

# Thanksgiving

*Ideas, How-to's, Recipes, and Tips to Help You  
Make Your Holiday Super Special (and Easy!)*



“I will refresh the weary and satisfy the faint”  
Jeremiah 31:25

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# Thanksgiving

## Tips to Keep the Stress Out of Thanksgiving Dinner



Why do people always get stressed at the holidays? Is it the rush to get everything done? Is it wanting everything to be "perfect"? Is it having to deal with family members that know how to push our buttons? Most likely it is a little of each. So how do we have a stress free Thanksgiving dinner? Here are a few simple tips to have a more enjoyable Thanksgiving dinner.

**1. Plan ahead** - While planning the Thanksgiving meal, do you plan who is going to help? Instead of doing it all yourself, recruit your family to help. Not only will the work go faster, it's more fun working together. Make a list of what needs done before everyone arrives. Give everyone something to do and assign things that are age appropriate to the children. Before you know it, the leftovers will be wrapped in foil and everyone will have had a great time.

**2. Covered dish meal** - If you are having a large group get together for Thanksgiving, divide the menu amongst all those attending. The host family can provide the main dish (turkey or ham) and the drinks. Each family brings a favorite side dish and dessert. If you want to make sure there is a variety, provide a menu and mark things off as people chose what they want to fix.

**3. Simplify** - Instead of having a huge feast, prepare a smaller meal. We all tend to overeat at Thanksgiving, so make an effort to make fewer dishes. Not only will the preparation be smaller, so will our waistlines. Another option is to prepare as much ahead of time as you can. Slow cookers can be used to make all kinds of foods,

even desserts. Many things can also be made as "freezer meals" and stored for weeks before re-heating them. The less actual cooking you need to do on Thanksgiving, the lower your stress levels will be.

**4. Family harmony** - While you can't make everyone happy, there are ways to promote a peaceful, relaxing dinner. Use place cards to put the people who tend to bicker further away from each other during dinner. This will help alleviate some of the tensions.

**5. Be thankful** - Simply taking the time to be thankful for all your blessings can reduce your stress level. Before everyone arrives, take the time to list all that you're thankful for over the last year. Have everyone share their blessings before dinner. Having a better attitude will help everyone enjoy the day more.

Stress doesn't have to ruin the holidays. If you stop to smell the turkey, and plan ahead, you can have a wonderful Thanksgiving. Planning and organization, while not great fun, can help you enjoy things later once all the guests arrive. Remember, Thanksgiving is a time for family and sweet, sweet memories!



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# Thanksgiving

## Planning Your Family Get-Together



Holidays are a great way to bring your family together. Memories will be made for your children. Start planning your family get together now with these tips.

**1. Plan your meal** – Don't wait until the week before Thanksgiving to decide what your Thanksgiving dinner will include. Start planning today.

What kind of meats will you prepare? Will everyone eat the same meat, or should you cook a couple of different kinds of meat? What sides and desserts will you fix? Planning a family dinner can be taxing if you're not careful. Be sure to plan for everyone so that nobody will go without something they love to eat.

**2. Share the cooking** – Don't try to cook the entire dinner by yourself. Ask different family members to bring something with them. Good cooks love to share their food and recipes. They'll love cooking and bringing their favorite dishes for the family meal.

**3. Decide on a time** – Don't send an open invitation with no starting time, unless you are prepared to have guests arrive at all hours of the day or not come at all—remember, guests are often pulled in many directions by extended family around the holidays. When planning your Thanksgiving meal, be sure to include what time guests should begin arriving. Family will most likely want to come early and stay late to catch up on all the latest, so make sure you stress the right time on the invitations.

**4. Make it special** –

Every family get-together is special in its own way. Make this Thanksgiving extra special by doing something different. Perhaps you might take turns going

around the dinner table and sharing what each family member is thankful for. Or maybe you could invite your

pastor and his family for dinner and have him pray a special prayer for your family. Doing something different this Thanksgiving dinner is a sure way to create warm, lasting memories that your entire family will never forget.



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# Thanksgiving

## Planning the Family Thanksgiving Meal



Ready for Thanksgiving? We are on the countdown! Are you cringing?

