

CRESS CREEK MOMS & TOTS NEWSLETTER

OCTOBER 2022

CHAIRMOM'S MESSAGE

My kids and I were driving back from hockey practice last week, talking about which one of us could punt a soccer ball over the house, when one of my boys suddenly screamed, "MOM!!! It's almost Halloween!!!" Thinking I had almost hit something, I stepped on the brakes quickly and stopped the car.

"Oh my gosh, that's amazing!!" Max yelled!

"Mom! We need that!" Mason agreed.

I turned my head to look out the window, and standing at least 8ft tall was an awesome, gigantic Halloween skeleton.

"Halloween IS almost here, you guys!"

Since then, we have started taking inventory of everyone's amazing Halloween decorations. Flying witches, spooky black cats, gaggles of pumpkins, and my boys' current favorite, tiny skeletons taking a bath in a front yard planter!

The weather has turned, fall has arrived and while my door wreaths still scream 'summer', the Halloween decorations will soon make their debut on my front porch!

CCMT has so many fun fall activities planned. Read on to the Save-the-Date section to mark your calendars for the Little Friends play date, the Couples Fall Tailgate, and the Halloween Party & Parade!

In this month's newsletter, we are also recapping Movie Night - a special thank you to Julie & Roby for hosting such a wonderful night, and the board shares some delicious fall-inspired recipes.

Looking forward to seeing you soon!

Your friend,
Meghan

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Philanthropy: Kathryn Cain

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Marketing & Community Outreach: Caroline Connell

Marketing Coordinator: Sara Olson



CRESS CREEK
MOMS & TOTS

MOVIE NIGHT 2022 FEATURING "ENCANTO"

Special Thanks to 'Directors'
Julie Chiu and Roby Callaway



What a perfect night to enjoy the movie Encanto! Special thanks to Kelly O'Malley of RE/MAX for sponsoring this event, and to Cress Creek Commons pool for letting us use the parking lot and bathrooms. Thanks also to everyone who contributed donations to Cradles to Crayons!









PHILANTHROPY SPOTLIGHT

Thank you to everyone who donated to the Cradles to Crayons donation drive at Movie Night or by dropping off donations! Thank you to Philanthropy chair Kathryn Cain for organizing this drive.

Together we provided 85 pairs of socks, 7 pairs of shoes, 6 pairs of pajamas, 54 pairs of underwear, and \$110 in cash donations to Cradles to Crayons.

More about Cradles to Crayons: "Cradles to Crayons mission is to provide children from birth through age 12 with the everyday essentials they need to thrive — at home, at school, and at play. Our overarching vision — a future free of childhood poverty — inspires our work every day."

For more information on Cradles to Crayons mission and other ways to donate, please visit their website: <https://www.cradlestocrayons.org>



October Board Pick:

Easy Weeknight Dinner Recipes

Now that school and Fall activities are in full swing, who doesn't need some fresh ideas for quick and easy, kid-approved weeknight meals? This month, the Board compiled some of our favorites to share with you. We hope your families enjoy them as much as ours do!

Name: Meghan

Recipe: The Defined Dish's One-Pot Hamburger Helper

Link: [One-Pot Hamburger Helper](#)

Why I love this recipe: My boys eat like every meal is their last meal. They eat like college Freshmen on an unlimited meal plan. So, when I cook, I try to make meals that are easy to double in portion size. This meal is just that. From The Defined Dish, this meal is easy to make, filling and an absolute crowd pleaser! I make double portions to have leftovers for the following day's lunches.



Name: Alex

Recipe: Salmon Teriyaki Bowl

Link: [Salmon Teriyaki Bowl](#)

Why I love this recipe: This meal is so easy to put together and is a great meal for those days when you're craving Chinese but want to keep it healthy. And it's kid friendly - just don't put the sauce on it if you think your kids may not like it! You can also make it work for your family. Kids don't like salmon? Use chicken! Don't have broccoli on hand? Use a bag of frozen veggies from the freezer!



Name: Caroline

Recipe: Easy Rotisserie Chicken Lettuce Wraps

Link: [Easy Rotisserie Chicken Lettuce Wraps](#)

Why I Love this Recipe: This dinner is both quick and flavorful! It has a shortcut of using rotisserie chicken but you can also plan ahead and just cook extra chicken earlier in the week. The nice thing about this recipe is you can customize it to everyone's taste. My kids often eat it deconstructed:)



Name: Katie

Recipe: Crockpot Chicken Gyro

Link: [Crockpot Chicken Gyro](#)

Why I Love this Recipe: Give me all the easy crockpot recipes, especially during the work week! I can make this in the morning and cook it on low for 6-8 hours or throw it together late afternoon and cook it on high. Serve it open faced on pita bread with your favorite gyro toppings! Easy and delicious!



