

Halloween Party

October Children's Activities

October Parent Event

Light the Night Walk

Extreme Moms



A Monthly Newsletter for the Coppell/Valley Ranch Early Childhood PTA

early childhood **chatter**



Membership >>>

Welcome to our new members!

Amanda Sherzer

Sara Ross

Megan Dishaw

Erika Winders



ECPTA Halloween Party

Wednesday, October
26th, 6-7:30pm
Coppell YMCA

Free to members! Non-member friends are welcome too. Cost for non-member is \$4 per child ages 2-10. Bring your children in their costumes!

While there is no charge for members to attend the ECPTA Halloween Party, we ask that you provide one or more of the following items to help support the Family Gateway:

Toiletries

Powdered Laundry Detergent

Baby wipes, Diapers

Bar Soap



Activities include games/prizes, bounce house, face painting and a buffet table with plenty of healthy foods for kids.



Kids' Cooking Class

Monday, October 3rd

10:30 am, \$10/child

Healthy Me Cafe

Join your kids as they make their own lunch at Healthy Me. They will be making pizzas and smoothies!

Calling all Twinkle Toes!



Enjoy at trial dance class at
Coppell Dance Centre

Wednesday, Oct. 12th at 10:00 am

2-5 year olds, free

Children's Activities – October

Grab your Little Punkin' and Join Us for Some Fall Fun!

Owens Big Orange Pumpkin Farm

(1401 E. Lookout Drive, Richardson 75082)

Monday, October 24th 10am

Children can search for their very own pumpkin, play on bales of hay and see a variety of animals. \$6/person includes one small pumpkin, feeding farm animals and an old fashioned hayride.



Parent Event—Monday, October 17th

9:30 am YMCA Williams Room (upstairs)

“Heaping Handful of Family Dinners” with Lorie Fangio



Our second parent event of the year will feature Lorie Fangio, a professional lifestyle advisor and chef. Lorie is a guest chef at Market Street in McKinney and Colleyville,

teaching cooking classes to both adults and children. Her culinary topics range from Texas Tastes and A Passion for Chocolate to Science in the Kitchen and Etiquette for Kids. Thousands of students have taken cooking classes from Lorie over the past five years.

In addition, Lorie is the creator and radio personality for Home Hints, a Collin County radio program on 97.5 KLAK featuring recipes, decorating

tips, gardening advice, and family fun activities. Lorie also authors a column called, “Kid Connections with Lorie Fangio,” published in McKinney Kids Magazine, where she tackles a different parenting topic each issue and provides recipes and activities designed to bond families.

Lorie is passionate about connecting families and strengthening family ties through fun and creative home activities. She will inspire us to make family dinners a priority and share recipes and preparation shortcuts to help us get dinner on the table during our busy weeks. Lorie will be demonstrating some of her recipes and techniques at our parent event. Don't miss the opportunity to see it all in action and taste test some of the recipes.

Childcare

The ECPTA covers the cost of your childcare during the meeting. All you have to do is reserve a spot online or contact Nicole Frieder at nicole-frieder@hotmail.com to reserve your spot today! The deadline for child care reservations is Thursday, October 13th.



We Need Recipes!

ECPTA is creating a cookbook! We want your best recipes for snacks and appetizers, breakfast foods, main entrees and sides, and desserts. Forward your recipes to Wednesday Foster at wednesdayfoster@yahoo.com The cookbooks will be ready at Spa Day in May. Deadline for recipes is December 31st.



Meal Planning



Check out this awesome menu board to help with the daunting task of meal planning. Come to the meeting and be entered into a raffle to win one! Check it out by clicking this link: [menu board](#).

Pecan Crusted Tilapia

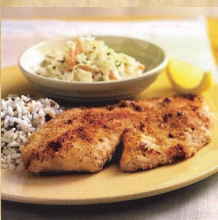
FROM THE KITCHEN OF

Wednesday Foster

- | | |
|---------------------------|-------------------------------------|
| ½ cup dry breadcrumbs | 3 T all-purpose flour |
| 2 T finely chopped pecans | 4 (6 oz) tilapia or snapper fillets |
| ½ t salt | 1 T vegetable oil, divided |
| ¼ t garlic powder | 4 lemon wedges |
| ¼ t black pepper | |
| ½ cup low-fat buttermilk | |
| ½ t hot sauce | |

Combine first 5 ingredients in a shallow dish. Combine buttermilk and hot sauce in a medium bowl; place flour in a shallow dish. Dredge 1 fillet in flour. Dip in buttermilk mixture; dredge in breadcrumb mixture. Repeat procedure with remaining fillets, flour, buttermilk mixture, and breadcrumb mixture.

