities.

We also have a very festive Kids' Outing this year at Hunsader's Farm to help kick off the season. Our Mom's Night Out has also been scheduled and I am excited to see you all there. All of our coordinators are doing such fantastic jobs making sure to bring you some great activities that can appeal to a wide audience.

Speaking of activities, we are working on creating some more exclusive events to add to our monthly calendars. I've been reaching out to many of our local kids' organizations to find ways to incorporate events just for our group. The first one I've lined up is a Kid's Book Club at PlayAway where we will read a story, create a craft, play games and sing songs relating to the book's topic. We should have more fun events like this popping up on the calendar in November. All of these activities will be wonderful ways for you to meet the other members as everyone present will be a member of the group – and creating friendships is what we are working to do!

Warm Hugs,

Victoria

A warm welcome to our newest members!

Becky Hartman

Amy Jennings Jendro

Angela Campano

Katie Truxton

Alison Clough

Carolyn Elia

Please be sure to visit our website and Facebook Page for lots of fun events!

If you are interested in joining the Lakewood Ranch Mom's group, visit our website at: lwrmomsgroup.com and complete the *Become a Member* form.

New members are always welcome!

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Join the Fun!

Looking to be part of a fantastic group of Moms in Lakewood Ranch? Visit our website at www.lwrmomsgroup.com and start making friends and having fun!





Playdates and Fun... Activities for Everyone.



October

2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12 Dad's Day Out World of Beer 12pm-4pm	13	14 Fun-to-be-fit Class just for Mom's Group 10:30am	15 Monthly Meeting 6pm @ Apollonia Grill	16	17	18 Halloween Bash 3:00- 5:00pm Greenbrook Adventure Park
19	20	21 Kid's Outing 9:15- 11:15 Hunsader Farms	22	23 Mom's Night Out @ Let's Create Art - LWR 6pm	24 Boo Fest Parade 4:45- 6:00 pm Lakewood Ranch Main Street	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8





Annual Halloween Extravaganza



**SATURDAY OCTOBER 18TH
4PM TO 6PM**



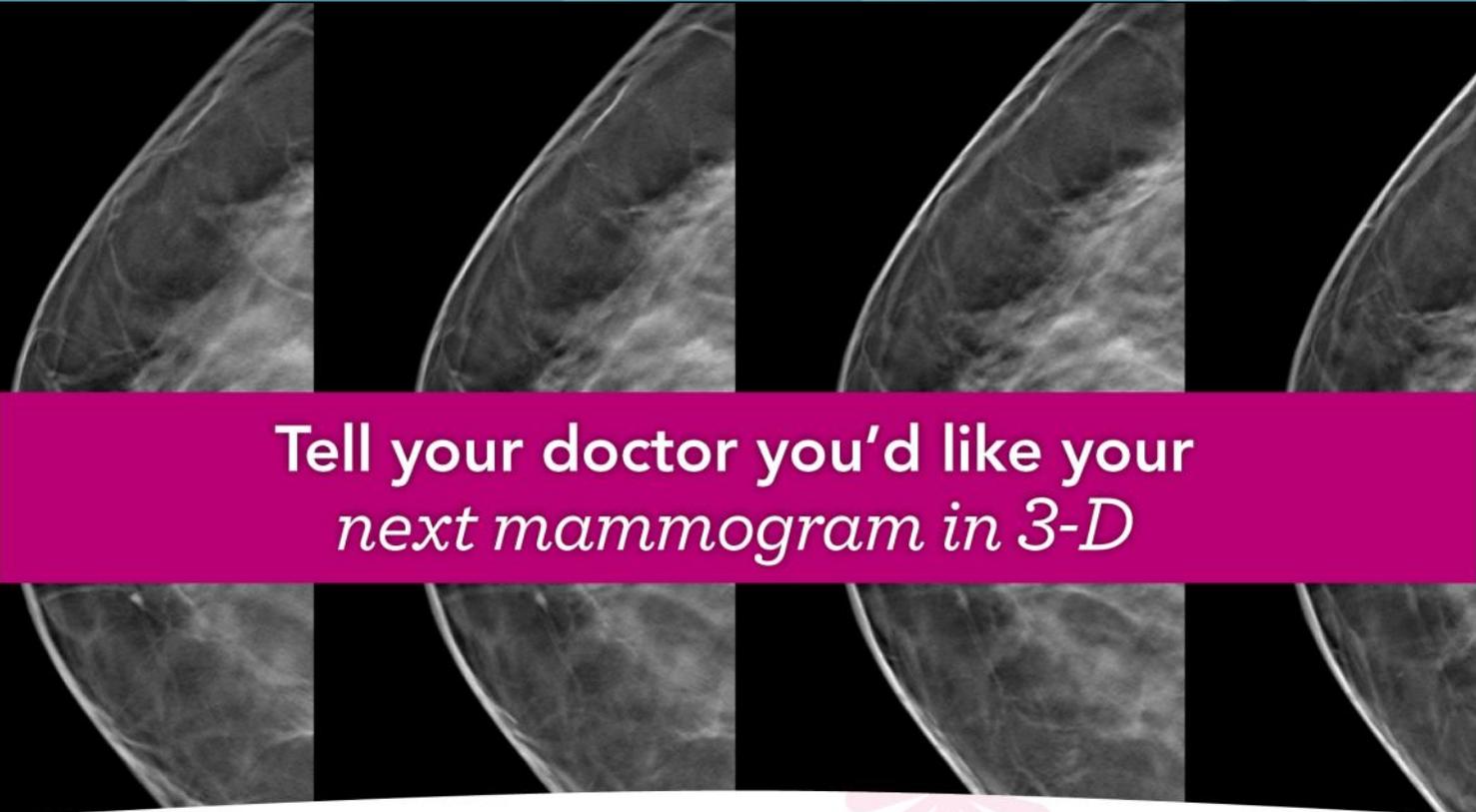
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- **BOUNCE HOUSE PROVIDED BY SPOTLIGHT AMUSEMENTS**
- **CRAFTS, SNACKS AND GAMES TOO!**





