

Mother's Ink

The Newsletter of the Novato Mothers Club

Moms' Night Out Recap: Orange Theory

Our January moms night out event was held at Orange Theory. Orange Theory offers group personal training workouts based on high intensity interval training that blend cardiovascular and strength training. Our members got to enjoy an awesome workout on a Saturday afternoon. What a nice break to hang with some girlfriends, get a nice workout in (that doesn't include chasing a little one) and have mommy time!

February's Moms Night Out event will be at the movies and the movie is "Isn't it Romantic" featuring Rebel Wilson & Liam Hemsworth!

As always, keep an eye out for our upcoming Moms Night Out Events. March and April have some pretty spectacular stuff coming up. Make sure you RSVP as these upcoming events will fill up fast!



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Director's Corner

Welcome to 2019, splendid moms of the Novato Mothers Club!

This is your Co-Director Amy Adkins. I am the mother of a spunky 4-year-old little girl and work full-time as the Director of Museum Rentals at the Exploratorium. Since I moved to Novato just before my daughter was born, the NMC has been an amazing avenue for me to find my people here in Novato. You are a fantastic community who always makes me smile and can provide answers to any random question (parenting or otherwise)!



I am so proud of how the Novato Mothers Club came out for the season of giving this year thanks to the efforts of our Community Outreach committee. In December, we expanded our reach by supporting three non-profit organizations: Adopt-a-Family, Sparkle Foundation and 1 Team 1 Dream - Recover Lake County. They also collected donated coats at the Holiday Party.

Our winter quarter of events kicked off with a lovely special shopping night at Nordstrom. Next was the dazzling Stapleton Ballet's Nutcracker Family Outing, a great way to get the littles exposed to sitting in a theater and watching ballet without the stress of worrying that they will disrupt the performance on stage or other theater-goers. Following on the heels of that performance was the amazing Holiday Party, which featured a fabulous photo backdrop for family portraits, face painters, cookie decorating, ornament decorating, a dance party, and of course - a visit from Santa! Finally, the rummage sale on February 9 was a huge success. With the largest bake sale selection I've ever seen! If you weren't a seller this year, it's time to start tagging for next year ;-)

We have so many fun events to look forward to in the spring! This Monday will be Mom's Night Out at the movies! The ALL NMC Playdate at Pioneer Park has been rescheduled for March 3. We'll see you at Finnegan's on March 7 for our Dine and Donate event and you can catch up with fellow NMC families at the March 10 Family Outing to the Oakland Zoo! We also look forward to the Easter Egg Hunt (stay tuned for the date!) and Mother's Social, along with more fun offerings from our Mom's Night Out and Family Outings committees. Be sure to keep an eye out for invitations in your inbox or on our website! And don't forget to sign up to volunteer for set up, tear down, or bringing snacks to upcoming large events in order to complete your volunteer hours.

I would also like to take this opportunity to extend a massive THANK YOU to our board members, a group of 50 mothers who dedicate time out of their busy schedules to keep all of our programs going strong! They are all doing an amazing job not only coordinating the events, but also running the systems behind the scenes, from fundraising and ad sales - to producing communications like the Mother's Ink. Thank you so much Board - we couldn't do it without you!

If you are not currently on the Board and are interested in getting more involved with the NMC, please reach out to me or one of the other co-directors and we would be happy to talk about open positions or discuss positions you might consider next year.

Thank you for being a part of the Novato Mother's Club! We hope you and your families have a fantastic 2019!

Amy Adkins
Co-Director

Recap: Annual NMC Rummage Sale

The Annual NMC Rummage Sale was held at the Downtown Novato Recreation Center on Saturday, February 9th.

For the second consecutive year, Friday night set up and seller drop off went seamlessly! What a difference a small change in procedure makes; having sellers neatly place their items for sale out on their respective tables made all the difference! This made it so our volunteers were able to concentrate on setting up the tables, organizing and getting the sale ready for the next day and we weren't scrambling to get everything done at the last minute!

