

CRESS CREEK MOMS & TOTS

NEWSLETTER

OCTOBER 2021



CHAIRMOM'S MESSAGE

Growing up, my grandparents lived in a very small town in Wisconsin. The Packers, Cub Cadet tractors, and the impending corn harvest were some of the most importantly discussed topics at the local Co-op. My family and I would visit my grandparents at the beginning of fall, right before peak harvest season began. During our visit, my grandma, Sylvia, would make a point to talk about how grateful she was for the things in her life: us, the cooler weather, the forthcoming corn harvest, her neighbors...the list went on and on. She was a genuinely happy person, who understood the importance of practicing gratitude consistently. For my grandma, fall became 'the season of gratitude.'

As fall arrives now, I want to take the time to express my sincerest gratitude for all of YOU. The board and I met for our monthly meeting mid-September. One of the agenda items included 'current membership.' Molly reported that this year, CCM&T has welcomed 80 families into our membership. 80! Thank you to all of you for making Moms & Tots such a special organization, for supporting the events and spreading the word to new neighbors.

Hospitality Night was such a sweet reminder for me of how grateful I am to live in a community like Cress Creek. A night spent talking, laughing and connecting with new & old friends was good for my soul, and I hope it was for you, too. Cress Creek Moms & Tots introduced me to some of my dearest friends. My hope is that as this season continues, you'd be able to join playgroups, come to events and connect with fellow neighbors. Thank you to Jorie McCoy and Jennie Seibert for planning and organizing such a wonderful event.

In this month's newsletter, we are recapping Movie Night & Fall Fest, spotlighting upcoming events, and the board shares some delicious fall-inspired recipes.

Looking forward to seeing all the kids dressed in their costumes at the Halloween parade - thank you in advance to Lauren Voit and Julie Chiu for planning, organizing and executing this special afternoon. In my house, this is a must-attend event!

Until then!

Your friend,
Meghan

2021-2022 Board Members

Chairmom: Meghan Mederich

Treasurer: Danielle Harmon

Membership: Molly Ogbomo

Secretary/Webmaster: Erin Seyring

Philanthropy: Kathryn Cain

Kids Events: Lauren Voit & Julie Chiu

Adult Events: Jorie McCoy & Jennie Seibert

Marketing & Community Outreach: Caroline Connell



CRESS CREEK
MOMS & TOTS

HOSPITALITY NIGHT



CCM&T kicked off the 2021-2022 season with Hospitality Night. New and returning members enjoyed an evening of cocktails & conversations at Chairmom Meghan Mederich's home. Special thanks to sponsors Bill White Homes and DeEtta's Bakery for helping to make this special event possible!





MOVIE NIGHT 2021
FEATURING "SING"
Special Thanks to 'Directors'
Julie Chiu and Lauren Voit



What a perfect night to enjoy the movie SING!
Thank you to Belgio's Catering for donating the popcorn, and to the Cress Creek Commons pool for letting us use the parking lot and bathrooms!











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 75 reading books, 14 art books, 56 packs of art supplies and a 50 pack of play dough for children ages 0-12 in the Chicagoland area!

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>



Fall Fest



THANK YOU to the very special, very talented hostess of Fall Fest, Jorie McCoy. She has opened her home the past THREE years to host Fall Fest. She cooks all of the delicious food and sets up her backyard to accommodate our ever-growing group. Anyone who has attended Fall Fest can attest that this party is such a highlight because of Jorie's hard work. Jorie is a chef and the owner of Olive and Clover Catering Company. Contact her (331) 229-7160 for all your catering or home chef meals!

Thank you also to our event sponsor DeEtta's Bakery for generously donating the donuts!





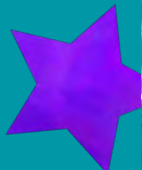


Family Play Day at Little Friends, Inc.



Thank you to our sponsor, Little Friends for hosting CCM&T for this fun event! Thank you to Board members Julie Chiu, Kathryn Cain, and Danielle Harmon for organizing this event!





The kids at the event worked on a beautiful collaborative art project and wrote notes of encouragement for Little Friends.



October Board Picks: Favorite Fall Recipes

This month, the Board is sharing some of our favorite Fall recipes. We hope these quick and easy crowd-pleasers find a place around your fall table this year. Cheers to many warm and cozy fall meals ahead!

Meghan's Pick: Apple Crisp

In the fall, we go apple picking, and so, every September/October, I'm left with more apples than a person knows what to do with. This apple crisp recipe is simple and delicious. Serve it warm with some vanilla ice cream, and it'll be a favorite fall dessert!

[Link: NY Times Cooking Apple Crisp](#)



Lauren's Pick: Roasted Delicata Squash

If you haven't tried Roasted Delicata Squash - it's a simple side dish to any meal :)

Preheat oven to 425 (you can also air fry these if you prefer!)

- 1) Clean squash and cut off ends to create flat surface.
- 2) Cut squash in half lengthwise and scoop out insides.
- 3) Cut squash into 1/4" slices (skin on) - they form cute little smiles :)
- 4) Toss with Olive Oil, Salt and Pepper to taste (sometimes we add cinnamon sugar or garlic - get creative!)
- 5) Layer over parchment paper for easy cleanup - or just on the pan if you have extra time on your hands and bake until edges brown - usually 5-10 minutes (shorter time for air fryer).