The family unanimously decided that you are in charge of the Thanksgiving meal this year. Can you pull it off? Yes, with a little bit of planning ahead of time, you can throw a great family Thanksgiving get together without stressing or staying busy for weeks. The key is advanced planning. Let's make it easy...

### Step 1: Make A Guest List.

It's next to impossible to determine how much food to buy and cook without knowing how many mouths you will be feeding. Contact friends and family early and request they RSVP by a certain date. Follow up with them in the weeks before Thanksgiving to make sure you know who is and isn't coming. Plan for at least 2 extra guests – more if you are entertaining a larger crowd.

### Step 2: Plan the Meal

Once you know how many guests you'll have, then the fun begins. You get to dream about food. Of course there are the old standbys like ham and turkey that you will probably be preparing, but there's so much more to a wonderful Thanksgiving meal.

First, contact family members to find out what they can each bring. That will help you to adjust your menu plan accordingly. Take note of everyone willing to bring a dish – even if they aren't

sure yet what to bring.

Make a list of Appetizers, Main Dishes, Side Dishes, Breads, Salads, Soups, and Desserts. What is missing? What would be your favorite Thanksgiving meal of all time?

Do you have anyone with special dietary requirements? Perhaps your Uncle Stan is diabetic or Aunt Sally is allergic to peanuts. Be sure to keep their needs in mind while you're planning. Try to offer some lighter, lower calorie alternatives to balance out some of the "heavier" traditional dishes.

### Step 3: The Master Plan

Once you determine what you'll be serving, it's time to break it down into manageable tasks.

Contact the people who didn't know what they wanted to bring and assign them a dish. If you're short on desserts, ask them to bring one. If you dread making mashed potatoes, see if they wouldn't mind bringing them. Anything you can't delegate will be up to you to make, of course.

Now, you know what everyone else is bringing, you can make a grocery list and a timeline of the



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◦ items you'll be cooking.

◦ Take a little time and sit down to make your grocery list. Keep recipes handy so you know exactly what you need (You will LOVE ours in this printable--peek at them!). Don't forget some of the spices you only use a few times a year (like sage). What tools (like a disposable roasting pan) are you going to need to prepare the meal? Don't forget to stock up on extra napkins and paper towels. If you are planning on using disposable table clothes, plates etc. make a list of those items as well.

Get as much done as early as possible. Did you know you could even freeze some mashed potatoes weeks in advance? It's true!

◦ Get started early on the shopping of non-perishable items for the party. Cross items of your master-shopping list as you get them.

Take time to plan! Prepare for the big day. Get ready to make sweet memories. This will be your very best Thanksgiving ever!

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With Cindy Rushton

It is November! Anybody fired up the holidays? The cold. The smell of wood in the fireplace. The cozy feel of being inside. Curling up under big, comfy quilts. Surprises! Sweet memories. AND...busyness..... Yep! Busyness! How many of you also battle with busyness during this time of year? Would you like some practical ideas that can make the most of your holidays so that this year does not just slip by? Well, join us for this show! Cindy will share some very practical help for making this year great. Just pour a big cup of Wassail or Apple Cider and get ready for some ideas sure to take the busy out of your holiday season!

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# Thanksgiving

## Avoiding Thanksgiving Stresses



Are you getting stressed just thinking about the Holiday season approaching? There are quite a few reasons why Thanksgiving may give us the jitters. From the stress caused by having to plan a 3-course meal for 20+ people to being questioned again by your aunt when you will start having kids or why you've gained 10 lbs. Fortunately, there are a lot of things you can do to reduce this kind of holiday stress. Let's destress and make this Thanksgiving the very best ever! Let's dig in...

### **TIP 1—Plan as much ahead of time as you can.**

From getting an early head count to planning the menu well in advance, you'll feel much better knowing that you have at least one part of the day under control. Really think through what you want. Make lists. Lists are your best bet to avoid getting stressed out. Keep a master list of everything you need to do, along with smaller daily to-do lists and of course grocery lists. And then of course there's the "Honey Do" list, which brings us to...