Our volunteers did an amazing job helping get everything ready for the sale and we were set up in **record** time! Everyone had a great time setting up, snacking on sandwiches and salads from **LJ's Deli** and just enjoying each other's company. What a **fun** night prepping!

On Saturday, the doors opened at 8am for our volunteers to shop early and then again at 9am to the general public. It was a perfect day for a sale! The weather wasn't exactly on our side, so our generous sponsors were able to join the fun inside the sale. We had near **500 shoppers** that came to our sale and purchased **3500+** items! There were still plenty of great things left over for our Outreach shoppers.



The sale was a success largely due to the amazing volunteers that we had helping us both Friday and Saturday. Saturday's volunteers really hustled to keep the sale organized and help with breakdown. Thank you to **Tommy's Salsa** for feeding our hungry volunteers who worked so hard to make magic happen!

Every year we invite **families** in need from our community to shop for free at the end of the sale. This year we partnered with **many** organizations throughout Marin County and were able to serve **8 families!** Everything that was left over after our Outreach shoppers was donated to **Loved Twice** and **Goodwill!**

One of the **goals** of last years' sale was to improve the experience for outreach shoppers by recruiting **bilingual** volunteers to greet and assist Spanish speakers. It was so successful and created such a better experience for our shoppers that we offered this again this year. Again, it was really helpful for our Outreach shoppers.

The event had gross sales of \$7,306.23 with \$3,754.85 going to the club. Of the money that went to NMC, nearly \$200 was raised through items donated to the club!

Total raised from sponsors was \$3,050! Thank you to all of our amazing sponsors!!!

Our bake sale was also a HUGE **success!** We had 17 talented members who baked, along with donations from Rustic Bakery, Teeny Cake, a Piece of Cake & Confections, Safeway & Donut Works. The sale of all of these amazing baked goods along with coffee donated by Starbucks, brought in \$657.61 directly to the club.



Thank you to our Rummage Sale 2019 sponsors!

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- Bales Orthodontics - <https://www.balesorthodontics.com/> - Platinum
- Novato Pediatric Dentistry www.thesmilingturtle.com - Platinum
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- Katie Chase | State Farm www.katiechase.com - Gold
- Sing Dance Play www.singdanceplay.org - Gold
- Senegence - Jessielyn Jackson:
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- Hummingbird's Nest Collaborative -
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- Splitz Dance Academy www.splitzdance.com - Gold
- Novato Piano School - www.kindermusik.com/ - Gold
- St. Francis Preschool - www.stfrancispreschoolnovato.org - Gold Sponsor
- Tommy's Salsa www.tommyssalsa.com/ - Silver
- Celine's Sweets - <http://celinessweets.com/> - Silver
- Kona Ice of North Marin -
<http://www.kona-ice.com/local-site/kona-ice-of-novato/> - Silver
- A Piece of Cake and Confections www.pieceofcakeandconfections.net - Silver
- Starbucks at Redwood & Olive
- LJ's Deli - <https://www.ljsdeli.com/>
- Rustic Bakery www.rusticbakery.com
- Donut Works Novato
- Teeny Cake www.teenycake.com
- Safeway – Diablo & Redwood Blvd.

Having sponsors has been a great way for the club to bring in additional income for our great events but also support our local businesses. Please show your



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support and check out their websites, visit their stores and shop local!

A great, **BIG** thank you to everyone who came and shopped, our sellers, bakers, and volunteers!!!

Thanks to you all, our event was a great success! See you next year!