Julie's Pick: Mushroom Risotto (Instant Pot version!)

This is a dish that we love, doesn't take too long to prepare, and even my kids eat! You can cut the mushrooms up smaller for them or add some chicken in too, but with how creamy and filling this recipe already is, I make it as-is! It's so yummy and flavorful that you'll just have to be careful not to eat the whole pot by yourself!

Link:

<https://pressureluckcooking.com/instant-pot-mushroom-risotto/>



Kathryn's Pick: Pumpkin Muffins

My family loves these pumpkin muffins in the fall. We usually make a bunch to freeze and take them out for an easy snack!

Recipe:

3/4 Cup Natural Bran
3/4 Cup Whole Wheat Flour
1/2 Cup Granulated Sugar
1.5 Tsp Cinnamon
1 Tsp Baking Soda
1 Tsp Baking Powder
1/2 Tsp Salt
1 Cup Canned Pumpkin
2 Eggs (unbeaten)
1/2 Cup Vegetable or Olive Oil
1/2 Cup Plain Greek Yogurt or Buttermilk
1 Cup Chocolate chips, walnuts, or raisins (optional)

In a bowl, coming bran, flour, sugar, cinnamon, baking soda, baking powder, salt, and chocolate chips (optional); toss to mix. Add pumpkin, eggs, oil and yogurt; stir just until combined.

Spoon batter into paper-lined or non-stick muffin tins. Bake in 400F/200C oven for 25 minutes or until firm to touch. Makes 12 muffins.



Jorie's Pick: Stuffed Mushrooms

You can use small mushrooms for appetizers or big portobellos for a low carb/gluten free meal.

Mushrooms- clean and scoop out some of the middle

Chop stem (only the small not portobello)
2-3 gloves of garlic minced
Bunch of green onion chopped (save green portion)
Red pepper flakes to taste
Ground Italian sausage
Brick of cream cheese
1/2-1 cup of shredded mozzarella

Begin to brown sausage and mushrooms stems, when halfway done add whites of onion, garlic and red pepper flakes.

While cooking mixture, salt and pepper the mushrooms adding some olive oil.

Once done remove from heat, drain any excess liquid....

Add half to a full brick of cream cheese and shredded mozzarella cheese and green portion of onion.

Salt and pepper to taste

Fill mushrooms with filling, top with a little more mozzarella and bake for about 25 minutes.

Erin's Pick: Creamy Instant Pot Pasta

This creamy Instant Pot pasta is a weeknight staple in our house that the whole family loves. It is so quick and tasty! My 2 year old loves to help pour ingredients in the pot and stir everything together before cooking.

Link: <https://www.acouplecooks.com/creamy-instant-pot-pasta/>



Molly's Pick: Pumpkin Baked Oatmeal

This is a weekend favorite with all the tastes of fall! It's also a great way to get my 3 year old to eat oatmeal!

Link:

<https://www.eatingbirdfood.com/pumpkin-baked-oatmeal/>

Caroline's Pick: Broccoli Cheese Soup

One of my family's favorite fall recipes is Broccoli Cheese Soup. Actually it's perfect all year round but this one is really easy to make. I usually blend it smooth at the end and then for my littles, I serve it over some small noodles so it's easier to eat. Enjoy!

Link: <https://www.skinnytaste.com/broccoli-cheese-and-potato-soup/>



Danielle's Pick: 'Fiesta' Chicken

"Fiesta Chicken"

Ingredients:

- 2 chicken breasts
- ½ cup salsa
- 1 tsp lime juice
- ½ tsp cumin
- ½ tsp chili powder
- 1 tsp minced garlic
- 1 tbsp minced onion (I usually use dehydrated but could use onion powder or freshly chopped)
- 1 can black beans (sometimes only use half the can)
- 1 cup frozen corn

Directions:

Put chicken, salsa, and spices into a small crockpot on medium for ~4 hours until chicken is cooked through. I use a chopper to shred it as it goes but by the time it's done it should shred easily. Once chicken is shredded, add the corn and black beans for 30-60 minutes (can add for less time if you cook corn first). Mix together and serve over your favorite Mexican rice topped with a little grated cheese.

Leftovers are great in enchiladas or chicken quesadillas.

Jennie's Pick: Sausage and Veggie Soup

1 lb Jimmy Deans hot sausage

3 stalks of celery

handful of baby carrots

1/4 white or sweet onion

can of diced tomatoes

1/2 cup chicken broth

Chopped bell peppers (I use 2 usually)

Cook the sausage in a pan, chop all veggies into bite sizes and put all ingredients in crock pot. You can cook on low for about 8 hours, or on high for 4 hours.



