

WELCOME TO

Mother's Ink

we're so glad you're here!

HEY, HOW ARE YOU?

A Club Update

Take a look at our amazing new logo courtesy of NMC member Monica Lynch! We are so proud of our new logo and it arrived just in time for the Novato Mothers Club to celebrate its 30th birthday in July! We have been around since 1993 and are still going strong.

We are in full-blown recruit mode for our next NMC board. Our fiscal year is from August–July, and we need YOUR help to ensure the NMC's success in the next year. If you're interested in volunteering, please join one of our events on July 18th or 23rd, reach out to us via email (nmc.codirectors@gmail.com), or find a board member at an event. See *page 8* for more information on joining the board.



Upcoming Events

HERE ARE SOME, BUT NOT ALL, OF THE EVENTS IN THE WORKS!

- July 4th:** March with the NMC in the 4th of July Parade (*page 2*)
- July 7th:** Family Outing at First Fridays on Grant
- July 10th:** Poppytots Play Date (*page 9*)
- July 14th:** Moms' Night Out–Downtown Scavenger Hunt (*page 6*)
- July 18th:** Learn About the NMC Board (*page 8*)
- July 23rd:** Coffee with the Co-Directors
- August 27th:** Book Club (*page 10*)
- September:** End-of-Summer Swim Party

Members can visit www.novatomothersclub.com/Novato-Community-Events/ for a full community event listing.



March with us in Novato's Annual 4th of July Parade

TUESDAY, JULY 4, 2023 - DOWNTOWN NOVATO
PARADE AT 10AM (MEET BETWEEN 9-9:30AM)

HAPPY
4TH
OF JULY



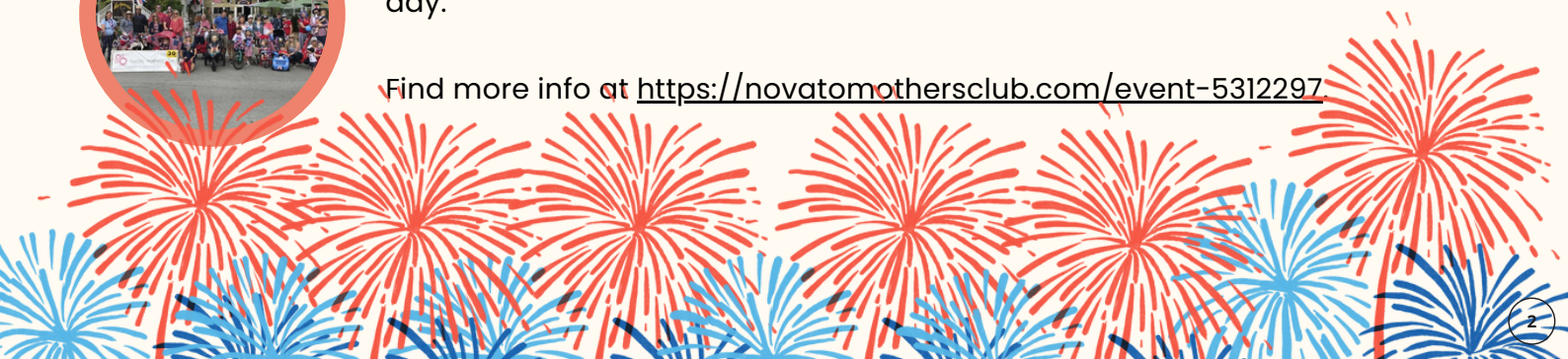
March with the Novato Mothers Club in Novato's Downtown 4th of July Parade!

It's time to join together and march in the Novato 4th of July Parade with the Novato Mothers Club! The theme this year is NATION OF INNOVATION. Join us as we celebrate science and technology with the rest of our community! It's also the NMC's **30th birthday** so let's go big this year!

Help the NMC win the award for the best community group matching the theme!

If you or your kids have any scientist, doctor, astronaut, robot, or other innovation-esque costumes/accessories, we hope you'll wear them (along with any NMC t-shirts or patriotic gear you might have)! We also encourage the kids to make and bring a cardboard or other found-item robot to "march" along beside us on parade day.

