



Goldstream Preschool News

October 2011



Dates to Remember

General Meeting

Wednesday October 12
7pm at the Preschool
Daniel Hughes on relationships
Kanga Sac Orders due

Oldfield Farm Field Trip

Thursday October 13
Meet there at 12 pm

Halloween Open House

Saturday October 29
10am-12pm at the Preschool

Auction Donations Due

Monday November 7

General Meeting

Wednesday November 9
7pm at the Preschool
Kirsten Ursel on nutrition

Annual Fundraising Auction

Thursday November 17
6pm at the Loghouse Pub

General Meeting

Wednesday December 14
7 pm at the Preschool



A Message from our President

October 2nd, 2011

Is it just me, or are you also finding it hard to believe that October is upon us already? Wasn't it just the first week of September and we were getting the kids ready for the beginning of a new school year? The first month flew by, and summer is definitely over, but I'm excited for all the fall fun that lies ahead!

Yesterday was the annual preschool walk-a-thon, and what a great way it was to kick off the month of October! It was terrific to see so many preschool families at our first big event of the year, and I was proud to be a part of such a community-building fundraiser. I hope you had as much fun as we did! For our family, it was our fourth and final walk-a-thon, and we enjoyed it immensely. There was a great turnout, and it was wonderful to see friends old and new and to spend time outdoors on a beautiful fall day. My eldest was reunited with old preschool friends and I had to smile as I watched them running, hand-in-hand, along the route they'd walked together years ago. They're so much taller now! And faster! I could hardly keep up with them...

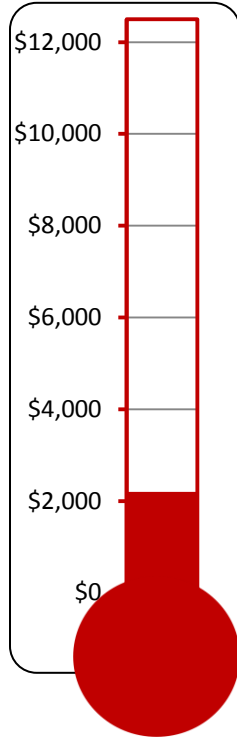
We have lots to look forward to in the months ahead, including our Halloween social on October 29th, the big fundraising auction on November 17th, *and* a visit from Santa himself at our annual Christmas supper on December 16th! These things may seem like they're a long way off, but if the speed at which September flew by is any indication, the new year will be here before we know it! I hope you (and your preschooler) enjoy every little moment between now and then.

Happy October! See you at the general,
Erin

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Fall Fundraising Update



We raised about \$2,000 at the Walk-a-Thon this year and \$175 from Veseys orders - that's 17.4% of our \$12,500 goal! Yay Goldstream Preschool kids and families!



What's Next?

Goldstream Co-op Preschool's Annual Christmas Auction*

Join us, Thursday, November 17 at the Loghouse Pub (2323 Millstream Road).

Doors open at 6pm, with the live auction from 7-9pm.

The Loghouse Pub will be open for dinner and drinks. The Auction will have a variety of great items for bidding. Come

Don't forget about:

- ❖ Kanga Sac orders due at the general meeting on Oct. 12th
- ❖ Co-op #11634
 - at Co-op Gas Station or Co-op Grocery Store
- ❖ 50/50 Draws
 - held at all general meetings

*For preschool parents, please remember that the Auction is our biggest fundraiser of the year. Every family is required to get four donations from the community (two \$50 & up, and two \$20 & up). All donations must be handed in to the preschool by Monday November 7th. After you approach a business, whether they donate or not, PLEASE write it on the list (posted outside the preschool doors). Mark it down as SOON as you talk to them so we don't ask the same businesses multiple times!

Questions? Contact Amber Lansdell

Recipes

Slime

In a glass or plastic bowl, mix together:

1 cup water
1 cup white glue
Food colouring (optional**)

In a glass or plastic cup, mix together:

½ cup water
1 tsp. borax



Add dissolved borax to glue mixture, and combine. Slime will begin to form almost immediately. Remove formed slime, place in another bowl and continue to stir, removing slime as it forms. There will be extra glue/water left over in the mixing bowl.

Store slime in a sealed container or plastic bag. Slime keeps fresh longer if stored in the fridge.