Your 2019 Rummage Sale Team,

Jen Morris, Lindsay Vriavas, Mischa Litvack, Sharon Ebner & Yessica Alfaro



Deborah McArdle

415-834-5561

deborahmcardle.com

1745 O'Farrell St. San Francisco, CA



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ANNUAL

RUMMAGE & BAKE SALE

**THANK YOU to our 2019 Rummage
& Bake Sale sponsors!**

*The success of our sale and our club is due in large part to these sponsors.
A MILLION THANKS from the Rummage Sale Team
and the entire Novato Mothers Club!*



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Courtney Beed, DDS



Deborah McArdle
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CELINE'S
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Novato Piano School





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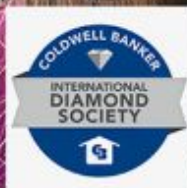
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9/18-12/18	Denielle Durham	deniellew@gmail.com
05/18-08/18	Amy S. Boeschen	aims07@gmail.com
01/18-04/18	Shareen Barrett	shareen1003@hotmail.com
10/17-12/17	Carly Jones Daniels	crosejones@gmail.com
06/17-09/17	Clair Cooper	clairccooper@gmail.com
02/17-05/17	Heather Lund	heatherlund37@gmail.com
11/16-1/17 (<i>inactive</i>)	Ava Fruin Finger	avafruin@gmail.com
06/16-10/16	May Whitaker	may.whitaker@icloud.com
01/16-06/16	Rachel Dougherty	rachedougherty@gmail.com
08/15-12/15	Maya Gingold	Maya@tiny-kisses.com
08/15-10/18	Emma	emma.wesolowski@gmail.com
04/15-08/15	Jessica Paradise	jparadise1128@gmail.com
01/15-04/15	Stephanie	shurder@hotmail.com
10/14-12/14	Victoria Olson	olsonv@gmail.com
06/14-09/14 (<i>inactive</i>)	Heather Lugassy	thor615cacti@yahoo.com
01/14-03/14	Heather	heatherlund37@gmail.com
09/13-12/13	Adrienne	ahangel@dons.usfca.edu
06/13-09/13	Janna	jmorbitz@comcast.net

***Want to meet other moms with new babies? Please contact
nmcplaygroups@hotmail.com for details!***



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Upcoming Event: All NMC Playdate!

Let's try this again and hope for no rain!

In need of a mommy + kid/kids' playdate? New to Novato? Had a baby recently?

This is the event for you!

On March 3rd between 10am - noon the Novato Mothers Club invites you and your children, of ALL AGES, to come and play at Pioneer Park. This is a time when you can come with your entire family to have an all NMC playdate and meet some new friends.

Feel free to bring a blanket to lay down or to bundle up! And don't forget those always needed snacks for you and your littles. We are looking forward to seeing you all at Pioneer Park in March!

Pioneer Park, 1007 Simmons Ln, Novato, CA 94945



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Save the Date: Family Outing @

OAKLAND ZOO

On Sunday, March 10th, 2019, Novato Mothers' Club is getting wild with a family outing to The Oakland Zoo. Arrive by 10 am and benefit from the group rate (applied to groups of 12 or more): 2 years and under free, Ages 2-14 \$ 15.00, Ages 15-64 \$ 19.00.

At 10:15 am, we're buying tickets for the assembled group. Please reference the above rate and bring cash to reimburse Emily. Wear green in recognition of St. Patrick's Day or come as an animal, but definitely wear comfortable shoes since the terrain is quite hilly. At noon, you're welcome to join us for lunch at The Landing Café. View their menu by visiting

<https://bit.ly/2BleF2c>.

We're looking forward to a great day at the zoo! Our next adventure is scheduled for Sunday, April 7th- NMC @ Train Town.



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New Family Information Sessions

Thursday	February 28, 2019	10:00 am
Thursday	March 28, 2019	10:00 am
Tuesday	April 16, 2019	10:00 am

Please **RSVP** at **415-892-8621**
with the date you would like to attend.

All sessions will include a school tour.

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SAVE THE DATE! Annual Pajama Party

Our annual Pajama Party will be held on March 30th at Our Lady of Loretto's Hall from 5-7pm. Dinner will be available along with craft tables, cookie decorating, music, hula hoops and dancing. The evening will end with a story read by Laura from the Novato Public Library. As always adults and children are encouraged to come in pajamas or loungewear.