### **TIP 2— Don't do it all yourself! Ask For Help**

Get your family to help clean and get ready for the big day. They can run errands for you, help set the table, decorate and cook along side with you. That is not all! All of the cooking is not even ON YOU. Ask every guest to bring a single dish. With everyone chipping in it will quickly add up. Ask those family members and friends who are "culinary challenged", to bring some

chips, drinks, or even napkins and paper plates. Everyone can pitch in!

And, get them to help clean up afterwards. No one expects you to handle everything on your own. If you try and feel frazzled, they'll feel uncomfortable and won't enjoy the day as much. Everyone can pitch in and get it clean quick. Plus, everyone wants to be a part. So, use your help!

### **TIP 3—Are you worried about getting drilled about the same questions?**

Practice in advance how you'll answer those questions. If you know you'll get questions about weight gain or your husband's lost job, prepare yourself in advance with answers. Practice your answers to some of the questions you'll be getting. If you can repeat the answers out loud enough before the event, you'll feel more confident answering them when the time comes.

If you still feel uneasy about the event, tackle it with a friend or hang out with a likeminded family member. Or have a secret signal with your husband for "help" so he knows to come rescue you.

You are on the countdown to another special family time. Prepare ahead. Make it easy. Make this Thanksgiving your very best ever!

# Thanksgiving

## Easy (and Affordable!) Decorating For Thanksgiving



I love this time of year! I love all of the colors. I love all of the little treasures. I love all of the easy decorations. They set the stage for the Thanksgiving celebration. They beg for us to adorn our homes and snuggle in to make sweet memories!

Decorating for Thanksgiving adds an element of warmth and fun to your home. The best thing is you don't have to go overboard or put a lot of time or effort into this. Use a few of the suggestions below, add some fall colored throw pillows or blankets to your couch, light a pumpkin scented candle and your whole house will have that special Thanksgiving feel to it. It is easy AND affordable. Don't believe me? Well, here are some fun, easy, and very affordable ideas that you can use TODAY...

**Yard Display**—Decorate the front yard with a wooden scarecrow, turkey or sign. For a little color, plant a few mums, either in the ground, or in pots and planters.

**Mantle Display**—The mantle over your fire place is the perfect place to decorate for Thanksgiving. For a simple display, arrange some pumpkins or decorative gourds on the mantle along with a few candles. A fall garland or wreath is a nice touch above the mantle.

**Fall Flower Arrangement** —Stop by your local florist for some flowers in yellow or orange. Arrange them in a vase along with some greenery.

**Pumpkins and Corn**—You can make a beautiful fall arrangement by setting out some miniature pumpkins and ears of corn. Look for yellow and purple varieties of corn for an authentic Thanksgiving feel. Scatter them across your dining table, or arrange them in a bowl for a nice centerpiece.

**Thanksgiving Wreath**—Purchase or make a simple grapevine wreath and decorate it with fall leaves and miniature pumpkins. Add a nice bow and hang it on the front door. A Thanksgiving wreath is a great way to welcome your guests in.

**Display Kids Artwork**—Not only will your home be beautifully decorated, but you'll be building your children's self-esteem at the same time. Buy a few inexpensive frames and set them out or hang them on the wall. This is of course also a great way to display your child's artwork year round.

**The First Thanksgiving**—There are quite a few ways to incorporate the first Thanksgiving in your decorations. Create a small scale version of this special occasion by setting out a few figurines of pilgrims and Native Americans. Complete the scene with a small table, some turkeys and miniature trees to show that the first Thanksgiving took place outside.

# Thanksgiving

## Thanksgiving Centerpiece – Create Something Unique



Your centerpiece is the main decoration on your Thanksgiving table. Make it special with these ideas. Of course these decorations will also look stunning if you set them on a counter or the mantle over the fire place.

### •: **Fall Vegetables**

Begin with a pumpkin and gourds. Loosely arrange them on the table or mantle. Set a natural-color candle on each side of your display. Finish your free form art center piece by sprinkling colorful fall leaves all over and around your center pieces. Make sure they are not too close to the candles, of course.

