



YMCA BUZZ

October 2013

This Month's Top Stories

Nature Walk

On Thursday October 17th, 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, snip it off.~~

Upcoming Events

what grows!

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

October 11th- P.D. Day

October 14th- Thanksgiving(YMCA closed)

October 17th- Nature walk

October 29th- Backwards Clothes Day

October 30th- Picture retakes

October 31st- Halloween
(Trick-or-Treating at the Timmins Square)

Trick-or-Treat!

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



Birthdays

October 5th:
Benjamin W.

October 6th:
Griffyn C.

October 15th:
Sophie M.

October 17th:
Parker V.
Quinn R.

October 20th:
Alexa J.

October 28th:

you goin

as for Ha



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 29th 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:

1/4 cup applesauce = 1 egg 1/4 cup yogurt = 1 egg 1/2 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