

Mommy's Time Out

November 2015



Lakewood Ranch

MOMS
GROUP

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Thanks to our contributors this month: Abbey Terlescki, Jenn Otterness, Jennifer Kovatch, Jill Bennett, Karen Moore, Laurel Johnson, Leslie Toscano, Lisa O'Driscoll, Melinda Hierholzer, Stacey Burge, Tara Sambuca-Duarte, Tracie McHugh and Victoria Cobb

LETTER FROM OUR PRESIDENT

Hi Moms!

So it's that time of year again. The holiday hustle and bustle seems to officially begin with Halloween and it doesn't seem like anyone slows down until the kids are back to school in January. We continue to have a steady stream of new members each month, so if you are one of them - welcome! Please don't be concerned if you don't see as much on our calendar in the next couple of months. We tend to be a little less active through the holiday season just because our members are so extremely busy doing what they do best - being awesome moms and making special memories with their kiddos!

That being said, our biggest party of the year is fast approaching! Our Sunday with Santa event is HUGE and totally worth all of the excitement. And while it does center around each family's personal visit with Santa, please don't feel like you have to celebrate Christmas to attend! We have crafts, activities, mini makeovers for the kids, great food and a full bar for the parents. It's by far our most popular event of the year.

I personally am especially excited about this holiday season because my eldest is now the age where he can really appreciate everything that's going on. I'm going to do my best to appreciate every special moment with my littles, and I wish the same for you!

Best,

Jill

A Warm Welcome To Our Newest Members



Nikki Olarsch
Simi Ranajee
Megan Wells
Mandy Hodges
Tiffany Blake

Elizabeth Junco
Lindsey Renteria
Alisha Pavacich
Sherrie Loria
Erin Riegal
Allison Birdsall

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Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.



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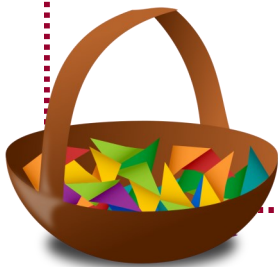
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Community Service News

There will be a raffle to benefit Mothers Helping Mothers during our Sunday with Santa party.

No need to be at the party to win! Keep an eye out for what is being raffled and how to buy raffle tickets



Preschool Picasso

Thanksgiving Craft

Thursday, November 4th
@3:30PM

Adventure Park \$3/child
and a can of food for the
Food Bank



Free Play at PlayAway

Friday, November 20th
from 4:30-5:30PM

These fill up really quickly so be on the lookout on our Facebook page for the event to appear!



We hope to see you on
Tuesday, November 10th

10:00AM to chat

10:30AM class starts

\$6/family

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MOMS NIGHT OUT

WEDNESDAY, NOVEMBER
11TH

AT 6:30PM

CARMEL KITCHEN



Dad's Day Out!

Enjoy some football,
beer and bar food with
the guys

World Of Beer

Sunday, November 22nd
at noon

Keep an eye out for a coordinating
playdate on our Facebook page
for the moms!



KIDS OUTING

AT THE COOKIE COTTAGE

THURSDAY, NOVEMBER
12TH AT 4:00PM

\$9.00/CHILD





Monthly Meeting

November 9th at
Adventure Park

Kids are welcome. A craft
will be provided.



November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Preschool Picasso 3:30PM	5 3rd Annual Dog Walk for Epilepsy @5:30PM	6	7 Holiday Vendor & Craft Show 2PM
8 Bowls of Hope @11AM	9 Monthly Meeting Adventure Park 3PM	10 Fun to Be Fit 10:30AM	11  MNO Carmel 6:30PM	12 Kids Outing Cookie Cottage 4PM	13	14 Holiday Faire Waldorf School 2-8PM
15	16	17	18 Book Club 7PM	19 Game Night 7PM	20 PlayAway Free Play 4:30PM	21 Mixon Harvest Festival 9AM
22 Dad's Day Out 12PM	23	24	25	26 	27	28
29	30					

RECIPE BOX

Why not try some new Thanksgiving traditions this year with these festive recipes!