During the PJ Party, NMC Community Outreach Committee is hosting a pajama drive. Please bring new baby or child sized pajamas for a raffle ticket and a chance to win some goodies.

We hope you see you all for one of the favorite events of the year!

Your PJ Hosts,

Amber, Victoria & Lisa



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Check Your Email For Novato Mothers Club Upcoming Events

March:

Moms Night Out

Playdate at the Park

PJ Party

Family Outing Oakland Zoo

Finnegan's Dine & Donate

April:

TWO Moms Night Out Event! Yup! That's right! TWO!!!
Easter Egg Hunt

May:

Moms Night Out
Mothers Social





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Potty training: *How to get the job done*

Potty training is a major milestone. Get the facts on timing, technique and handling accidents.

By Mayo Clinic Staff

Potty training is a big step for kids and parents alike. The secret to success? Timing and patience.

Is it time?

Potty training success hinges on physical, developmental and behavioral milestones, not age. Many children show signs of being ready for potty training between ages 18 and 24 months. However, others might not be ready until they're 3 years old. There's no rush. If you start too early, it might take longer to train your child.

Is your child ready? Ask yourself:

- Can your child walk to and sit on a toilet?
- Can your child pull down his or her pants and pull them up again?
- Can your child stay dry for up to two hours?
- Can your child understand and follow basic directions?
- Can your child communicate when he or she needs to go?
- Does your child seem interested in using the toilet?

If you answered mostly yes, your child might be ready. If you answered mostly no, you might want to wait — especially if your child is about to face a major change, such as a move or the arrival of a new sibling.

Your readiness is important, too. Let your child's motivation, instead of your eagerness, lead the process. Try not to equate potty training success or difficulty with your child's intelligence or stubbornness. Also, keep in mind that accidents are inevitable and punishment has no role in the process. Plan toilet training for when you or a caregiver can devote the time and energy to be consistent on a daily basis for a few months.

Ready, set, go!

When it's time to begin potty training, follow these steps:

- **Pull out the equipment.** Place a potty chair in the bathroom or, initially, wherever your child is spending most of his or her time. Encourage your child to sit on the potty chair in her clothes to start out. Make sure your child's feet rest on the floor or a stool. Use simple, positive terms to talk about the toilet. You might dump the

contents of a dirty diaper into the potty chair and toilet to show its purpose. Have your child flush the toilet.

- **Schedule potty breaks.** Have your child sit on the potty chair or toilet without a diaper for a few minutes at two-hour intervals, as well as first thing in the morning and right after naps. For boys, it's often best to master urination sitting down, and then move to standing up after bowel training is complete. Stay with your child and read a book or give your child a toy to play with while he or she sits. Allow your child to get up if he or she wants. Even if your child simply sits there, offer praise for trying — and remind your child that he or she can try again later. To maintain consistency, bring the potty chair with you when you're away from home with your child.
- **Get there — Fast!** When you notice signs that your child might need to use the toilet — such as squirming, squatting or holding the genital area — respond quickly. Help your child become familiar with these signals, stop what he or she is doing, and head to the toilet. Praise your child for telling you when he or she has to go. Keep your child in loose, easy-to-remove clothing.
- **Explain hygiene.** Teach girls to spread their legs and wipe carefully from front to back to prevent bringing germs from the rectum to the vagina or bladder. Make sure your child washes his or her hands afterward.
- **Ditch the diapers.** After a couple of weeks of successful potty breaks and remaining dry during the day, your child might be ready to trade diapers for training pants or underwear. Celebrate the transition. Let your child return to diapers if he or she is unable to remain dry. Consider using a sticker or star chart for positive reinforcement.

If your child resists using the potty chair or toilet or isn't getting the hang of it within a few weeks, take a break. Chances are he or she isn't ready yet. Pushing your child when he or she isn't ready can lead to a frustrating power struggle. Try again in a few months.