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offers **3-D IMAGING** technology.

Early detection is the best defense against breast cancer. An important screening tool is available at Lakewood Ranch Medical Center: breast tomosynthesis, or "3-D mammography." Unlike traditional two-dimensional images of the breast, 3-D mammography allows radiologists to examine breast tissue one layer at a time, detecting very small cancers.

Why settle for less-advanced technology?

To schedule your 3D Mammogram appointment, call **941.745.7391**. *Most insurances accepted.*

Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.

OCTOBER IS
*Breast Cancer
Awareness*
MONTH

The Breast
Health Center



Lakewood Ranch
Medical Center

8330 Lakewood Ranch Boulevard
Bradenton, FL 34202

www.lakewoodranchmedicalcenter.com



September Monthly Meeting News

Last month, Deputy Younger came to our monthly Mom's Group meeting. He talked to the moms and kids about safety. We learned that the Crime Prevention Team from Manatee County Sheriff's Office will come to your home and evaluate any safety risks that you may have. They can make suggestions on how to help make your home a safer place for you and your family. We had a huge turn out for this event, and we would like to thank Deputy Younger for his time. If you were unable to attend his information is:

Deputy Russell Younger
Crime Prevention Unit
600 US 301 Blvd. W. Suite 202
Bradenton, Fl. 34205
941-747-3011 x 2586
Russell.younger@manateesherriff.com



**TAKE A BITE OUT OF
CRIME®**

Home Is Where the Garden Is

It's almost that time of year again. Car windows will start to roll down, and left elbows will begin to make their appearance on the Florida highways. It may seem silly, but those elbows are a sign to me. They are the sign that it's just about time to start playing in the garden again. And, whether you're a first-time farmer, or a vegetable veteran, there's something for everyone in the garden, at this time of year.

Story's Garden will be busy this season, designing plans, and expanding their gardens to accommodate our rapidly growing number of members. Using old tires to make recycled, raised mini-beds, and armed with a list of our members' favorite fruits and veggies, we are heading out to the garden to make some delicious magic happen. You can make delicious magic too and, if you have kids, they will love getting their hands dirty in the rich soil.

All the fruits and veggies in Story's Garden, are grown in a mixture of organic soil, and compost. No matter what you plant, you're going to want to make sure that your soil is rich and nutritious for your plants. We start by filling each of our tires about ½ full, with a mixture of dead leaves, native soil (that's just whatever soil happens to be directly under where the tire will sit) and fresh grass clippings. Then, we fill the tire, to the top, with organic gardening soil, and just like that- we're ready to start sowing some seeds.