### •: **Fall Leaves**

Simply find a large glass bowl and fill it with beautiful fall leaves. Set a candle on each side of the bowl to showcase the leaves. Then, cut leaf shapes out of construction paper and use them as place cards. Of course you could also press small leaves, and glue them to a plain white place card.

### •: **Floral Display of Abundance**

Make a dried floral arrangement from fall flowers. Gather some of the plastic sticks that the florists use to hold notecards. Stick them into the floral display, but put photos of the things you are thankful for in them, instead. Or, if you don't have photos, just write words on notecards and display them in the floral arrangement. Some words you may start with are "family", "friends", "food", "laughter".

### •: **Carve A Pumpkin**

Yes, you heard right, carve a pumpkin. Of course you don't want to go with the traditional jack-o-lantern design here. Instead carve some geometrical designs, or some flowers, leaf-shapes, even your initials, etc. on your hollowed out pumpkin. Add a candle inside the carved pumpkin and light it just before your guests arrive.

### •: **Pumpkin Candle Holders**

Get some small pumpkins and hollow out enough room on the top of the pumpkin to stick a candle in it. Group of few of these candle holders together for a festive center piece. Finish your candle arrangement with a few pieces of native corn placed around your pumpkin candle holders. Give the arrangement more dimension by using different size pumpkins and candles. Use some scented candles to give your room that Holiday smell.

Are you feeling inspired yet by all these ideas? Dig through your Thanksgiving supplies or take a stroll through your local craft store and you will come up with your own versions of these suggestions, or even a creation all of your own.

# Thanksgiving

## Get Your Table Ready for Thanksgiving



When hosting Thanksgiving dinner for friends and family, the food is of utmost importance. However, if you serve the most decadent meal on paper plates—your delicious meal will taste less than spectacular.

It works both ways. If you invest some time and effort into decorating your Thanksgiving table—your over-cooked turkey and under-cooked beans will be less noticeable as well.

### Your Tablecloth

Bring out the good linens for your guests. If you don't have a Thanksgiving tablecloth, you can use some Thanksgiving or fall themed fabric. There are even some very nice looking fall and Thanksgiving themed disposable table cloths available. When we were planning the wedding rehearsal dinner, I found some great disposable table clothes at a local party store for less than \$5 each. The nice regular linen clothes can be found for \$5-10 each. I just found my new table clothe at the local dollar store. I love it! It is a nice touch that gives me a nice beginning on my holiday table.

### The Dishes

The type of dishes you use is up to you. If you are mostly entertaining adults and this is a fairly small get together, it may be a good idea to use your fine china.

On the other hand, if you are entertaining a large crowd and have lots of kids in the mix, opt

for disposable dishes, cups and cutlery. Clean up will be much easier and you don't have to worry about dishes breaking. When we were planning Matthew and Whitney's wedding, we found great prices on very nice disposable dishes at Sam's Discount Warehouse. They were very elegant when mixed with our other decorations. Best of all, we could THROW THEM AWAY. Easy, easy!

Also, don't forget the extra touches! Buy some orange or green cloth napkins. You can find these reasonably-priced at most discount stores. They will add a nice "holiday" touch to any table. You can also use them for years to come!

### Thanksgiving Themed Centerpiece

If you don't plan on putting all the food on the table, and you have the room, create a Thanksgiving themed centerpiece. This can be something as simple as a bowl of miniature pumpkins, gourds and native corn, or a fall flower arrangement. You can even get outside with your children on a nature walk and find some fun treasures for your table. If you have a cornucopia, fill it and lay it on the table, allowing some



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of the corn and pumpkins to roll out of it.

Little touches make a big difference. You could scoop out a pumpkin and serve dip in it. Use mini pumpkins with names written on them as place cards.

Turn an apple, some toothpicks and a few miniature marshmallows into a turkey. Start by setting the apple on a flat surface. Insert a toothpick with a large marshmallow on one side. Add some raisins as eyes. For the turkey's tail, add four toothpicks with a miniature marshmallow on each end to the other side of the apple. Voila – a turkey for each guest that also makes for a fun and healthy snack.