Find more info at <https://novatomothersclub.com/event-5312297>





City of Novato Parks Master Plan:

Share your input on the future of Novato's parks by visiting the Parks Master Plan community engagement website! The Parks Master Plan will serve as a valuable strategic guide and "roadmap" for both current and future parks planning and development. This process will include an assessment of current parks, playgrounds, fields, outdoor courts, trails, picnic areas, and park amenities, as well as a comprehensive public engagement process to identify unmet recreational wants and needs in our community.

The City of Novato invites you to share your ideas at novato.org/parksplan. Take a moment to pin your comment on the interactive map, provide feedback on the ideas wall, vote on your priorities, and engage in the community forum to help shape the future of Novato's parks. Also, take our community survey, accessible to all in English and Spanish.

To receive notifications and stay informed throughout this process, sign up for updates via email and/or text message at novato.org/parksplan.

For any additional questions, contact the Novato Parks, Recreation and Community Services Department at novatofun@novato.org.

TAKE THE SURVEY



Family Outings Recap & Upcoming

FUN WITH THE WHOLE FAMILY

This quarter, we've bowled, hiked, and watched an outdoor movie! The short hike to Fairway Falls was a crowd favorite and we cannot wait to plan more hikes in the fall.

Join us on Friday, July 7th, for the next family outing to First Friday in Downtown Novato for a sweet treat and Princess Storytime.



Tour of Novato Recap

On Saturday, May 13th, the NMC hosted a table at the Tour of Novato presented by School Fuel. It was a hot day but our tent provided shade while we visited with new and familiar faces in the community. We promoted the club while helping Novato kids make their own buttons and watching them play with our giant Jenga set.



Easter Egg Hunt Recap

Our Easter Egg Hunt this year was HUGE! Novato families came out in droves to hunt for eggs and take photos with the Easter Bunny. We received \$340 in donations from participants on top of a sponsorship from Deloach Construction. These donations will help us keep this event open to the whole community for years to come!

If you want to have an easier labor and delivery I can help you



If you have discomfort during pregnancy I can help you.

- Pubic symphysis pain
- Low back pain or sciatica
- Upper back or rib pain
- Urinary frequency or pelvic floor issues
- Carpal tunnel numbing and pain
- High blood pressure or nausea and vomiting
- Difficulty walking in late pregnancy or waddling
- Breeched presentation- Webster Technique

If your *newborn* has these I can help him or her:

- Difficulty with breastfeeding or latching
- Doesn't settle or sleep well, arching back or hypertonic
- Floppy tone or hypotonic, developmental delays
- Gastro-intestinal distress, gas, and reflux
- High palate, tongue tie release before and after

If your *child* has the following, I can help:

- Growing pains, low back or upper back pain
- Sensory integration challenges
- Headaches or TMJ issues, or trouble copying from the board to paper or computer



Call (415) 681-1031 for an appointment

Sheehan Chiropractic

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Moms' Night Out Recap & Upcoming

MONTHLY EVENTS JUST FOR MOM

In April, we hosted a MNO out Rolling Hills Club where members toured the facility, had some yummy snacks and wine, and Jackie won a one-month membership to RHC (top right)!

In May, we hosted our annual Mothers' Social (*see page 12*).

In June, moms stayed in for dumpling making fun! Nights without kids where we can relax and chat in the comfort of someone's home are always a big hit (below)!

On July 14th, we will host a Downtown Scavenger Hunt for moms. Join us for drinks and team building in this fun hunt (bottom right, the winning team from our Board Appreciation Target Scavenger Hunt in June).



Join Our Board Today!

HAVE ANY QUESTIONS, SUGGESTIONS, OR WANT TO MAKE A DIFFERENCE FOR THE NOVATO MOTHERS CLUB?

Join our monthly board meetings, generally the first Wednesday of each month from 6:30–8:00pm. Come enjoy snacks and appetizers while socializing and planning events with other moms.

LET'S CHAT!

@novatomothersclub | nmc.codirectors@gmail.com

WWW.NOVATOMOTHERSCLUB.COM

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Join the NMC Board

Our new fiscal year begins in August and we need your help on our board! Join our board to help make the NMC a success and ensure we are able to offer all the fun events we have in mind! Come to our [Planning Event to learn more about the NMC Board on July 18th](#) or [Coffee with the Co-Directors on July 23rd](#) to learn more!