You'll want to make sure you have some good mulch at hand, to help control weeds in your garden, as weeds are a big attractant for garden pests. Each plant has different tastes, as far as pH level, and soil content, so this is the time when you'd want to decide which fruits or veggies you want to plant, and what pH level that particular plant thrives in. If you plan to get serious with your growing, you'll find a lot of help at the county extension office. They can even test your soil to assess its pH/nutrient content.

Once all the tires are prepped, tested and ready, we take our handy, dandy list of the top ten favorite fruits and veggies, as chosen by our members, and away we go. Green Beans (bush bean, pole beans, and string beans), okra, radishes, kale, collards and leafy greens/lettuces (like romaine) are perfect for the beginner's garden. Other vegetables, like broccoli, cucumbers/squashes, corn, and eggplant also grow well this time of year.

-Continued from page 6

I recommend starting with no more than two, or three different plants at first. Each plant is so different and requires unique care, that planting more than that would consume all your time just from having to learn about each plant and its needs. So start slow, and add a couple more items each season, learning as you go, and before you know it, you'll have an abundant (and very yummy!) garden. If you want more variety, why not join forces with a neighbor? You could each plant two, or three, different vegetables that everyone likes, and come harvest time, you each get double the variety, for half the work! Sharing is always a good idea.

One last thing- don't forget to plant some pretty flower around your garden, to attract beneficial insects like butterflies, bees/wasps, praying mantis, and lady beetles. These are the "good guys" that will help keep the nasty bugs who damage your veggies at bay and also help pollinate your plants.

At Story's Garden, we're beyond excited, because this season means so much more to us than just having fresh produce available to fill up our baskets. For one thing, by relying more and more on our own gardens, to supply the bulk of what our members find in their basket, we will be able to add even *more* value and offer *more* variety than ever before. And, while you may think that sounds nice, but isn't really any reason for a whole lot of excitement, then just you wait. I haven't even told you the best part yet.

The time has come for us to build a headquarters. Story's Garden has outgrown the small home-office and limited kitchen space, where it began its journey. In order to accommodate the growing number of members, we are building a commercial space, with a kitchen, in order to better serve our members. And the most exciting part is, with the addition of this space, we will be able to offer so much more to our members! Hand cut, organic pasta. Home baked breads, sweets, and I've been thinking about organic special occasion cakes cupcakes! We will also be able to flesh out the idea for a personal chef/catering service. Oh Yes! There is certainly a lot to be excited for, and it all starts this season, with the renovation of an old, in-law suite & deck, into the new Story's Garden HQ.

In addition to making the members of Story's Garden very happy campers, we are overjoyed that, the value and variety found in the baskets from our garden, can also be extended to baskets providing food for struggling families in our community. And *that* gives us an AMAZING feeling! For those of you wondering what the heck I'm talking about, I'm proud to tell you about one of the things that sets Story's Garden apart from any other company that might deliver organic foods, right to your door- aside from our *much more* reasonable pricing, of course. *wink wink*

There may be other companies out there that do what Story's Garden does, but none of them serve their members, and their community, quite the way we do. We see every member as part of our family, and I'm confident when I say that, Story's Garden goes above and beyond, in order to make our family happy. But we don't stop there. We also go above and beyond to do our best to make our *community* happy, too! We take seriously our social responsibility to improve and enrich the population that supports us.

We have many different project ideas, but our first mission is to help ensure that the basic needs of our community members, are satisfied. That's why every membership purchased for Story's Garden includes, within its price, a small amount that is used to purchase a second membership for a food-insecure child, or family- right in our own neighborhood. That means that, with every new member that joins, another man, woman, or child in our community, is fed. And not just one time, with one can of what can barely be called 'food'; but they are fed weekly, and with healthy, fresh, nutritious foods. What a phenomenal thing it is.

From a single member, only a several short months ago, to dozens and dozens, and adding more every week. And, as we grow, Story's Garden plans to continually add more and more members, initiating more and more projects and programs, to help improve and enrich our society... all while delivering baskets of fresh, organic fruits, veggies, and eggs, right to your door.