**Note: if you choose not to add food colouring, you will end up with a white slime. This makes it ideal for colouring with washable felts. This doesn't harm the felts or the slime, and the colour dissipates within a few minutes. Eventually the slime will turn grey due to felt accumulation, but it still works just as well.

Chris' Play Dough

In a mixing bowl, combine:
4 cups flour
1 cup salt
¼ cup cream of tartar

In a measuring cup, combine:
4 cups boiling water
¼ cup oil
Food colouring



Add liquid to dry ingredients, mix until combined, then dump out onto the table or counter. When cool enough to handle, knead until well incorporated. Dough should be tacky but not sticky. Add more flour if needed (I have had to add somewhere between ½ to 1 cup). Store in an air tight container.

Spider Web Party Dip

(Submitted by Mary Hendrixson – but this is a Thrifty Foods Recipe)

Prep Time: 25 minutes

Cooking Time: none

Makes: 10 servings

- 1 cup grated cheddar cheese, plus some to sprinkle around the outer edges of the dip
- 1/3 cup finely chopped red pepper
- 3 green onions, finely chopped
- 2 X 250g pkg. hard cream cheese, at room temperature
- 1 cup salsa
- 1 ripe, medium avocado, peeled and cut into chunks
- Juice of 2 limes
- ½ cup sour cream
- 2 Tbsp. sour cream
- Pinch sugar



Method:

Sprinkle the 1 cup grated cheese, red pepper and green onion into the bottom of a shallow sided dish about 10-inches wide. Place the cream cheese and salsa in a food processor; blend until almost smooth. Spoon cream cheese mixture into the serving dish; spread it out with a spatula until it touches the sides. Place the avocado, lime juice, the 1/2 cup sour cream and sugar in a food processor and pulse until smooth. Carefully spread over the cream cheese mixture, leaving 1/2-inch border. Place the 2 Tbsp. sour cream in a piping bag fitted with a small, plain tip. Pipe the sour cream in a spiral shape over the avocado mixture. Drag the tip of a sharp knife from the centre of the spiral to the edge of the dip. Wipe the knife clean. Move about 1-inch to the left or right and repeat the process. Continue until the whole dip looks like a spider web. Sprinkle outer edges of the dip with remaining cheese.

Nutrition:

Per Serving: about 302 calories, 8.8g protein, 27.6g fat (76g saturated), 6.6g carbohydrate, 1.6g dietary fibre, 76mg cholesterol, 363mg sodium. %RDI: 16% calcium, 9% iron, 28% vit A, 22% vit C, 15% folate.

Preschool families are welcome to advertise family businesses for free in our newsletter. Please send an ad. We are also open to games, activity ideas, and recipes (nut-free!) to share with other preschool families.

Goldstream Preschool Newsletter

Editor: Mary Hendrixson

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Newsletters are posted on the preschool website:

<http://goldstreampreschool.org/>

Classifieds

the **frugals**
personal shoppers
IKEA shopping trips
Once A Month

Pick up free in Westshore | Delivery Available
www.TheFrugals.ca

8X8 Bouncy castle to rent for your event

At only \$50 for the entire day this is the most affordable way to inflate your party with fun. I come to set it up and come after the event to take it down. You set the time and date. Big enough for lots of fun, small enough to fit inside when weather permits. Call Melody Burns (James in 3's mom) for more info 250-744-3134



Buy & Sell

Buhler Entertainment Console with Dimplex Electric Fireplace- FOR SALE- \$1000 obo

Don't get caught in the cold this fall! Be prepared. This high-end piece is made of solid wood and she's a beauty! "Kingsville" model in chocolate maple was purchased last year at Modern Living Furniture for \$1600. The Kingsville Credenza Fireplace is modern and perfect for small spaces. This unit features a 23" Dimplex fireplace insert (electric-so no mess!) with stainless steel trim. Great for heating small spaces and it has glass shelves and doors to display your keepsakes or to make a small bar! It also has proper cut outs for all of your cables and wires. This piece is a conversation starter...must see to appreciate. Call 250-474-3688 to arrange a viewing.

Dimensions: 54-3/4"w x 17-1/4"d x 33"h
Patti Stoke (Colton 4's class)

Fisher Price Kitchen \$30
Ages 1-3 years

Fisher Price Stack'n Surprise Sillytown \$25
Ages 6-24 months

Mary Hendrixson (Gwen V. 3's) 250-590-8943



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