Joining the board is a great way to form meaningful friendships with other Novato moms. Your commitment can be as much or as little as you are able to contribute. Each committee has at least two members on it so you would work as a team taking on what you can. All members are welcome to join the board, whether you joined yesterday or three years ago! We are a completely volunteer-run organization and would love to have you join our board!

Our board meetings are the first Wednesday of every month at 6:30pm, but attendance is not mandatory. Each board members contributes as little or as much as they can. We are all busy with our little ones so the more people we have on our board, the more successful the club will be! Please reach out to nmc.codirectors@gmail.com with any questions.



[CLICK HERE FOR MORE INFO!](#)



Welcome to the NMC

We held a welcome event at last week's Hot Amphitheater Nights Concert hosted by the City of Novato.

15+ new and established members of the NMC stopped by and mingled while listening to some great music. There are several more outdoor concerts in Novato this summer, downtown and in Hamilton. We encourage you to attend and post in one of our Facebook group chats to meet up with other members while you're there!

We hope our new members will attend more of our upcoming events and get involved behind the scenes. It's never too early (or late) to join the Board!





Poppytots

Poppytots Play Cafe

JOIN US EACH MONTH FOR AN NMC-EXCLUSIVE PLAYDATE

Tracy, an NMC alumni and the owner of Poppytots Play Cafe, has generously offered to host a FREE monthly playdate for NMC members on the 2nd Monday of every month. This event is for NMC members only and will be posted on our website each month.

The cafe is designed for children 5 and under and is closed to the public during the NMC play date. This is a great opportunity for NMC members to establish playgroups for kids 5 and under! If you have a baby that is too little to play, we still encourage you to come sit with the other parents and enjoy some time with other adults while the bigger kids play. Come for any part of the 3-hour window. Moms, dads, and especially kids are welcome to join in the fun!

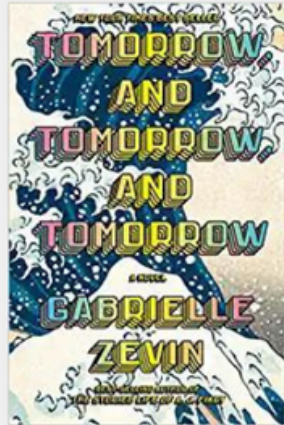


We encourage our members to purchase something in the gift shop during the playdates, host a party (there's a discount code on our website), or visit the play cafe at other times to support Tracy! She's done amazing things for the community and the NMC and deserves our support.



NMC Book Club – Upcoming Reads

JOIN THE NOVATO MOTHERS CLUB BOOK CLUB



The Novato Mothers Club Book Club is a great place to discuss mom/family life, get to know other members, and discuss a book over coffee and pastries! We welcome all members, even if you have not read the book.

We are currently reading *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin and will meet to discuss it on Sunday, 8/27.

On Sunday, 10/1, we will discuss *Hidden Pictures* by Jason Rekulak ("pleasantly scary without being too dark or terrifying" – just in time for the spooky season).

In December, we plan to discuss something by Tana French – to be announced later.





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REALTOR | CALRE# 01907055



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AZADEH HUNTER | Azadeh is born and raised in Marin. She calls Novato her home with her husband Justin and their three beautiful daughters. After 11 years in banking and management, Azadeh decided to make a career change that would blend all her years of expertise in corporate, commercial banking and finance. Growing up in a family of real estate agents and developers, her background in commercial and consumer banking has taught her a profound respect for the rules and regulations of finance, as well as reinforced her the central utmost importance of ethics in business.

PHILOSOPHY

Compassion, empathy, and professionalism are just three of the qualities she embodies every day to make all her clients feel valued and appreciated. Each of her clients' real estate transactions are handled fluidly with priority, diligence and ethics.

TESTIMONIAL

"Everyone told us that buying a house would be a long tedious and stressful process, but Azadeh took the time to get to know us and knew exactly what we were looking within 30 days (yes, within 30 days) from our initial meeting we closed on our home! She made everything so easy and still continues to do so by checking in to see how things are going! We have lived in our home for 5 months and I still can't believe how much I love it and how Azadeh helped us so much to have everything fall into place perfectly!

