

WORK-IT MAMA

Traveling Milk Truck Monthly Newsletter



IN THIS ISSUE

WELCOME!

THE SMALL THINGS

IDEA FOR THE
HOLIDAYS

REGISTER TO VOTE

KID FRIENDLY
APPLE PIE

I GOT A COVID HAIRCUT

LIFE LESSONS FROM A
FIVE-YEAR-OLD

MAMA MEME OF THE
MONTH

BOOK
RECOMMENDATION!

A NOTE FROM KARLEE

I love autumn, but I don't love PSLs.

Gasp. I hope you can learn to forgive me.

As a kid growing up in Eastern Kentucky, I would watch in amazement as the trees transitioned into an array of oranges, reds, greens and yellows. A fall pallet of which I have yet to find in California. I love it so much because the comfort and beauty of autumn fills me with nostalgia and joyful memories (that and it's not so flippin' hot).

In September's issue of *Work-it Mama* monthly, I am throwing all of the fall vibes your way! I talk about voting, haircuts, some ideas for the upcoming holidays and more.

Enjoy!

Karlee Vincent



The Small Things

Alarm. 5:45am. I grab my clothes in the dark, dress quickly and head for the door. Sleep still deep within my bones. Nowhere does it say that I have to subject myself to such an early hour, but I am deliberately choosing to make time for myself. Sometimes it's important to do things you really don't want to.

It's only been a month since I've started this new routine and I've found the results invigorating, refreshing even. Twice a week now, I am getting exercise, drinking coffee and talking with a friend. It doesn't seem like much, but those small things making a huge impact on my energy and spirit.

COVID or not, I would love to hear about small routine changes that have made a positive difference for you. Please feel free to reach out to me at Karlee@travelingmilktruck.com



25 DAYS OF GIVING

This year, we are going to reinvent the advent calendar with 25 ways that are designed to give back to the community. I wanted to share so other families have the chance to plan for the upcoming holiday season. Each number represents a day with a different theme that can interpreted with your family's creative spin. With each number we plan to create an ornament to hang on the tree!

1. Gift of Water
2. Gift of Food
3. Gift of Sustainability
4. Gift of Kindness
5. Gift of Supplies
6. Gift of Time
7. Gift of Conversation
8. Gift of Creativity
9. Gift of Thoughtfulness
10. Gift of Inspiration
11. Gift of Listening
12. Gift of Culture
13. Gift of Follow Through
14. Gift of Sharing
15. Gift of Spirit
16. Gift of Experience
17. Gift of Love
18. Gift of Art
19. Gift of Understanding
20. Gift of Life
21. Gift of Music
22. Gift of Warmth
23. Gift of Earth
24. Gift of Comfort
25. Gift of Small Business

Is there anything you would like to add? Please let me know at karlee@travelingmilktruck.com



Vote.

"Don't be left behind."

In 2012, my husband and I got invited to go sky diving with a friend on his birthday. My initial reaction was fear. I had no interest in strapping myself to someone and jumping out of a tiny airplane. Ryan had already made up his mind. He was going to go and leave me behind on the ground to watch. So, I decided to go with him. I wanted to experience that adventure and hold that shared memory together.

All together, skydiving took us about 15-20 minutes (most of which the tiny Cessna fought its way to proper altitude). During our ascent, we noticed that our pilot even had a parachute strapped to his back.

I fell out of the plane first, my screams starting even before the door opened. I refused to open my eyes until the feeling of weightlessness left me. We fell less than a minute and our parachutes opened. Tears erupted. I was crying in relief—I was going to live another day. Once I began to glide across the sky with the giant, striped parachute above, I began to enjoy the beautiful scenery of Sonoma County. My husband, on the other hand, enjoyed every minute of the dive. He would have gotten back on the plane a second time if they let him (see bottom picture).

Very much like jumping out of a plane, voting is very scary. Just kidding—voting is easier than that. It takes only a few minutes to register and a few minutes to vote. All together, it probably takes less time to vote than it does jumping out of a plane.

Voting is a privilege. And it's also a place where you can easily be left behind if you don't use that privilege (if not you, then your community gets left behind). So, don't be that person standing on the ground watching. VOTE.

There is still time to register! Register to vote here:
<https://vote.gov/>





Recipe: Easy Kid Apple Pie

I recommend this recipe because it's a simple one for the kids to join in. Additionally, you can purchase a pie crust at the store if you want to keep the mess at a minimum.