Pumpkin Dessert Squares

Preheat Oven to 350

Bottom Layer:

1-18 ½ ounce pack yellow cake mix—
reserve 1 cup for Top layer

1 egg

½ cup melted butter or margarine

Grease the bottom of an oblong cake pan.

Making sure you've saved 1 cup of cake mix, combine the remaining cake mix, butter and egg. Press this mixture in pan.

Middle Layer:

1 lb. or 14 oz. can pumpkin (not puree or pumpkin pie mix)

2 eggs

2/3 cup milk

Mix the above three ingredients until smooth and pour over unbaked crust.

Top Layer:

1 cup reserved dry cake mix

¼ cup sugar

1 teaspoon cinnamon

¼ Cup butter (Do Not Melt)

Combine above 4 ingredients to make crumbs and sprinkle over the top.

Bake at 350 for 45-50 minutes.

Makes approximately 28-32 1-1 ½" squares



Morton's Copycat Brussels Sprouts

Serves 2 to 4

24 ounces of brussels sprouts

(trim off the brown stem)

1 gallon water

(for blanching)

½ cup table salt (to add to the blanching water)

4 ounces shallots peeled and julienned
(1/8 inch thin)

4 ounces bacon sliced into 1 inch strips

2 ounces butter, unsalted

Salt, "to taste" approx ½ tsp

Pepper, white ground "to taste" approx ¼ tsp

After removing the brown stem from the sprouts, blanch the brussels sprouts in the 1 gallon of boiling water with 1/2 cup of table salt added. When done, the sprouts should be cooked completely through but still firm. Approx 6 to 9 minutes

When sprouts are ready, immediately shock them in an ice bath to stop the cooking. When the sprouts are completely cooled, remove from the ice bath allow them to drain and reserve. Slice the sprouts in half lengthwise. Place a large sauté pan over medium heat Add the cut bacon to the pan and cook until fairly crisp, approx 3 - 1/3 minutes. Remove the pan from the heat and allow to cool for approximately 2 minutes. Add the butter to the bacon making sure that the pan is not so hot as to burn the bacon. When the butter has melted, return the pan to the flame (medium heat) and add the shallots and the brussels sprouts. Sauté for approximately 4 minutes, tossing frequently so the shallots and bacon do not burn. Season with the salt and pepper, taste a sprout to adjust the seasoning. Place in a warm serving dish and serve immediately.



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SCHOOL HAPPENINGS

Manatee County Public Schools

November 11th—No School (Veterans' Day)

November 20—Early Release (Elementary Only)

November 23-27—No School (Thanksgiving Break)

Braden River Elementary:

November 9-13—Book Fair

November 11—Picture Retakes

November 19—SAC/PTO Meeting

Freedom Elementary:

November 2-12—Troop Collection Drive

November 3—Honor Roll Assemblies

November 12—Freedom Courtyard Ceremony (9:00-11:00 a.m.)

November 16-20—American Education Week

November 17—PTO Meeting (6:30 p.m.)

November 30—SAC Meeting (6:00 p.m.)

November 30-December 4—Book Fair

Gene Witt Elementary:

November 4—Spirit Day at Menchie's

November 5—SAC/PTO Meeting (6:00 p.m.)

November 10—Spirit Night at Wolves Head (5:00 – 9:00 p.m.)

November 19—Staff Appreciation Lunch

November 20—Eagle Spirit Day (Western Wear)

Gullett Elementary:

November 1-13—Canned Goods Collection for Salvation Army

McNeal Elementary:

November 3—Teachers' Helping Hands (8:45 a.m.)

November 4—School Store Open (8:00 a.m.)

November 6—Runners Club (7:50 a.m.)

November 9—Gator Incentive Show (Cookie Dough Sales Reward)

November 13—Runners Club (7:50 a.m.)

November 14—Fall Festival (10:00 a.m.)

November 17—Mini Golf/Limo Ride (Cookie Dough Sales Reward)

November 19—SAC/PTO Meeting (5:45 p.m.)

November 20—Runners Club (7:50 a.m.)