I would recommend her to anyone and everyone who is looking for their perfect home!"

CAROLYN P.



C. 415-246-1911

azadeh@homesbyazadeh.com

www.homesbyazadeh.com



Mothers' Social Recap

THE "EVENT OF THE YEAR" FOR THE NMC

34 moms came out for a night of line dancing, food, drinks, and fun in May. Our generous donors contributed over \$5,000 in prizes for our online and in-person member-only raffles and the majority of attendees walked out with at least one prize.

Thank you to our Mothers' Social Committee, wonderful volunteers, amazing donors/sponsors, the incredible staff at The Key Room, fun and informative line dance instructor Robyn Woodruff, and all our attendees for a night out to remember!



Newsletter Submissions & Sponsorships Welcome



Would you like to write an article, submit an advertisement, or contribute other information towards a future newsletter? Visit www.novatomothersclub.com/news-submissions for our guidelines.

THANKS to our

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NMC Easter Egg Hunt Sponsor

Pat and the Deloach Construction team generously sponsored our annual Easter Egg Hunt, allowing us to keep the event open to the community and helping to contribute to our eco-friendly measures this year. We are so grateful for this support!

ABOUT OUR HOME CONSTRUCTION COMPANY

Whether you're looking for a home improvement, a small renovation, or a whole home remodel, Deloach Construction offers the most affordable quality of any general contractor or building company in the North Bay Area. We treat every home we work on as if it were our own. Contact us today and experience the difference.

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Co-Director Corner (goodbye and thoughts about my time with the NMC by Cayla)

I joined the NMC right when I arrived in Novato 2.5 years ago. I was expecting maybe some moms' night out events or park play dates but wasn't too hopeful of finding my "tribe." I'd been a member of some informal groups back in Colorado and attended some of their events but never really connected with any of the moms there. Events were few and far between or targeted only to stay-at-home moms. As a working mom with a kid in full-time daycare/preschool, mom friends were tough to come by.

After my move to Novato, I connected immediately with the two NMC members I met at my very first welcome event. Our kids are within a year apart and now, even at 5/6, I know they (and their moms) will be friends forever. These are my people and the main reason I am so sad to move out of Novato.

Soon after that initial event, I was peer pressured into joining the NMC Board of volunteers and it was, hands down, the best thing anyone has ever pressured me into doing. My tribe grew from three moms to nearly 30. These moms have helped me in so many ways that are completely separate from the NMC, from providing mom-perspective, picking my kid up from school when I can't, making me feel like part of a real community for the first time since moving out of my college town, and providing me with a much-needed social outlet. Now that I'm more and more involved with the NMC board, I have met and become familiar with many of our other 150ish members. I often see them forming friendships similar to those I have with my OG NMC friends and I love to see that. Mom friends are so important to maintaining that sense of self that tends to blur into the background after kids.

I am introverted by nature, and the NMC and its online networking has made it so much easier for me to comfortably approach and talk to people I've never met at NMC events. I have improved my public speaking and interpersonal skills over these 2.5 years leaps and bounds over what I've been able to do in the last 17 years of office jobs.

Now that my son is school-age, I have finally been able to connect to other parents outside of the club and that makes it a little less scary to move back to a place that does not have anything similar to the Novato Mothers Club. In those preschool years, when parents were too busy at pickup and the kids were too little to reliably be able to relate their friends' names, the NMC was invaluable to me.

I love Novato, I love how small it is while still providing everything we need, I love randomly running into 5-10 friends every time I go to the farmers' market, and I really love the NMC. I will miss it all dearly when we move. While I'm sad that my time here was so brief, I am so glad I was able to experience Novato and everything it has to offer. The NMC is truly one-of-a-kind.

Novato, I'll miss you!

-Cayla (NMC Co-Director Jan-July 2023)



Meet your Co-Directors



Sophia Osotio and Tiara Johnson
NMC Co-Directors
August 2022-July 2024

Cayla Anderson is in the middle here,
but she's leaving us at the end of July

@novatomothersclub | nmc.codirectors@gmail.com

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