**Set the table the night before to free up time during the big day.**

If you set a nice table, arrange for most of the food to be set out on a separate table, buffet-style. Consider getting hotplates, crock pots etc to keep food warm while it is sitting out.

Feeling the stress roll-off? You can plan a super meal on a dime. It can look super with just a few inexpensive and easy touches. Use what you have right around you. Make it great!

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You can choose what YOU want of all of our goodies and save, save, save! Yes! All of them! Our Ebooks...our Mp3 Audios... our Talk-a-Latte classes past and present. Everything is online! Check it out online:

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# Thanksgiving

## Fun and Easy Thanksgiving Crafts to Do With Kids



I have always LOVED this time of year! Not only the change in temp, the great colors that are new every day, and the countdown to great holidays, but also the sweet, sweet memories that can be made with children this time of year.

Little ones may not be as excited about this holiday--no big gifts, no candy. But, spending time creating Thanksgiving crafts with your kids can turn a holiday that isn't quite as exciting into a fun kid's day! Here are some fun craft projects that are fun and easy for you and your little ones. You will make sweet memories and have a blast.

♥ **Turkey Apple** —Turkey apples are a fun craft to make with the kids as well as a healthy snack. You will need an apple, 6 toothpicks, 1 large and 5 miniature marshmallows as well as some raisins and one piece of candy corn for each turkey. Set the apple stem up on a flat surface. Stick a toothpick in the top part of one side of the apple. Add the large marshmallow to the top of the toothpick. Decorate the face of the turkey with two raisins as eyes and stick the candy corn in upside down into the marshmallow to make the beak. Thread each of the remaining toothpicks with 3 raisins, and then top it off with one of the miniature marshmallows. These will be the tail feathers of your turkey. Stick the 4 toothpicks evenly spaced on the opposite side of the top of the apple.

♥ **Corn Collage** —Cut a basic corn shape out of yellow construction paper. Tear little pieces of yellow and purple tissue paper and crumble them into little balls. Glue them on the corn shape to represent kernels of corn. Cut leaf shapes out of green construction paper and glue them behind your ear of corn.

♥ **Pilgrim Hat** —You need a large paper grocery bag and some construction paper in black and yellow for each child. Fold the rim of the bag over to make a brim for the hat. Then cut a large strip of black construction paper and tape or glue it around the hat. Cut a belt buckle shape out of the yellow construction paper and glue it to the belt in the front of the hat.

♥ **Turkey Handprint crafts**—This craft is a family tradition in many homes. First, outline your child's foot once on a piece of brown construction paper. Then, outline her hands twice on red or yellow construction paper. Cut a beak out of orange construction paper.



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- ♥ **Thankful cards**—Make a card for each family member that will be your guest for Thanksgiving this year. On each card, tell that person what you love most about them, and why you are thankful for them.
- ♥ **Recipe books**—A few months before Thanksgiving, write a list of each family member. Beside their name, make a note of their best dish. Call each member and ask for a copy of that recipe, plus one or two of their own favorites that they'd like to share. When you have all the recipes ready, compile them into a booklet and print them, using your computer and printer. (You can also use professional services, if you wish, to make a longer-lasting recipe book.) After your guests all arrive for your Thanksgiving dinner, give them each a copy of your special recipe book. PS! If you haven't got this ready for Thanksgiving, ask now for Christmas!
- ♥ **Mini family scrapbooks**—Gather family pictures, if you don't have many pictures, take them to a local copier and have extra prints made. Purchase mini scrapbooks at a scrapbook supply store, along with stickers, markers and various scrapbook supplies. Create miniature family scrapbooks, using one picture per page. Write what you are thankful for, in relation to each family member, on their designated pages. On Thanksgiving Day, give a copy of your mini family scrapbooks to each family member as a memento.
- ♥ **Create an autumn yard collage**—This is a great way to get your kids involved in beautifying your front lawn for the fall season. Materials you will need to create your autumn yard collage include hay bales, pumpkins (all sizes), scarecrows, witches, cornucopias, etc. Anything related to fall will look wonderful. Stack your hay bales to create a backdrop. Next, place a huge scarecrow (or witch) on the center of the stack. Then add other complimentary fall accessories like cornucopias, corn stacks, ghosts, etc.
- ♥ **Happy Autumn Cards**—Supply each kid with markers, paper, glue, glitter, stickers, etc. Let them make several autumn cards and write a special message on the inside of each one. After any wet appliques are dried, gather the cards and take them to your local nursing home to distribute among patients.
- ♥ **Leaf Tracings**—Fold 10 sheets of copy paper in half and crease in the center. Bind the booklet by punching two holes in the spine, threading yarn through the holes, and tying the ends. Take your kids to the park. Challenge them to find and trace as many unique leaves as possible.
- ♥ **Book of Leaves**—Make a booklet, as described above. This time, have your child search for odd-looking leaves to collect and place in their book. Then give them an encyclopedia and let them research their leaves. Have them write down the name of each leaf and three interesting facts about the leaf.
- ♥ **Leaf Characters**—Draw and copy different types of leaves onto thick construction paper. Let your kids cut out the leaves and apply glitter to add sparkle. Next, have them create leaf characters by gluing leaves together to create a face, body, and limbs. After the glue dries, they can draw faces on the leaves with markers.
- ♥ **Leaf Collage**—Gather as many types of leaves as you can find. Glue the leaves in any kind of arrangement onto a piece of construction paper or cardboard. Alternatively, spread white school glue across an entire sheet of paper or piece of cardboard. Crumble leaves at random over the glue.