November 30—Chik Fil A Spirit Night

November 30-December 4—Holiday Shop

Rowlett Academy:

November 2-3—Effort Honor Roll Assemblies

November 4-5—Veterans Assemblies

November 6—Veterans Day Recognition

November 7—Gala

November 13—Otis Limo Ride (Fundraiser Reward)

November 17—Picture Retakes

November 18—DEAL Time

Wakeland Elementary:

November 10—Class Pictures and Fall Retakes

Willis Elementary:

November 4 & 11—Runners Club (7:30-8:15 a.m.)

November 4—Dress Down Day

November 6—PTO Meeting (2:00 p.m.)

November 11—Runners Club (7:30-8:15 a.m.)

November 16—SAC Meeting

November 18—Runners Club (7:30-8:15 a.m.)

Private Schools

The Classical Academy:

November 5—TCA Lecture Series: (6:30-8:00 p.m.)

November 17—PIE Night-Giving Gifts & Starting Traditions with a Purpose

November 23-27—No School (Thanksgiving Break)

Out of Door Academy:

November 2—No School

November 3—Sweets for Soldiers/Salvation Army (LS)

November 3—Caring Kids at All Faiths Food Bank

November 4—Sophomore College Information Night

November 11—Fifth to Sixth Grade Transition Event

November 11—Veterans' Day Assembly (2:30 p.m.)

November 11-14—Fall Theatre Production (7:00 p.m.)

November 12—Fifth to Sixth Grade Transition Event

November 13—Middle School Social (7:00-9:00 p.m.)

November 14—Thunder Fun Day (11:00 a.m.-3:00 p.m.)

November 16—Caring Kids on Campus

November 18—Preparing for the Next Four Years-8th Grade Parent Program (7:30-8:30 p.m.)

November 19—Senior Retreat

November 20—Lower School Thanksgiving Feast

November 20—Lower School Turkey Bowl

November 23-27—No School (Thanksgiving Break)

St. Joseph's Catholic School:

November 4—Mass

November 5—Picture Retake

November 13-15—Carnival

November 14—Eagle Classic Fun Run

November 18—Mass

November 20—Science Fair

November 25-27—No School (Thanksgiving)

St. Stephen's East:

November 4—School Pictures

November 6—No School

November 13—Parent Book Group (8:00 a.m.)

November 14—Gala at Polo Grill

November 20—Grandparents Day

November 23-27—No School

Tabernacle Christian School:

November 4—PVO Meeting (8:15 a.m.)

November 4—Kona Ice (2:45-3:30 p.m.)

November 9—Special Veterans' Day Chapel (9:00 a.m.)

November 11—Chick-Fil-A Breakfast

November 11—Picture Retakes

November 12-13—No School (FLOCS Conference)

November 18—Kona Ice (2:45-3:30 p.m.)

November 20—Heritage Day Feast

November 20—Noon Dismissal

If you have questions regarding any schools listed or would like to see more schools included, please contact Susan Meyers at lwrmschoolambassador@yahoo.com.

SCHOOL HAPPENINGS

Preschools

Little Ranchers:

No special events

The school does have openings in the 2 and 3-year old classes and are interested in opening a class for children 18 mos. and up.

Sprouts:

November 11—No School (Veterans' Day)

November 18-20—classroom Thanksgiving feasts

November 23-27—No School (Thanksgiving Break)

All God's Children

Goddard School

Kiddie Academy

Kids R Kids

Primrose:

No information available

Mini Mustangs (VPK Program at LWR High School):

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MYTHS OF HEALTHCARE

“Obamacare is a health insurance *plan*.”

- **Nope**

- The Affordable Care Act (aka Obamacare) is merely a set of standards that Insurance Companies must use when creating plans. You still buy a plan from a recognized national insurance carrier.



“Using an agent will cost me more money.”

- **Wrong**

- Whether you use an agent, go directly to the insurance carrier or call healthcare.gov yourself all of plans and prices are the *same*.



“My spouse and children must take our group plan benefits.”

- **Incorrect**

- Even if you are offered a group plan through an employer you do *not* have to take it. In fact, comparing marketplace plans and prices may provide you with better benefits and a cheaper premium.



