



# YMCA BUZZ

October 2013

## This Month's Top Stories

### Nature Walk

On Thursday October 17<sup>th</sup>, our Toddler and Preschool rooms will be going on a nature walk around Porcupine Lake. After the nature walk, the South Porcupine Volunteer Firefighters will meet the Toddlers and Preschoolers at the boat launch to show them their fire truck. For a fun experiment at home, give your child an old sock to wear over his/her shoe when they go on the nature walk. When they get home, spritz

### Trick-or-Treat!

We will be taking our Toddler and Preschool rooms to the Timmins Square on Thursday, October 31<sup>st</sup> to go Trick-or-Treating. Parents are welcome to join!



## Upcoming Events

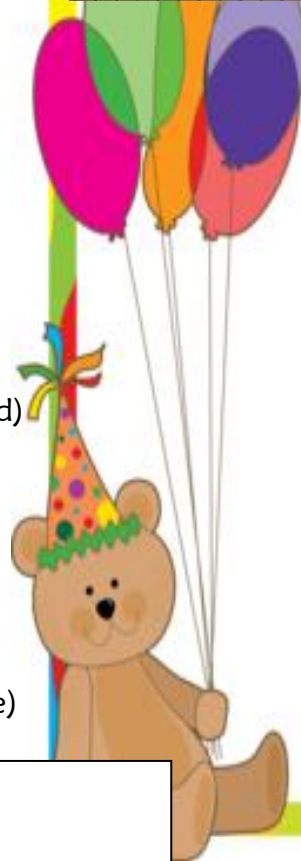
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27	28	29	30	31		

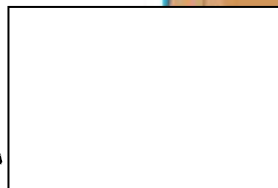
- October 11<sup>th</sup>- P.D. Day
- October 14<sup>th</sup>- Thanksgiving(YMCA closed)
- October 17<sup>th</sup>- Nature walk
- October 29<sup>th</sup>- Backwards Clothes Day
- October 30<sup>th</sup>- Picture retakes
- October 31<sup>st</sup>- Halloween (Trick-or-Treating at the Timmins Square)

## Birthdays

- October 5<sup>th</sup>: Benjamin W.
- October 6<sup>th</sup>: Griffyn C.
- October 15<sup>th</sup>: Sophie M.
- October 17<sup>th</sup>: Parker V. Quinn R.
- October 20<sup>th</sup>: Alexa J.
- October 28<sup>th</sup>: Carter N.



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Connor B.

“A skeleton”

Kathleen S.

“A monster”

Kylee C.

“Batgirl”

### Did You Know?

35 million pounds of candy corn is produced each year. That is enough candy corn to circle the moon 21 times!

The last time there was a full moon on Halloween was in 2001. There won't be a full moon on Halloween again until 2020.

### Backwards Clothes Day

It used to be popular belief that if you wore your clothes backwards and walked backwards on Halloween, you would meet a witch. In recognition of this old superstition Tuesday, October 29<sup>th</sup> will be “Backwards Clothes Day”!

## Recipe of the Month: Pumpkin Muffins

### Ingredients:

- 4 eggs (see below for egg substitutes)
- 2 cups sugar
- 1 ½ cups oil
- 14 ounce can pure pumpkin
- 3 cups flour
- 2 tablespoons cinnamon
- 2 teaspoon baking soda
- 2 teaspoon baking powder
- 1 teaspoon salt

### Instructions:

- Preheat oven to 400° F
- In a bowl, beat eggs lightly. Add sugar, oil, and pumpkin, mix thoroughly.
- Add flour, cinnamon, baking soda, baking powder, and salt and blend until smooth.
- Pour batter into muffin tins and bake for approximately 15 minutes. Yields approximately 27 muffins.

Here are a few different options for egg substitutes:

¼ cup applesauce = 1 egg      ¼ cup yogurt = 1 egg      ½ pureed banana = 1 egg  
 1 tablespoon flaxseed + 3 tablespoons water = 1 egg

The YMCA is now offering a FREE Friday night Youth Drop-In. Youth in grades 5, 6, 7, and 8 are invited to join us every Friday from 6:00-8:00pm. For more information please contact the main office at 705-360-4381