Name: Sara Olson

Recipe: Crock Pot (Or Instant Pot) Ranch Chicken Tacos

Link: [Chicken Tacos](#)

Why I love this recipe: While you would have to at least think ahead for a crock pot meal, this is still my go-to recipe when I don't want to have to really think about what to make for dinner. We honestly make this meal ALL the time. It is so easy and so full of flavor! You can make tacos, nachos, bowls, etc out of this chicken. It cooks quickly, has only a few ingredients, and truly tastes amazing!



Name: Kathryn Cain

Recipe: One Pan Orecchiette Pasta

Link: [One Pan Orecchiette Pasta Recipe](#)

Why I love this recipe: A one pan meal is great for a weeknight dinner. We love this meal because it's easy, tastes great, and is kid approved! We like to change up the veggies and protein in this meal and it's always a hit. Also makes great leftovers for lunch!



Name: Julie

Recipe: Sheet Pan Nachos from Damn Delicious

Link: [Sheet Pan Nachos](#)

Why I love this recipe: Forget Taco Tuesday, I could eat NACHOS every day of the week! And of course, so could my kids! You can customize this as much as you want: with ground beef/turkey, or rotisserie chicken, or just veggies, beans & cheese, etc! (You can also microwave it, when running short on time.) Serve with a salad and fruit, and bam- a somewhat healthy meal! :)



Name: Roby

Recipe: Greek Chicken Meatballs

Ingredients:

1 lb. ground chicken
1/4 cup breadcrumbs
1/4 cup red onion, chopped
2 cloves garlic, minced
zest of 1/2 lemon
2 tbsp fresh parsley, finely chopped
1 tsp dried oregano
1/2 tsp cumin
1/2 tsp salt
1 large egg

Directions:

Combine chicken, bread crumbs, onion, garlic, parsley, lemon zest, spices, & egg. Using a cookie scoop (or your hands), form the chicken mixture into tablespoon sized balls. Place the balls onto the prepared baking sheet and bake in the oven at 400F for 20 minutes until golden brown. Serve with tzatziki and enjoy!

Why I love this Recipe: It's super easy to make and I love that you can make it ahead of time. Just throw it in the oven when it's dinner time. We all know how crazy week nights can be. This is my daughter's favorite way to eat chicken!



Name: Erin

Recipe Title: Lazy Lasagna

Link: [Lazy Lasagna](#)

Why I love this recipe: With just 3 ingredients, this one is so easy it barely even counts as a recipe, but somehow it is SO delicious. You just layer sauce, frozen ravioli, and cheese in a pan and bake! If I'm feeling really fancy (haha), I'll mix it up with two different flavors of ravioli in layers or on each half of the pan so each person can pick the kind they like. Leftovers are super tasty, too!

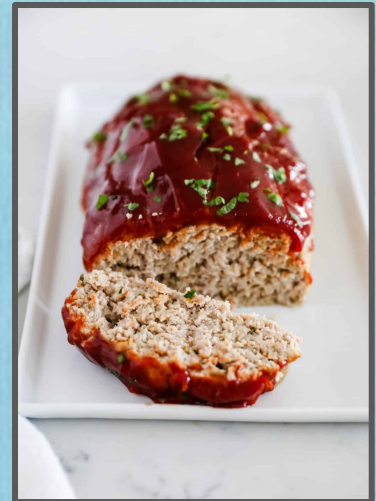


Name: Amanda

Recipe: The BEST Turkey Meatloaf

Link: [Turkey Meatloaf](#)

Why I love this recipe: First of all, I love this recipe because me kids love this recipe! They can't get enough. It's also super easy, requires only a few ingredients, and is a healthier alternative to your typical beef meatloaf. Helpful hint: instead of using a loaf pan, I make the meat into three mounds on a cookie sheet lined with parchment paper and cook until the center reaches 160 degrees F (approximately 25 minutes), making it a quick weeknight meal.



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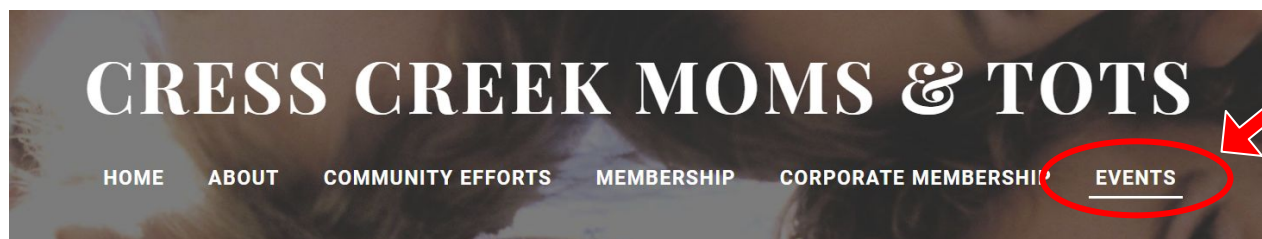
EVENTS

Check the chart below for a list of our upcoming CCM&T Events. Read on for more details in the pages ahead. Can't wait to see you there!