**Baby Jakub
says...**



On the next page my daddy will tell you how he can help your family.

IMPORTANT DATES

November
1st

Open
Enrollment
Starts

We call you to
start the process

December
15th

Deadline for
Jan. 1st plan
start date

Is your plan in
place yet?

January
31st

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SCHOOL SPOTLIGHT

All God's Children Preschool

All God's Children is a private, non-profit, preschool proudly providing high quality early childhood education to families in Lakewood Ranch and surrounding communities for over 15 years. Our teachers and administrators are specifically trained and educated in early childhood development. We offer programs designed for children ages 18 months – 5 years of age.

Our program is strongly committed to providing a safe and nurturing environment that promotes the physical, social, emotional and cognitive development of young children. We believe that children learn best through a planned, active, hands-on approach to early education. Our classroom environments and activities are designed to stimulate imaginations while teaching math, language and critical thinking skills.

Our curriculum offers a balance of child directed and teacher directed activities that work together to achieve specific academic and social goals. Each day the children are given the opportunity to rotate through a variety of fun, developmentally appropriate centers that encourage and inspire children to learn through exploration, interest and discovery. Our class planned, planted and maintained Earth box Gardens and Butterfly Garden promote an appreciation for nature, physical activity, and cooperation. The gardens also provide countless opportunities for reasoning/discovery, self-confidence and the promotion of good nutrition.

While All God's Children believes foremost in the importance of establishing positive social and emotional development in the preschool environment, *The Florida School Readiness Performance Standards* are incorporated seamlessly throughout our program with great success.

Our small class sizes allows our teachers to target key academic skill areas that require more specific guidance and instruction in a non hurried and encouraging way while identifying and addressing the children's individual needs and learning styles.

All God's Children is located at 11107 Palmbrush Trail in Lakewood Ranch. For more information on any of our programs or to take a tour of our school, please call Jeri or Erin at 739-2776 or email us at agc@livinglordfl.org.

School Hours: 9:00-1:00

Our calendar follows the Manatee County School calendar from September-May

Tuition Rates for AGC:

T/TH classes: \$250.00 per month

M/W/F classes: \$275.00 per month

M-F classes: \$480.00 per month

AGC offers a Summer Camp Program for 7 weeks during the summer months.

SHE'S CRAFTY

Guy Fawkes Day



In 1605, thirteen young men planned to blow up the British Houses of Parliament. Among them was Guy Fawkes, Britain's most notorious traitor. To carry out their plan, the conspirators got hold of 36 barrels of gunpowder - and stored them in a cellar, just under the House of Lords. A warning letter reached the King that this was going to take place, and the King's forces made plans to stop the conspirators. On the night that the Gunpowder Plot was foiled, on November 5th, 1605, bonfires were set to celebrate the safety of the King. Since then, November 5th has become known as Bonfire Night. The

event is commemorated every year with fireworks and burning effigies of Guy Fawkes on a bonfire. Create your own firework art by making your own scratch art paper!

Materials:

- white card stock cut into postcard-size pieces (roughly 4" x 6")
- Oil pastels
- painter's tape
- small roller brush or paintbrush
- black tempera paint and a little dish soap
- shallow bowls
- toothpicks, forks or other items to scratch with



What to do:

Cover the surface you are working on since this is a messy project! Tape the backs of your cards to the work surface so they don't move too.

Using painter's tape, mask off the edges of each postcard.

Cover the entire postcard with crayon. This is an important step. You can either use one color of pastel or multiple colors. I recommend using a few colors so you've got lots of fun colors to make your fireworks with!

Mix the paint with a little dish soap. The soap helps the paint adhere to the oil pastels. Pour into a shallow bowl.

Using your roller brush, cover the entire card with the paint-soap mixture. Let dry.

Repeat with additional coats as necessary until the entire surface is covered. Let dry completely.

Peel the tape off the cards carefully so as not to rip the card stock. When the cards are finished, scratch them using toothpicks, chopsticks, forks, etc. to make drawings.