Heat 1 ½ t oil in a large nonstick skillet over medium-high heat. Add 2 fillets; cook 3 minutes on each side or until fish flakes easily when tested with a fork. Repeat procedure with remaining oil and fillets. Serve with lemon wedges. Serves 4





LEUKEMIA &
LYMPHOMA
SOCIETY®

LIGHT THE
NIGHT® WALK

ANNUAL COMMUNITY YARD SALE

The Community Yard Sale was a great success—the CVR ECPTA netted roughly \$600...thank-you to all the attendees, sellers, sign makers and bakers for the goodie table (which was a big success)!!!

A special shout out to Tina Pfaff, Kim Stricklin, Holly Stout, Heather Snyder, Monica Diamond and Renee Gill for their donations to the ECPTA table.....Thank you so much!!!

Special thanks to Cathy Blazek, Maria Pokluda and Courtney Segars for working the ECPTA table and making it work!

Another special thank-you to Shawn Bettes and the First Baptist staff for the use of their space...we could not have done it without their support!!!

Lastly, to Stacey Asher, for going above and beyond, with her support and determination to help put this sale together.

The money raised at this event will help the ECPTA fund programs and parties this year. Unsold items were donated to Christian Community in Action.

-Caroline Parra

Join our team! The ECPTA is participating in the

Light the Night Walk

October 22nd at 7:00 p.m.

The walk is a wonderful way to benefit the Leukemia/Lymphoma society. Strollers are welcome on the short walk, and the lit balloons make it a ton of fun for the whole family! Want to walk? Enjoy the fall air, the feeling of hope & the walk with your family & friends!

1. Register yourself and each family member walking (including children) at our team's home page: <http://pages.lightthenight.org/ntxok/Plano11/CoppellECPTA>.
2. Donate and/or fundraise a lot or a little. Each team member who raises \$100 receives a t-shirt, balloon, and wristband for food. But anyone is welcome to walk, and every little bit helps!
3. Meet the night of October 22nd around 6:30 at the Campus at Legacy, 5340 Legacy Drive, Plano, TX 75024.

Join a Playgroup

New playgroups have been forming in the last month, so please email me at reneegill@myarbonne.com if you are interested in joining! They are a great way to get more involved and make new friendships for both mom and child! Hope to hear from you soon!



Expecting?

Are you or is someone you know expecting? Please let us know so our Sunshine Committee can provide them with some meals once the baby is born.

Contact Nancy:
nan_maurer@yahoo.com



Way to go **Caroline Parra** and **Stacey Asher** for all your dedication and efforts to make this event such a success!



Back by Popular Demand...

Extreme Moms Outing

WEDNESDAY, OCTOBER 5TH

7:00PM

EXPOSURE INDOOR ROCK CLIMBING

2389B MIDWAY ROAD

CARROLLTON, 75006



Take Your Pumpkins to a Pumpkin Patch!

Dallas Arboretum: The Great Pumpkin Festival 9/17—11/23

<http://www.dallasarboretum.org/>

Flower Mound Pumpkin Patch:

<http://www.flowermoundpumpkinpatch.com/>

Big Orange Pumpkin Farm – <http://www.bigorangepumpkinfarm.com>

Owens Pumpkin Farm - <http://www.bobevans.com/ourfarms/springcreekfarm/bigorangepumpkinfarm.aspx>

Aubrey Pumpkin Patch – <http://www.aubreypumpkinpatch.com/>

Hall's Pumpkin Farm in Grapevine - <http://www.hallspumpkinfarm.net/>



MOM'S NIGHT OUT

Zena Sushi- Coppell (near Palios)

Thursday, October 20th, 7:30pm

(The menu has other items besides sushi if sushi isn't your thing)

CVRECPTA UNDER CONSTRUCTION



The Bylaws Committee recently recommended several changes and updates to the C/VR ECPTA bylaws and standing rules. Check them out on our website by

clicking this link: [Bylaws and Standing Rules](#). The biggest and most exciting change is a revision to our organization's name. The proposed name is Coppell Early Childhood Association. We will take a final vote at the October Parent Event on October 17th.

the calendar...