Nighttime training

Nap and nighttime training typically take longer to achieve. Most children can stay dry at night between ages 5 and 7. In the meantime, use disposable training pants and mattress covers when your child sleeps.

Accidents will happen

To handle accidents:

- **Stay calm.** Don't scold, discipline or shame your child. You might say, "You forgot this time. Next time you'll get to the bathroom sooner."

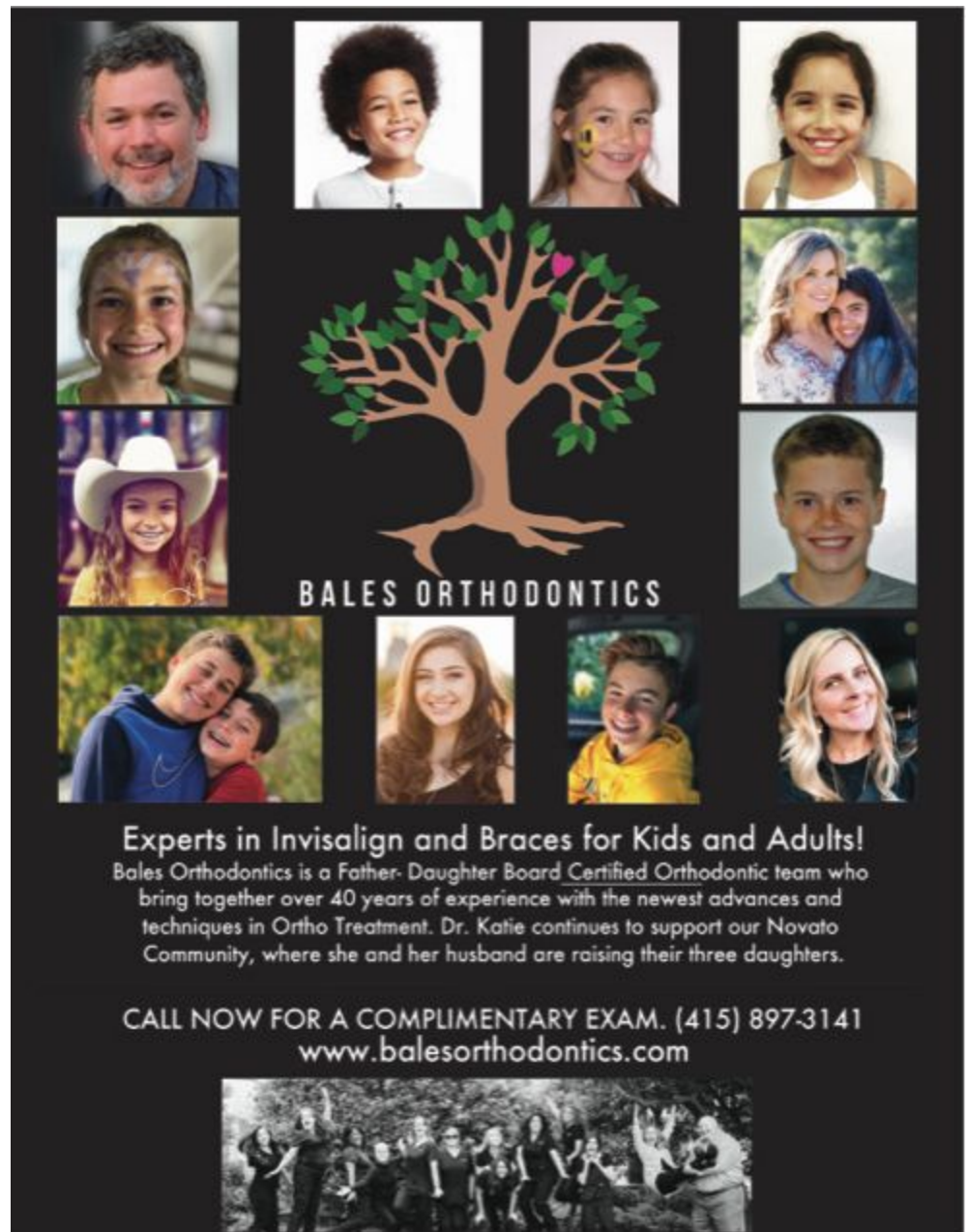


- **Be prepared.** Keep a change of underwear and clothing handy, especially at school or in child care.