When the glue dries, you will have an awesome leaf collage.

Of course, if you visit craft stores like Michaels or online craft supply stores, like Oriental Trading, you'll find thousands of craft ideas for your

kids. Oriental Trading offers foam leaves, felt Pilgrim hats, quilts in fall colors, foam turkeys, stickers, craft kits and more. Set aside some time. Have fun creating and making sweet memories!

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# Thanksgiving

## How To Cook The ALWAYS Perfect Turkey!



The turkey is the central element of any good Thanksgiving meal. An otherwise perfect meal can be ruined by a dry, overcooked turkey. Since this isn't something we cook on a weekly basis, it's not easy to pull off the perfect turkey... unless you follow these tips and the recipe below.

### Pick your turkey.

Start with a quality turkey. Yes, you can find off-brand turkeys for quite a bit less, but keep in mind that a lot of the pounds you will be paying for will be saltwater that was injected in the turkey. Go ahead and buy the good stuff – You'll be glad you did when you get all the praises for that delicious bird you fixed.

We usually choose a 12-15 lb. turkey. We have plenty for all of our guests AND for leftovers.

### Thawing your turkey.

This is very important. First for your health, but also to make sure you are ready to cook your turkey. The biggest blunder with cooking the turkey is trying to cook a frozen turkey. The next biggest blunder is not being careful to keep it cold until you are ready to cook. So, be very careful with thawing your turkey.

The best way is to thaw the turkey slowly in the fridge. Keep in mind during your planning stage that this will take several days. Doing this instead of submerging the bird in water is much gentler on the meat, resulting in a more tender

finished product and is also much safer.

I generally put my turkey in the refrigerator about 4-5 days ahead of my cooking night. Allow 5 hours per pound to thaw.

IF it cannot be put out in that time (or you forget...OR you buy it the day before like \*I\* have before!), put the whole turkey in its wrapper into your sink or bath tub and cover with cold water. Replace your water with fresh cold water regularly. When the turkey is cool, but not "frozen" it will be ready to cook. Allow overnight and possibly the next day to be sure that it is defrosted.

### Ready to cook the easy way??

When you are ready to cook your turkey (I begin cooking my turkey the evening before I serve it-- usually a couple hours before I go to bed.), remove the neck, giblets and anything else that may be stuffed in the chest cavity of your bird. You will want to save them for your "Giblet Gravy." I usually put them in a little storage container that I can close and keep in the refrigerator until the next morning (when I make my gravy).