- Monday, October 3rd:** Kids' Cooking Class at Healthy Me Café, 10:30 am, \$10/child
- Tuesday, October 4th:** National Night Out with your neighbors!
- Wednesday, October 5th:** Rock Climbing at Exposure Rock Climbing, 7pm, \$10/person
- Wednesday, October 12th:** Trial Dance Class at Coppell Dance Centre, 10am, free
- Wednesday, October 12th:** Project Night at Wednesday Foster's home at 7:30PM, Join us for drinks as you cross something off your "to do" list. RSVP: wednesdayfoster@yahoo.com
- Thursday, October 13th:** Mom's Coffee at Biggy Coffee, 9:30am
- Saturday, October 15th:** Oakfest at Andy Brown East. Stop by the ECPTA booth to purchase some water or special treats!
- Monday, October 17th:** Parent Event with speaker Debbie Gore: Plan and pull off family dinners with tried and true recipes. 9:30 am at the YMCA upstairs meeting room.
- Thursday, October 20th:** Mom's Night Out at Zena Sushi, Coppell, 7:30pm
- Saturday, October 22nd:** Light the Night Leukemia Walk, 6:30pm (walk begins at 7pm)
- Monday, October 24th:** Owen's Big Orange Pumpkin Farm, 10am, \$6/person
- Wednesday, October 26th:** CVR ECPTA Halloween Party at YMCA, 6-7:30pm.

PLANNING AHEAD

- Monday, November 14th:** "Discipline to the Design of Your Child" Parent Event, with Speaker Jody Capeheart. YMCA at 6:30pm. Childcare available until 8:30pm.



Adult Groups

Adult groups are a great way to meet and connect with other parents. Join us for drinks, a

PROJECT NIGHT — Wednesday Foster's home, Wednesday, October 12th at 7:30PM, Join us for drinks as you cross something off your "to do" list. RSVP: wednesdayfoster@yahoo.com

MOM'S NIGHT OUT— Zena Sushi, Coppell, Thursday, October 20th, 7:30pm

EXTREME MOMS— Rock Climbing at Exposure Indoor Rock Climbing, Wednesday, October 5th at 7pm, \$10

MOM'S COFFEE—Drink coffee with us at Biggy Coffee. Thursday, October 13th at 9:30am.

CVR ECPTA Board

- PRESIDENT** Stephanie LoCascio
- VICE PRESIDENT** Kalli Barker
- TREASURER** Julie Seeding
- SECRETARY** Holly Stout
- PARLIAMENTARIAN** Kim Stricklin
- ADULT ACTIVITIES** Sarah Garbarino
- ADVERTISING** OPEN
- CHARACTER & SPIRITUAL** Courtney Segars
- CHILDREN'S ACTIVITIES** OPEN
- CHILDREN'S PARTIES** Cathy Blazek
- FUNDRAISING** Caroline Parra
- HOSPITALITY** Maria Pokluda
- MEMBERSHIP** Nancy Maurer
- NEWSLETTER** Laurel Ebner
- NURSERY** Nicole Frieder
- PLAYGROUPS** Renee Gill
- PROGRAMS** Wednesday Foster
- PUBLICITY** Tiffany Gatlin
- SILENT AUCTION** Stacey Asher
- WEBSITE** Todd Hutchinson



October Birthdays

Happy Birthday!

- Michelle Bauer 10/10
- Brittany Gauntt 10/4
- Missy Easterwood 10/18
- Michele Dodson 10/23
- Lindsay Monteleone 10/28
- Shannon Page 10/31



COPPELL/VALLEY RANCH EARLY CHILDHOOD PTA
 PO Box 1006
 Coppell, Texas 75019
www.cvrecepta.org