It is true that one person *can* make a difference, but many 'one-persons' together, can change the world. We'd love for you to be part of our growing family of members, committed to making a difference. There are many ways to get involved with our (re-named) service projects, O.N.E. Project (Opportunities for Neighborhood Enrichment) and you can learn more by visiting our website at: <http://www.storysgarden.com/one-project>

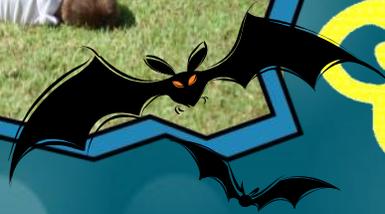


Sunshine News!

Ashley McIntyre welcomed a new baby girl Reagan on 8/28. Sunshine meals were delivered by Colleen Heim, Melanie Jenkins and Amy Korenman.

Picture me this...

Picture me that.



Winter Whimsical

November 21st & 22nd

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Connect with us Socially:    

www.LilDivasAndDudes.com

mom's night out

Let's Create Art

When: Thursday, October 23rd

Time: 7pm - 10pm

Where: Let's Create Art

8111 Lakewood Main St Suite 102, Bradenton, Florida 34202

Description: I've had many requests for this so here it is! Lets get together for a night of painting, food & fun! The cost is \$22/person which includes your 16X20 canvas & all materials to paint, flatbreads (catered by Main Street Trattoria), AND a \$50 gift card toward any future party you may attend! I'm no artist but I'm excited for this one! :) Hope to see you there!

NOTE: THEY ARE HONORING THE COUPON PRICE THAT IS CURRENTLY BEING OFFERED THROUGH MULTIPLE SITES FOR OUR PARTY. NO COUPON PURCHASE REQUIRED. WE WILL JUST PAY \$22 THE NIGHT OF MNO! Great deal! :)



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Shared by Jennifer Kovatch

My pumpkin muffins are always a big hit. My kids love them, but wouldn't eat them if I called them "Pumpkin Muffins" so we call them "sugar muffins" ;)

PUMPKIN BREAD OR MUFFINS

This bread is super moist because of the "secret" ingredient of coconut milk. It's a great fall recipe and makes great gifts for holiday hosts because it stays moist for so long! Recipe makes enough for 2 loaves or 24 muffins.

- 2½ cups all-purpose flour
- 1 cup whole wheat flour
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp ground nutmeg
- 1½ tsp ground cinnamon
- ½ tsp cardamom
- ½ tsp allspice
- 2 cups packed dark brown sugar
- 2/3 cup granulated sugar
- 2 eggs
- 15-oz can (2 cups) pumpkin puree

- 1 cup vegetable oil (also can replace ½ cup of the oil with ½ cup of applesauce)
- 2/3 cup canned coconut milk
- 1 cup walnuts, chopped (*optional)

Preheat oven to 350°F. Grease and flour two 8x4 inch loaf pans (or line muffin tins with liners).

In a large bowl sift the flours, baking soda, salt, nutmeg, cinnamon, cardamom and allspice. In another bowl, using an electric mixer, combine the brown sugar, white sugar, eggs, pumpkin puree, oil, margarine and coconut milk. Slowly add the flour to the wet mixture and mix until all of the flour is gone. Pour batter into the prepared pans and top with chopped walnuts, if desired.

If making bread, bake for 1 hour and 15 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and cover loaves with foil tightly. Allow to steam for 10 minutes. Remove foil and turn out onto a cooling rack. Tent lightly with the foil and allow to cool completely.

If making muffins, bake for 15-20 minutes. Allow muffins to cool in the pan for 10 minutes, then cool completely on a cookie rack.

Cute kid's
quote...

-Reese: "Hey Mom, did you see the chalk drawing I did on the driveway of the Earth? And look, I even put the sticking-out place where we live!" (Florida :)) From Rebecca Gurski

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Cute kid's
quote...

From Shelly Bishop:

-My daughter (Abby, 4) told me last night that her Kindle was getting warm because it's a "Kindle Fire" .

