

# SAPTO FAMILY NEWSLETTER NOVEMBER 2011

Editor: Jean Starks, Mom to Ian 2-2,  
Allison 7-1 and Emily, Class of 2011.

## Prayer of Thanksgiving

*Thank you God for all the wonderful  
blessings,  
For our daily meals, for clean drinking water,  
For sunlight and for the cool breeze.  
I'm thankful for my family, my husband, my  
friends, and my health.  
I'm thankful for my friends, to love and be  
loved and for freedom.  
I'm thankful to be employed;  
I'm thankful to be alive and praise you for all  
these wonders.  
I'm thankful that you have been so gracious  
To give your only Son to us  
Who gave his life and bore the Unbearable  
For us sinners.  
On this Thanksgiving Day, I take the  
Opportunity to thanks for countless other  
things you provide us with on a daily basis.  
Amen.*

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## Christmas Cards for our Servicemembers!

If you're looking for a way to "give back"  
during this holiday season – try this great  
idea:

Welcome to the fifth year of our [Holiday  
Mail For Heroes](#) program! As in previous  
years, we will partner with [Pitney Bowes](#) to  
collect holiday cards from regular citizens all  
across the country and distribute them to  
service members, veterans, and their  
families. If you're looking for a fun way to  
give back a little bit this holiday season, this  
is a great option.

Send cards to the address below:

**Holiday Mail For Heroes**  
**P.O. Box 5456**  
**Capitol Heights, MD 20791-5456**

All cards must be postmarked no later than  
**Friday, December 9th**. Cards postmarked  
after this date will unfortunately be returned  
to the sender. This deadline ensures enough  
time to sort and distribute cards before the  
holidays.

After the mailbox closes, the cards we  
received will be screened for hazardous  
materials by Pitney Bowes and then  
reviewed by Red Cross volunteers working  
around the country.

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Remember also how easy it is to participate  
in the many toy drives and/or Giving Trees  
that pop up around the Bay Area at this time  
of year. So easy to bring a little holiday  
cheer to a family or child in need!

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**TURKEY DAY HUMOR! Enjoy the laughs I  
found, courtesy of the internet**

## The Turkey Caper

It's the day before Thanksgiving, and  
the butcher is just locking up when a

man begins pounding on the front door.

"Please let me in," says the man desperately. "I forgot to buy a turkey, and my wife will kill me if I don't come home with one."

"Okay," says the butcher. "Let me see what I have left." He goes into the freezer and discovers that there's only one scrawny turkey left. He brings it out to show the man.

"That's one is too skinny. What else you got?" says the man.

The butcher takes the bird back into the freezer and waits a few minutes and brings the same turkey back out to the man.

"Oh, no," says the man, "That one doesn't look any better. You better give me both of them!"

### **Stuffed Turkey**

Baby Bruno was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal.

"What are you doing?" Bruno asked.

"Oh, I'm just stuffing the turkey," his grandmother replied.

"That's cool!" Bruno said. "Are you going to hang it next to the deer?"

### **Thanksgiving Q&A Jokes**

Q: What happened when the turkey got into a fight?

A: He got the stuffing knocked out of him

Q: What did the little turkey say to the big turkey?

A: "Peck" on someone your own size!

Q: Can a turkey jump higher than the Empire State Building?

A: Yes - a building can't jump at all

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### **GREEN SMOOTHIES!**

You may be wondering what a green smoothie is exactly. Or maybe not, they seem to be getting really popular in healthier living circles everywhere lately. A green smoothie does not refer to being "green" in the eco sense of the word, although they can be that too. The green in a green smoothie refers to what is in the smoothie and usually the color as well. Quite simply, green smoothies are blended beverages that combine fresh or frozen fruit and leafy greens like Kale, collard, spinach, or wild edibles. Veggies like carrots may make a cameo appearance in green smoothies as well. The genius of a green smoothie is that they are jam packed with nutritional goodness, usually in its raw life living form, and they taste absolutely fantastic! When was the last time your kids begged you for fresh spinach? Well, mine ask me daily for some. 😊

I have yet to meet someone who doesn't like this green smoothie! It doesn't taste green at all! It tastes much like a Creamsicle! Give it a try your kids will love it! And if they ask why it is green just tell them it's a Shrek or Swamp Smoothie or something! ;)

Students and Parents – Please send me items for our SAPTO newsletter – book or movie reviews, recipes, restaurant reviews, jokes, stories, ideas you have for fun family adventures, etc etc. Please help out. [jlstarks@yahoo.com](mailto:jlstarks@yahoo.com) and be sure to put SAPTO in the heading! THANK YOU!

## **Creamsicle Green Smoothie**

- 1 cup water
- 1 cup Rice or Almond milk
- 2-3 LARGE spoonfuls of Orange juice concentrate
- 1 Large bunch of Spinach
- 1 teaspoon vanilla
- Frozen Peaches (about 2 cups)

## **Simple Green Smoothie**

- Generous helping of fresh spinach
- 1 cup water
- 1 apple
- 1 Pear
- 1 Banana

Increase amounts accordingly to make more! This has been their favorite to date, and an easy way to know the kids are getting a good, healthy serving of GREENS. P.S. They are good for adults, too!! Enjoy!

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