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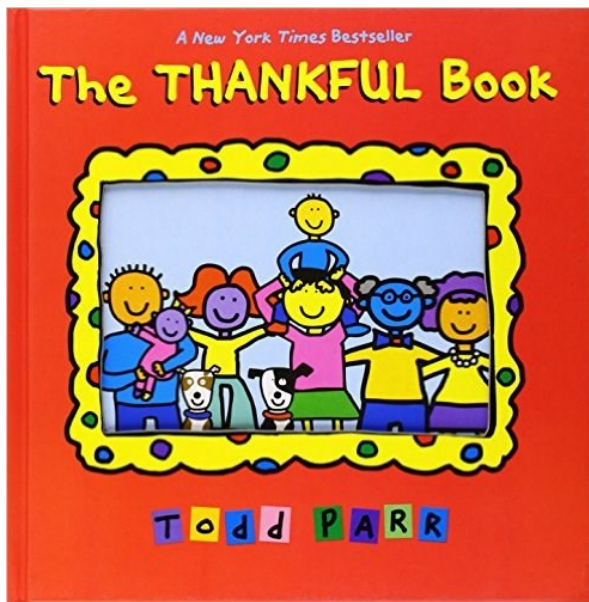
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KIDS' BOOK CLUB

Giving Thanks



The Thankful Book celebrates all the little things children can give thanks for. From everyday activities like reading and bath time to big family meals together and special alone time between parent and child, Todd inspires readers to remember all of life's special moments.

After reading through the story, ask your children to share with you what moments in their days that they are thankful for. Create a thankful wreath and tree made from handprint leaves with the things they are thankful for. This way, the kids can show what they are thankful for. Select 26 things that they are thankful for (or leave them blank and fill them out daily) and place the handprints on the wreath. Each day, move a handprint to the Thankful tree that can be used as a centerpiece during Thanksgiving dinner!



Trace their hands, hot glue clothespins or simply tape down the handprints along a poster board wreath cutout.



Ok, so this picture isn't exactly right, but it gives you the idea! Move their handprints to the tree branch and either clip or string them on.

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does with this book at
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HEALTHY MAMAS

WOD for Warriors



Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. On Veterans Day and Memorial Day, gyms across the nation participate in WOD with Warriors, a functional fitness tribute workout. WOD with Warriors supports Team Red, White and Blue through donation collections and awareness of their mission to enrich the lives of America's veterans.

So what is WOD for Warriors? First, let's have a quick history lesson: on the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War. This Armistice Day was later re-named to Veterans Day. At exactly 11 a.m., each November 11th, a color guard, made up of members from each of the military branches, renders honors to America's war dead during a ceremony at the Tomb of the Unknowns in Arlington National Cemetery.

And how does WOD for Warriors bring awareness to Veterans Day? The workout's 11-based rep scheme represents the rich history of Veterans Day. Included in the workout are also two-minutes of rest/reflection which represents this moment of silence at the Tomb of the Unknowns. The 1st round of work represents Veterans of wars past, and the 2nd round of work represents Veterans of present and future wars. The workout consists of modified versions of classic military exercises that are meant to help connect Veterans and the greater community to connect after the accomplishment of shared hardship during this WOD.

Go online and locate a gym nearby or take some time out of your busy day to complete the workout on your own! Learn more about the exercise, the program and how to make a donation by visiting <http://www.teamrwb.org/get-involved/wodwithwarriors>

WHAT WE'VE BEEN UP TO

Sunshine News!

Congratulations to Kelly McDonald and her family on the birth of their baby girl, Sylvia Marie McDonald, who was born on October 10th! Thank you all who volunteered to deliver sunshine meals to Kelly and her family. A special thanks also to all who brought meals to Jennifer Kovatch and her family while Jen was recovering from her surgery. And finally, a huge thank you to all who brought meals to the Moore Family in October. Thank you all for all your help, time and effort in delivering meals to all of these families. You all are the best!



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Community Service Update

This month, the moms participated in a volunteer day sorting clothes at Mothers Helping Mothers. In addition to providing the charity with some extra helping hands, the moms had time to connect with one another and have some great chats while working!