When to seek help

If you have questions about potty training or your child is having difficulties, talk to your child's doctor. He or she can give you guidance and check to see if there's an underlying problem.


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Hi, mamas! My name is Karen, and I do social media for Novato Mothers Club. Chances are you've seen me at our events. I'm usually lugging around a big camera and standing on top of chairs (and occasionally tables!) taking pictures for our Facebook page.

Because it's always a little awkward for me to talk about myself, especially in print, here are three quick fun facts:

1. I always go into Target intending to pick up "just one thing" but never actually leave with just one thing, ever.
2. If I had a day all to myself, I'd spend it surfing (ideally someplace warm and tropical), reading and watching British period pieces.
3. I once interviewed Sarah Jessica Parker in a room the size of a closet (did I mention that I'm claustrophobic?).



As NMC's social media coordinator, I create the visuals and write content for our Facebook page, as well as set the tone for our social media presence. Sure, our FB page is there to keep our group informed about our events and our community, but it's also there to connect our current members and engage with potential new members.

Oftentimes, new members find us through Facebook, and if a Novato mom finds our page, my hope is that she'll read a few posts and feel comfortable, welcome and supported. I would love for her to think, "These are women I want to hang out with."

When I'm not hanging out with my three-year-old daughter, my hubby and my cat, I spend time on my online businesses -- makeupandbeautyblog.com, where I've reviewed makeup and chatted about all things beauty for the past 10 years (so if you want a mascara recommendation, I'm your gal); and connorclaire.com, a lifestyle and clothing brand named after my daughter.

If we haven't met yet, I hope we chat soon.



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Mandarin Chinese is quickly becoming the world's most popular second language, in part due to China's growing economic influences.

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Education experts agree that helping children master more than one language impacts success in every aspect of their lives.

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- * Have a more complex grasp of language including their native language
- * Develop more highly competent communication skills (verbal and written)
- * Engage in stronger studying habits throughout their career
- * A grasp of Mandarin, gives children and adults a highly competitive edge in a global market.

When is the best time to expose my child to language skills?

Research suggests that immersion is the most effective way to learn a language, and that the critical window for ease of learning is between birth and 10 years of age.

Come check out the school today!



Mei Jie Preschool



March Cookie Recipe

Cream Cheese Sugar Cookies

1 Cup white sugar
1 Cup butter, softened
1 (3ounce) package cream cheese, softened
½ teaspoon salt
½ teaspoon almond extract
½ teaspoon vanilla extract
1 egg yolk

2 ¼ cups all-purpose flour



Directions:

1. In a large bowl, combine the sugar, butter, cream cheese, salt, almond and vanilla extracts, and egg yolk. Beat until smooth. Stir in flour until well blended. Chill the dough for 8 hours, or overnight.
2. Preheat oven to 375 degrees F (190 degrees C)
3. On a lightly floured surface, roll out the dough 1/3 at a time to 1/8 inch thickness. Refrigerating remaining dough until ready to use. Cut into desired shapes with lightly floured cookie cutters. Place 1 inch apart on ungreased cookie sheets. Leave cookies plain for frosting, or brush with slightly beaten egg white and sprinkle with candy sprinkles or colored sugar.
4. Bake for 7 to 10 Minutes in the preheated oven, or until light and golden brown. Cool Cookies completely before frosting.

Recipe Courtesy of ALLRecipes



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