STEP ONE: Cut up apples, toss with lemon juice, place in bowl and set aside. In a separate bowl combine the sugars, flour and spices; set aside. Combine apples and sugar mixture together. Be aware, kids will steal your sugar covered apples.

STEP TWO: Line a pie plate with one crust; remove the extra edges. Add apple mixture. Roll remaining crust to fit top of pie. Push together edges and poke holes/cut slits in the top. Note: if you don't make sure the bottom is lined properly, the juices will overflow the pan and you'll set off a smoke alarm. Also, kids have a lot of fun adding their own flourish in the top of the pie crust.

STEP 3: Brush egg white over crust. Cover edges loosely with foil. Bake at 375° for 25 minutes. Remove foil and bake 20-25 minutes longer (the crust will be golden brown). Let cool.

**Inspired by an All Recipes Pie

Prep: 30 mins

Cook: 1 hr

Total: 1 hr 30 mins

Servings: 8

Yield: 1 - 9 inch pie

Ingredients

- 1 teaspoon ground cinnamon^{1/4}
- 1/2 teaspoon ground ginger^{1/4}
- 1/2 teaspoon ground nutmeg
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- Pastry for a 9 inch double crust pie
- 8 medium (approx 3 per lb)s apples cored & sliced

Kiddo Product Shoutout! Bio Gaia Probiotics



I was not a believer in this product until multiple people, including my pediatrician, recommended this to us. Our youngest daughter had a number of food sensitivities and this really helped her with gas and fussiness.

There were also times that we paired this with gripe water and the combo did us wonders. Always ask your pediatrician first if you have any questions.

Check out their website here:

<https://babyprobiotic.biogaiausa.com/>

I GOT A COVID HAIRCUT!

My hair dresser finally opened their doors to customers again! This introvert was so excited, I didn't stop talking the entire time I was there. As I said to my stylist, "please get the COVID off of me." He did such a great job.

Here are a couple of songs that reflect my haircut feelings:

- [Call On Me by Eric Prydz](#)
- [I Wanna Dance With Somebody by Whitney Houston](#)
- [High Hopes by Panic! At the Disco](#)
- [Rain on Me by Lady Gaga and Ariana Grande](#)

Schedule that haircut and have yourself a dance party!



LIFE LESSONS FROM A SIX-YEAR-OLD

"If you bring Google with you, you can set a timer."



MEME OF THE MONTH

The best secrets are often the ones that are hidden right in front of your face. Take it from the pro here.

Hide anything behind a sprig of lettuce and your sweet tooth will be indefinitely satisfied. This way, too, you don't have to hide in the bathroom or closet.

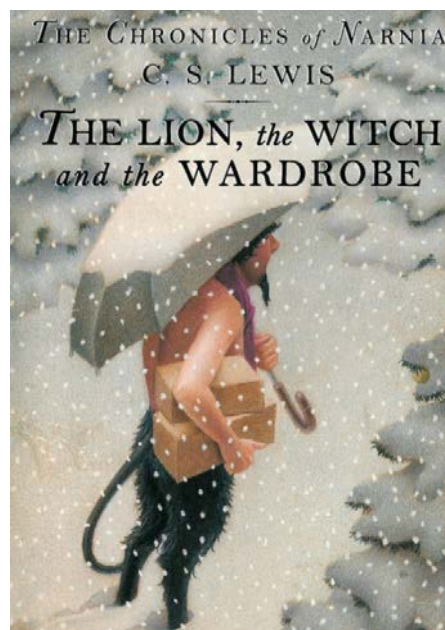
Warning, if you let them close enough to you, they will figure it out and then you won't be able to use this trick again.

BOOK OF THE MONTH

I have almost finished "Breath," by James Nestor and I cannot recommend it enough. So, this is my second plug for that book!

This month, I bring you a nostalgic throw back. "The Lion the Witch and the Wardrobe," by C.S. Lewis is still one of my favorite books to this day. It is also one of a few books that I've read more than once.

Next month, I will bring you a new author so I can share their work with you. If you have a recommendation, please let me know!



Hey Friends,

Have a children's book you love? A parenting hack you want others to know? Care to share how you have made your workplace more parent-friendly? Shoot me an email. I would love to feature your story in a future newsletter.

And follow me on [Twitter](#) and [Facebook](#) for updates and progress on my book.

I look forward to sharing with you next month!

XO

-Mama Kar

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