Take some paper towels and pat your turkey dry. Then, rub your turkey with butter all over. If



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you are dieting or watching your fat, you may not want to pat your turkey with butter. It will be fine if you don't. And, yes, in spite of my low-fat diet, I am not skipping the butter here! ☺☺

I have always had a perfect turkey using roasting bags to keep in the juices. To use roasting bags, you will want to prepare your bag by shaking about 1 Tablespoon of flour to coat the inside of the bag. Then, place your turkey in the bag. You may need help in handling the turkey and the bag. Cut slits in the bag to allow steam to release. Then, place the turkey in a large roasting pan. I use the same roasting pan that many people use without the bags, but the roasting bags really make a difference in

whether the turkey is perfectly moist and cooked completely.

Once in the roasting bag and roasting pan, I set my oven on around 350 degrees for about an hour. I set the timer and let it cook for that entire hour and then turn the oven back to about 200 degrees for the rest of the night. It is always juicy and perfectly cooked by morning! The next morning all I have to do is carve the turkey, prepare the dressing, and make my giblet gravy!

It is always perfect! Give it a try! You will LOVE IT!

**Needed:**

- 12-15lb turkey
- Roasting bags (find near the aluminum foil)
- Roasting pan (I use the pan with a lid)
- Butter (or Butter-flavored Crisco)
- Salt/Pepper to taste

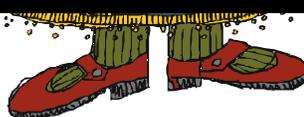


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# Thanksgiving

## Eight Things You Can Do After Thanksgiving Dinner (Besides Nap)



Every year, families all across the country have their Thanksgiving traditions, one of which is taking a nap after a huge meal. So, instead of doing nothing all afternoon, Here are a few activities to keep your bodies moving and burn off some of those extra calories.

1. **Take a walk** - while it may seem simple, just the act of taking a walk will wake you up after the feast, as well as being very healthy for you. Go enjoy the fall leaves, see who can collect the prettiest ones along the way.
2. **Touch football** - instead of watching the bowl games, organize your own backyard bowl game. Call it the Potatoes and Gravy Bowl if you want.
3. **Volunteer** - take some time out of your Thanksgiving to give back to those who don't have as much. There is probably a shelter or soup kitchen that is looking for people to help serve meals to the homeless. Consider making it a regular family activity, even year round.
4. **Put on a play** - have the children reenact the first Thanksgiving. A few simple costumes made out of paper bags, and they can put on a delightful show for the family. Don't leave the grownups out of the action; have them improvise some scenes with the children as well.
5. **Winter sports** - if it's cold enough to have recently snowed, have a sled riding party. If you don't have a large enough hill, try a

nearby park instead. Have a snowball fight or build a snowman. Ice-skating is another fun activity, and there may even be an indoor rink (but they might not be open due to the holiday, so it's a good idea to call first.

6. **Turkey Hunt** - take a stuffed turkey, or paper turkey, and hide it in the house or yard, weather permitting. The first person to find the turkey gets to hide it the next time. Keep playing till everyone's had a turn to hide the turkey.
7. **Turkey Bowling** - make turkey bowling pins out of two-liter bottles. Fill them with a little sand to weight them down and spray paint them brown. Let the kids decorate them with paint or feathers. Set them up and then try to roll a turkey (three strikes in a row). If you have a lot of people, you can make more than one set to keep the action going.
8. **Don't forget to take family pics!** This is one of my favorites! This time of year you have the perfect back-drop for great pictures. Take the whole crew outside and take pics. You can use them in your Christmas cards and maybe in homemade gifts as well!

It's easy to just curl up and let the turkey take over after a large meal, but it is a good idea to get up and get moving and make memories that last a lifetime. The fact that it also happens to be good for you is an added bonus.

# Thanksgiving

## What to Do with Your Leftover Thanksgiving Turkey



After a big Thanksgiving meal, many people end up with quite a bit of extra turkey. Nibbling on leftovers is fine, but here are some additional healthy ways to use that leftover turkey.