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Kids had fun at the Preschool Picasso event last month where they decorated pumpkins with silly faces!



Our Halloween party was super fun! Lil' Divas and Dudes did funky hairstyles, Spotlight Amusements provided us with a bounce house and Insurance Consultants of Florida, Inc had temporary tattoos, games and treats for our kids. We also had fun popcorn snacks, pumpkin hockey, ghost bowling and a fun craft where the kids painted pumpkin and ghost luminaries.

Learn more about advertising or sponsoring opportunities with the Lakewood Ranch Moms Group on our website:

www.lwrmomsgroup.com



Kids Outing to Hunsaders and Fruitville Farms were festive!
Moms Night Out at Brio was a well deserved break.



Which of our members is this a picture of as a child?

Take your guess [online!](#)



McKinley's Corner



As mentioned in last months newsletter, we were preparing for a rough October & November. While I was pleasantly surprised at how great she tolerated everything the first two weeks of this new phase (which started Oct 2) I was equally surprised at how fast she started feeling bad. So much so that I really thought something else was wrong with her but one of her oncologists assured me it's just all the chemo & steroids & meds having their effect on her. To say these past two weeks have been mentally, emotionally & physically charged is an understatement. But in true McKinley fashion, she is fighting through it all. Friday Oct 23 is a date that I'll never forget. We had to do the dreaded & shave McKinleys head. Her hair started falling out Wednesday night (her ponytail came out in my hand when I was getting her ready for bath) & from that point forward it just didn't stop. Shockingly, she giggled when she saw herself in the mirror. I was doing the complete opposite of giggling in another bathroom. I think she was thankful that it was gone. She was getting really frustrated with it getting in her mouth, all over her clothes, on her sheets, etc. We have had so many appointments this month it's been crazy & the craziness is about to get worse as she'll be going Monday, Tuesday, Wednesday, Thursday (has Fri-Sunday off) & then again that same

schedule the next week. The meals you ladies have provided have been SUCH a blessing to our family. It's one less thing I have to think or do & we truly can't express our gratitude enough. We also had an awesome turnout to the blood drive at the YMCA & although McKinley & myself couldn't attend as it was a long treatment day that Friday, I received the donor list & was humbled by the generosity of you all. Thank you all for everything. Please continue praying for our sweet girl.

- The Moore Family



Lakewood Ranch Baptist Church is having
a MOPS (Mother's of Preschoolers)
interest meeting on
Wednesday November 18th
from 10am-11am.

If you have children from birth through 5
years of age, this group might be for you!



Sunday with Santa

Sunday, December 6th

3:00PM-7:00PM

Lakewood Ranch Country Club

JOIN US FOR THIS WELL-LOVED, MAGICAL TRADITION. EACH CHILD WILL HAVE A MOMENT WITH SANTA TO RECEIVE THEIR FIRST GIFT OF THE SEASON & SHARE WITH HIM THEIR WISHES FOR CHRISTMAS MORNING.

HAIRSTYLING AND TOUCHUPS PROVIDED BY

LIL' DIVA AND DUDES

REINDEER GAMES ON THE LAWN COURTESY OF

LAKWOOD RANCH OBGYN

COOKIE DECORATING, CRAFTS, HOT & COLD HORS D'OEUVRES,
& A CASH BAR TOO!

PER THE CLUBHOUSE DRESS CODE, NO JEANS ON CHILDREN OR ADULTS. WE USUALLY RECOMMEND THAT YOU WEAR WHAT YOU'D WEAR DURING A HOLIDAY FAMILY PHOTO. THE LAWN IS GREAT FOR PHOTOS!

RSVP BY SUBMITTING PAYMENT THROUGH OUR WEBSITE

BY SATURDAY, NOVEMBER 21ST

DROP OFF GIFTS BY DECEMBER 4TH

TO EITHER TRACIE OR JILL'S HOME

(SEE FACEBOOK FOR ADDRESSES)

\$15 MAXIMUM ON GIFTS, PLEASE.

GIFTS MUST BE LABELED

WITH THE CHILD'S FIRST AND LAST NAME