<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>
Family Play Day at Little Friends	Saturday, October 1, 3:00-5:00 PM RSVP now on ccmomsandtots.org	Little Friends Inc. 27555 Diehl Rd.
Couples Fall Tailgate Event	Saturday, October 15th, 6:30 PM RSVP now on ccmomsandtots.org	Cress Creek Commons Parking Lot
Kids Halloween Parade/Fall Fest	Sunday, October 30, 3:30-5:00 PM	Cress Creek Commons Parking Lot

Members can register for all events on ccmomsandtots.org.
Click the "EVENTS" tab to find information and RSVP





Little Friends Inc. 27555 Diehl Rd. Warrenville

Come join us for some outdoor family fun on SATURDAY 10/1 at Little Friend’s incredible play space, right around the corner from us!

Located on Diehl Rd, this organization’s 30,000 sq. ft playground has 153 different play activities alone AND will have brand new turf for our kids to play on! There’s also basketball courts, bocce ball, cornhole, tetherball, four square, and other activities. We’ll have some refreshments for your kids, and we’ll be doing a fun craft that your kids can take home!

Philanthropic Opportunity:

Little Friends, a CCM&T sponsor, provides services to individuals experiencing autism, intellectual and emotional disabilities and their families to live, learn, and work and thrive in their communities. Little Friends services more than 800 people each year throughout nine counties and 45 school districts across northern Illinois and Indiana.

This school year, Little Friends has a need for the following school supplies to assist their teachers and schools:

Construction paper	Pens	Spiral notebooks	Calculators
Markers	White out	Sheet protectors	Pocket folders
Fidgets	Highlighters	Sharpies	Dry erase markers
Index cards	Glue sticks	Glue	Calculators

Please consider donating any of the above items by bringing these to the Little Friends Play Day on Saturday October 1st. If you cannot make the event and would still like to donate, please drop off supplies to 1168 Summit Hills Ln. Thank you!!

For more information on the services Little Friends provides, please visit their website link: <https://www.littlefriendsinc.org/>

Thank you for the support!



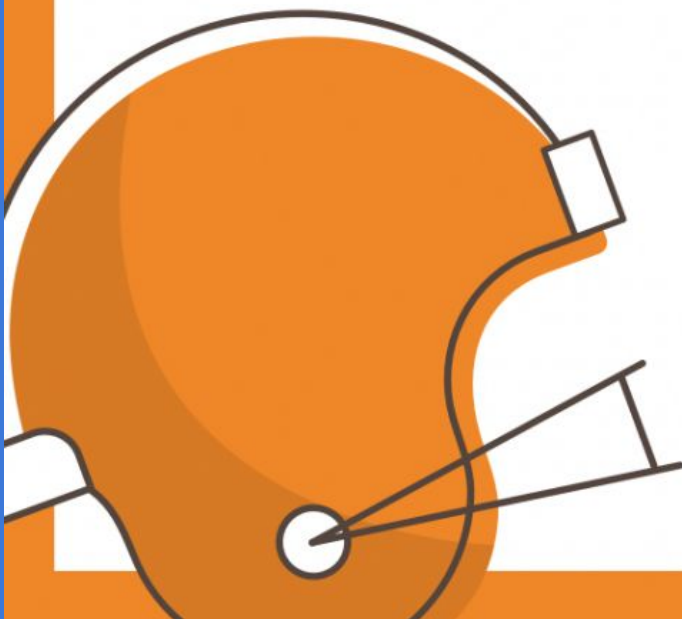
FALL COUPLES TAILGATE PARTY



10.15.2022

6:30 PM

**CRESS CREEK COMMONS
POOL PARKING LOT**



Now's your chance to relive your college glory days (or not!) and join us for a fun, tailgate inspired, Couples Night out at the Cress Creek Commons Pool Parking Lot. We'll stream the hottest college football matchups on the big screen and provide delicious game day food served by Doctor Dogs. Please BYO drinks/yard games, and wear your favorite sports team attire.

Note: In true tailgate form, bathrooms will unfortunately be limited to Porta Potty's*. Please plan accordingly!

*A special Thank You to SG Home Builders for generously providing the facilities for this event.



October Birthdays

Monika Bauer

Siobhan Sehnoutka

**Happy
Birthday!**



Don't see your birthday listed? Be sure to update your member profile on [ccmomsandtots.org](https://www.ccmomsandtots.org) to include your birthday so that we can celebrate you in the newsletter!

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