- 1. Sandwiches**—This is our family favorite. Simply slather mayonnaise on your favorite bread and add turkey. Enjoy! Of course, you can make this sandwich fancier by using toasted garlic bread, or adding some seasonings to the mayonnaise. You can quickly whip up some gourmet style mayo by adding some of the packet ranch dressing mix to it. Instead of regular old sliced bread, make turkey sandwiches with fresh or chia-bata bread for a different taste.
- 2. Open Faced Turkey Sandwich**—Start with some really good toast. Rub a little garlic or butter on it if you'd like. Then, lay slices of turkey on it and cover with gravy. Heat up some left over stuffing and stick it in the toaster oven or your regular oven to give it a nice little crust and dinner is ready.
- 3. Turkey and Rice Soup**—Use the leftover bones from the turkey and throw them in a large stock pot. Cover them with plenty of water and add some onion, celery, carrot and salt and pepper. Bring it to a boil and boil for about 45 min. Strain out the liquid, return it to the pot, add some rice and leftover pieces of turkey. Add any vegetables you like as well and cook until the rice and veggies are tender.
- 4. Turkey Enchiladas**—You can fix turkey enchiladas just like you would chicken enchiladas with your favorite sauce, tortillas and cheese. Just shred the turkey, and heat it with some cheese and enchilada sauce. Spoon the mixture on flour or corn tortillas and roll them up. Place the tortilla rolls in a greased baking dish and top with more enchilada sauce and plenty of cheese. Then bake them up until the cheese is nice and bubbly. They are a great way to use turkey in something that has a completely different flavor.
- 5. Turkey Wraps**—Tired of turkey sandwiches? Use a tortilla instead. Pile on lettuce, raw veggies and plenty of turkey. Top with some ranch dressing and roll it up for a portable lunch or snack. Another fun idea is to mix shredded turkey with a little mayonnaise, some chopped apple, grapes and a few walnuts for a turkey salad wrap.
- 6. Turkey Salad**—Make a gorgeous, colorful salad, using all the vegetables you can find in the store. Add sliced turkey to the top and add your favorite salad dressing. Or make a turkey Caesar salad with romaine lettuce, turkey, parmesan cheese, croutons and Caesar dressing.
- 7. Turkey Chili** —Shred your leftover turkey and cook it along with beans, tomatoes and your favorite chili seasonings. Of course you can also toss in any leftover veggies like corn or green beans and cook them right along with the rest of the chili ingredients. Serve with cornbread.

# Thanksgiving

## Take Time to Give Thanks



Do you get so busy preparing for Thanksgiving that you forget to be thankful? Many of us do. We get so wrapped up in all the preparations, the cooking and all the family coming that we forgot to stop and remember all our blessings. Just like during the year, we get caught up in the day-to-day worries and forget to be thankful.

There are so many basic things we should be thankful for that we take for granted. If we have a home, be it a house, apartment or trailer, we should be thankful we have shelter. Too many people have no homes or have unsafe living conditions.

We all have the occasional round of the flu or colds go through our families. But overall, most people are fairly healthy. We should be thankful that we are able to get around, work, play and have a normal life. Too many times serious illness can strike without warning. We need to take advantage of good health while we still have it, instead of taking it for granted.

How many times do we look in the closet and complain that we "have nothing to wear" when in reality we have more clothes than we know what to do with? We have multiple pairs of shoes and boots, sweaters and coats. We are able to stay dry and warm without any worries.

Why should we wait until Thanksgiving to be thankful? We should be grateful for our blessings all year round. Maybe the best way to show how thankful we are for our blessings is to share them. What better time to share than

Thanksgiving, when those without feel even more left out, especially those without family. There are many ways to share your blessings.

One way to spread the blessings is to donate some gently used things to a reputable charity. There are many good organizations out there that take clothing and other household items. Even though you could donate all year round, Thanksgiving is a good time to think about giving back.

Another wonderful way to share your blessings is to donate your time to a homeless shelter. Most have a special meal at Thanksgiving for those without homes or families. Even if you put off your own family dinner until Friday or Saturday, imagine the joy you would bring to others by giving up your time to make one day a little brighter for them. And you don't have to stop after one day. There are many opportunities to volunteer year round.

Before you sit down at your Thanksgiving meal this year, take the time for each member of your family to share what they are most thankful for in the past year. You might be surprised at the things your family is thankful for this year.