Double Chocolate Pumpkin Cookies

(adapted from [Mel's Kitchen Cafe](#))

Makes about 2 dozen

- 1 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/16 teaspoon ground cloves
- 4 ounces semisweet chocolate (I just used chocolate chips)
- 1/2 cup (1 stick) butter, cut into large pieces
- 1 1/2 cups sugar
- 1/2 cup pumpkin puree
- 2 teaspoons vanilla



- Preheat oven to 325 degrees.
In a small bowl, whisk together flour, cocoa powder, baking soda, salt, cinnamon, nutmeg and cloves. Set aside.
- In a small saucepan (or in a microwavable bowl) over low heat, melt the chocolate and butter together until smooth. Don't let it burn. Set aside to cool for a couple of minutes.
- While the chocolate cools, use the attachment paddle on a stand mixer to beat together the sugar, pumpkin and vanilla. Add the chocolate mixture and mix until combined. Add the dry ingredients and beat until evenly mixed.
- Line a baking sheet with parchment or a silicone liner ([I use this one](#)), and scoop golf ball-sized balls onto the cookie sheet, leaving about 2 inches of space between each one (they spread a lot).
- Bake for 12-14 minutes, until the edges look dry and the tops are cracked. Let cool for 10-15 minutes on the cookie sheet before transferring them to a rack to cool completely.

School Happenings

Braden River Elementary

October 22nd: Fall Make-up Picture Day
October 23rd: Conference Night from 5:00PM-7:00PM
October 25th: Trunk of Treat from 5:00PM-7:00PM
October 30th: Walk-A-Thon

Gullett Elementary

October 7th: Fall Picture Day
October 9th: Menchie's Spirit Night
October 10th-13th: Preview of Scholastic Book Fair
October 13th-16th: Scholastic Book Fair

McNeal Elementary

October 13th: family Night at PDQ from 5:00PM-8:00PM
October 16th: PTO meeting from 2:00PM-3:00PM
October 16th: SAC meeting from 5:45PM-6:30PM
October 17th: Fall Harvest Dance (costume party) from 6:30PM-8:30PM

Wakeland Elementary

October 23rd: Student of the Month starts at 11:00AM

Willis Elementary

October 8th: Dress Down Day \$2
October 9th: Jumpin Fun Sports for 2nd and 3rd grades \$9
October 13th: MNO at Let's Create Art from 7:00PM-10:00PM
October 16th: Walk-A-Thon Brainstorming Session from 1:30PM-2:30PM
October 22nd-26th: Book Fair
October 22nd: SAC meeting starting at 6:00PM
October 25th: Donuts with Dads from 7:30AM-8:30AM
October 29th: Spirit Night at Freddy's from 5:00PM-11:00PM

Witt Elementary

October 9th: Otis Spunkmeyer Kick-Off Night
October 9th: Spirit Night at Jumpin Fun Sports from 6:00PM-9:00PM
October 23rd: Spirit Night at Chick-Fil-A

Braden River Middle School

October 7th: Post-Secondary Education Night at Manatee High School from 6:00PM-8:30PM
October 23rd: Jumpin Fun Sports Spirit Night from 6:00PM-9:00PM

Nolan Middle School

October 1st: Last day of Book Fair
October 26th: NJHS' Haunted House from 6:00PM-10:30PM

Rowlett Academy of Arts and Communication

October 2nd: Picture Day
October 7th: Kids' Bank Grand Opening
October 9th: RRR Assembly

Imagine School of Lakewood Ranch

September 29th – October 3rd: Book Fair Week
Book fair special: purchase \$15.00 or more in books and receive a gift certificate to a local eatery
October 1st: Book fair open from 7:30AM-4:00PM
October 2nd: Open House and Book Fair Night from 5:00PM-7:00PM with Top Dog Food Truck and Lizzie's Cakes on hand to sell goodies while you shop!
October 3rd: Book Fair open from 7:30AM-2:00PM

Classical Academy of Sarasota

Afterschool Clubs are open to the public: Chess, Latin, Volleyball, Soccer, Math, Basketball, & Golf for students ages K-12
Afterschool Art Classes also opened to the public for students Pre-K-12

Out Of Doors Academy Lower School

October 1st&2nd: Lower School Book Swap
October 9th: Pep Rally
October 10th: Homecoming Family Picnic starting at 5:00PM
October 16th: Flu Clinic from 3:00PM-5:00PM
October 22nd: Ident-A-Kid from 8:00AM-9:00AM
October 27th: Caring Kids Club from 3:30PM-4:30PM
October 31st: Lower School Halloween Parade and Parties starting at 2:30PM