EVENTS

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>
Kids Halloween Party	Sunday, October 24, 3:30 PM	Cress Creek Commons Parking Lot
Ladies Holiday Party	Friday, December 3, Time TBD	Home of Laura Bougadis
Santa Visits	Tuesday and Wednesday December 7 and 8, Times TBD	All Around Cress Creek

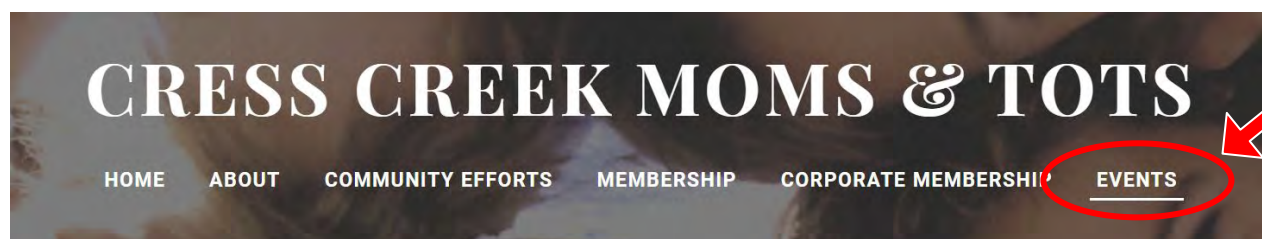


CCM&T'S
Halloween Party!
Pumpkin Decorating • Crafts • Costume Parade • Treats!

SUNDAY | OCTOBER 24, 2021 | 3:30 PM
CRESS CREEK COMMONS PARKING LOT

www.ccmomsandtots.com
Pumpkins sponsored by Kelly O'Malley Realty

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



CRESS CREEK MOMS & TOTS

HOME ABOUT COMMUNITY EFFORTS MEMBERSHIP CORPORATE MEMBERSHIP **EVENTS**



October Birthdays

Monika Bauer

**Happy
Birthday!**

Don't see your birthday listed? Be sure to update your member profile on ccmomsandtots.org to include your birthday so that we can celebrate you in the newsletter!

CCM&T Board Openings

The CCM&T Board will have several openings for the 2022-2023 year:

- Treasurer
- Kids Events
- Adult Events

If you are interested in learning more about any of the open positions, please email ccmomsandtots@gmail.com

CRESS CREEK MOMS & TOTS

HOME ABOUT COMMUNITY EFFORTS MEMBERSHIP CORPORATE MEMBERSHIP

Don't forget to check out our website!

www.ccmomsandtots.org



Follow us on Instagram
[@ccmomsandtots](https://www.instagram.com/ccmomsandtots)

facebook

Have you joined us on Facebook? Go to:

[https://www.facebook.com/groups/
ccmomsandtots/](https://www.facebook.com/groups/ccmomsandtots/)

Request an invitation.

NOTE: Please remember that Facebook is a place for sharing toys/ items to give away, find recommendations, etc. Please do NOT advertise within our page as we have sponsors who pay money to have their business featured.

SEPTEMBER SPONSOR SPOTLIGHT: GREAT WESTERN FLOORING

*Please support our Sponsors.
They provide us with vital funding and make our events possible!*

BELLERA CARPET | STYLE - EMERGENCE



**GIVE YOUR PETS AND KIDS
WHAT THEY DESERVE.**

BELLERA™

High-Performance Carpet



**GREAT WESTERN
FLOORING CO.**

www.greatwesternflooring.com

630-357-3331

THANK YOU TO OUR SPONSORS

Do you know someone who may be interested in advertising with CCM&T?
Please contact Caroline Connell at carolinebconnell@gmail.com

ELITE CORPORATE SPONSORS

**Great Western
Flooring Company**



greatwesternflooring.com

**Laura Bougadis,
Realtor**



www.johngreenrealtor.com/agents/47920-laura-delacey-bougadis

**Bill White Homes @
Baird & Warner**



www.billwhitehomes.com

DeEtta's Bakery



www.deettasbakery.com

J-Fit



www.j-fit.com

Kelly O'Malley, Realtor



www.kellyomalleyrealtor.com

Little Friends



www.littlefriendsinc.org

**Kaylee Phalon, Financial
Advisor**



Edward Jones

www.edwardjones.com/us-en/financial-advisor/kaylee-phalon

**Cindee Potilechio, Keller
Williams Realty**



www.potilechioteam.kw.com

**Sandy Hunter, Baird &
Warner Realty**



sandyhunter.com

EXECUTIVE CORPORATE ADVERTISERS

Anne Linne, Wish Upon a Star With Us Travel



wishuponastarwithus.com

Learning is Fun Preschool



learningisfunpreschool.com

Lellbach Builders



LellbachBuilders.com

Green Aria's Landscaping



[Facebook: Green Aria's Landscaping](https://www.facebook.com/GreenAriasLandscaping)

Ryan Siebert, GO Mortgage



www.gomortgage.com/ryan-siebert

Visit our sponsor directory on ccmomsandtots.org for more information about our wonderful sponsors!



Please note, photos will be taken at CCM&T events to be featured on the website, newsletter, Facebook, Instagram and CC Living Magazine CCM&Ts pages. **If you do not wish to have your photo shared**, please email ccmomsandtots@gmail.com to opt out. We will never add child's name, address or personal information to these photos.