Out of Door Academy Middle and High School

October 3rd: Middle School Service and Beach Day from 10:00AM-3:00PM
October 6th-10th: Homecoming Week
October 10th: Homecoming Pep Rally at 2:00PM and game at 7:00PM
October 11th: Homecoming Dance
October 15th: PSAT Exam
October 15th, 16th & 18th: Dessert Theater – Student Directed Play at 7:00PM
October 18th: UNICEF Recital at 2:30PM
October 22nd: Art Under the Banyan from 7:45AM-8:15AM
October 23rd: Parent conferences – NO SCHOOL
October 31st: Middle School Pumpkin Carving from 2:00-3:00PM

Tabernacle School

October 18th: "Knights Classic" Golf Tournament
October 24th: Fall Fest
October 28th: Knight Breakfast at 7:30AM
October 31st: Night of Light

St. Marthas Catholic School

October 3rd: Parents Coffee at 7:45AM
October 4th: Interactive Dinner at Michael's on East at 6:30PM
October 15th: Picture Re-Take Day
October 23rd: School Board Meeting at 6:30PM
October 24th: Spirit Day

Lakewood Ranch Moms Group, Inc. - Advertise with Us!

Hello, and thank you for your interest in advertising with the Lakewood Ranch Moms Group, Inc. We currently have two options for advertising with our club. You can advertise by placing an ad in our Newsletter, or you can advertise by sponsoring an Event which includes an advertisement within our Newsletter.

Newsletter Advertising:

Our monthly newsletter is mailed and/or emailed to over 100 Moms Group members each month. We also provide complimentary copies to many businesses around Lakewood Ranch. In addition, a copy of the newsletter is provided to all new residents moving into Lakewood Ranch. We also post our newsletter on our LWR Mom's Group website, www.lwrmomsgroup.com. Below, you will find a list of available ad sizes, along with the price and dimension of each full color ad:

- Business card ad - \$30.00/month 3.5" x 2.5"
- Quarter page ad - \$50.00/month 3.75" x 4.875"
- Half page ad - \$75.00/month 7.75" x 4.875"
- Full page ad - \$100.00/month 7.75" x 9.75"
- (There is a 10% discount if you choose to pay for one year of advertising.)

Event Sponsorship:

The following Moms Group events are available for sponsorship: the Spring Fling, Summer Luau, Halloween Extravaganza, or Sunday with Santa. There are different levels of sponsorship available, and the details of each level are listed below. They are:

Platinum Sponsorship (\$600)

- Full page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$600.00 value]*
- Opportunity to write one article for the newsletter
- Exposure at the event (table or banner, opportunity to raffle a door prize, create an activity with your product for the children to do, etc.)
- Exposure at Meet & Greet or monthly meeting and/or mom's night out or kid's outing**

Gold Sponsorship (\$350)

- Half page advertisement for 4 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 4 months after the event date). [\$300.00 value]*
- Opportunity to write one article for the newsletter
- Exposure at the event (table or banner, opportunity to raffle a door prize, create an activity with your product for the children to do, etc.)

Silver Sponsorship (\$150 minimum)

- Quarter page advertisement for 4 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 4 months after the event date). [\$200.00 value]*
- Opportunity to write one article for the newsletter

Bronze Sponsorship (\$75 minimum)

- Business Card advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$90.00 value]*
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

All sponsorships include recognition as a sponsor on all promotional items including, but not limited to, the event's flyer and posts on our public and private Facebook pages.

*Packages can be adjusted to provide additional advertising and/or sizing upgrades.

**Platinum sponsorship includes opportunity to be a guest speaker at a member meet and greet or monthly meeting. Another option could be to provide a coupon or door prize to use at one of these events. In addition that opportunity or, in lieu of, your establishment could be utilized for a mom's night out or a kid's outing. For example, we can schedule a dinner for the moms at your restaurant or a special class for children at your gym.

To get the most out of your sponsorship, we recommend you begin discussing the details with our president at least two months prior to the event so your logo/name can be included on all of the advertisements when we begin getting the word out for the event.

We look forward to working with you! If you have any questions, or need any further information, please feel free to contact us:

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