

Mother's Ink

The Newsletter of the Novato Mothers Club



Director's Corner

When I moved to Novato, I was a new mom and knew absolutely no one in Novato or Marin. I had a close group of friends that I talked to online, but it wasn't the same. Then I learned about the Novato Mother's Club. I joined the club when my daughter was six months old. Luckily, there was an active playgroup with lots of moms with babies my daughter's age. We got to have adult conversation while the babies just sat there bewildered by the outside world. They grew into tottering toddlers, and before you know it, they left the playgroup behind and were all off to school.

Despite my baby being too old to enjoy the various NMC events as she once did, I still absolutely love being part of this club! Serving on the board has given me so much joy – it's allowed me to build strong relationships and feel connected to the community.

For new parents out there who are interested in joining the board, I urge you to come to a board meeting. We'd love to meet you and hear your ideas for the group.

-Sophia Osotio



Event Recap: Mom's Night Out Climbing at The Gravity Vault

On March 3 the Mom's Night Out committee hosted an exciting evening of rock climbing at The Gravity Vault in San Rafael. We were split into two groups of five, with each group led by one instructor. The groups had a chance to try out both bouldering, where you don't climb as high and without harnesses, and more traditional climbing. The group had a great time testing our limits and cheering each other on.



NMC Mommy's List

Hi parents,

Are you looking for a photographer or a notary? Do you want to support other local Novato families? Look no further than our Novato Mothers Club Mommy's List!

This is a list of our member-owned businesses, so take a peek at all the wonderful moving and shaking family business!



[Click here for the list!](#)

If you would like to add your business to the list, [click here to give us your info!](#)

Event Recap: NMC Family Outings 3 outings in 1

The weather was springy, the wildflowers were blooming, and it was a perfect February afternoon spent with NMC friends at Mcinnis Park.

The group met up first for a hike along Gallinas Creek where we played another rousing game of hike Bingo. We then spied egrets, hawks, ducks, and tried in vain to find the elusive endangered California Clapper Rail. We walked, ran, meandered, and strolled along the ecosystem and looped back towards the golf course.

After refreshing ourselves with slushies and floats, we enjoyed 18 holes of mini golf. There was at least 1 hole in one! It was a wonderful day with friends and we can't wait until the next time we get together.



Novato Piano School

Musikgarten for ages 0 to 4

Piano for ages 5 and up

For more information please visit

www.novatopianoschool.com

A Piece of Cake & Confection cooking classes

Baking and cooking is what we do here. Kids roll up their sleeves and get into flour, sugar, butter, and all those yummy spices. Participants make it all from scratch – whether it is a pie, cake, or cookies – and bring their finished product home to share with their family and friends.

We offer month to month classes and each has a different theme.

Benefits of cooking with kids, whether at home or in a class

- Children are more likely to eat what they make, which may help to develop a more mature palate
- Long term life skills and the ability to enjoy cooking
- Growing confidence – whether it's the ability to keep flour in the bowl when mixing, or to crack an egg
- Early introductions to math and science skills, such as measuring, fractions, language, counting, and fine motor skills
- Focus, turn taking, and communication
- Problem solving. It is okay to make mistakes!
- Quality time with the family
- A relaxed way to discuss nutrition, food choices, and impacts on the body

Birthday Parties

It doesn't matter whether you are young or a bit older, we can help celebrate your birthday with a Birthday Baking Party. Please contact us via our [website](#).

For special events

A Piece of Cake & Confection offers a wide array of seasonal crafted delights to add a special touch to any occasion.

To see our upcoming seasonal offerings, please follow us on [Facebook](#), [Instagram](#), or our [website](#).

Novato Mothers Club Playgroups

Did you know about the NMC Playgroup section of our Facebook page? We have created group pages for children based on their kindergarten classes. Below is a list of the groups and links to each. Please remember that these groups are for **active** NMC members only. To be admitted to the group you will need to provide the birthday of your child so that we can confirm that you are in the correct group. If you have a caregiver for your child that you would like to be included in the group, please message one of the admins so that we can add that person to the group. You can get more information about that promotion and the club on our website, <https://novatomothersclub.com/>

Links to playgroups with corresponding birthdates:

[2016-2017 Kindergarten Class NMC Playgroup](#): Sept 2, 2010-Sept 1, 2011

[2017-2018 Kindergarten Class NMC Playgroup](#): Sept 2, 2011-Sept 1, 2012

[2018-2019 Kindergarten Class NMC Playgroup](#): Sept 2, 2012-Sept 1, 2013

[2019-2020 Kindergarten Class NMC Playgroup](#): Sept 2, 2013-Sept 1, 2014

[2020-2021 Kindergarten Class NMC Playgroup](#): Sept 2, 2014-Sept 1, 2015

[2021-2022 Kindergarten Class NMC Playgroup](#): Sept 2, 2015-Sept 1, 2016

[2022-2023 Kindergarten Class NMC Playgroup](#): Sept 2, 2016-Sept 1, 2017

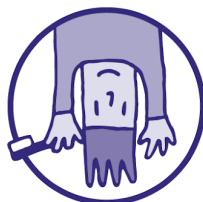
[2023-2024 Kindergarten Class NMC Playgroup](#): Sept 2, 2017-Sept 1, 2018

[2024-2025 Kindergarten Class NMC Playgroup](#): Sept 2, 2018-Sept 1, 2019

[2025-2026 Kindergarten Class NMC Playgroup](#): Sept 2, 2019-Sept 1, 2020

[2026-2027 Kindergarten Class NMC Playgroup](#): Sept 2, 2020-Sept 1, 2021

[NMC Working Moms Group](#) ** [NMC Single Parent Group](#) ** [NMC Step Parent Group](#)



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Event Recap: Miwok Park Outing

On March 27th the NMC overtook Miwok Park for the first of what will be a monthly park morning (starting this month). Nearly 20 families met to play and get to know each other. Look out for details about the next one!



Event Alert: June Community Service Project

We love our community, and giving back is something very important to us. It can be challenging to find ways to volunteer that involve young kids, so we will be working as a club to organize monthly activities to help model the importance of giving back while assisting local organizations and supporting our community. Some activities will be done together at an event as a group, and some will be done individually. We hope you'll join us! And if you work with or know of an organization that could use hands, support, or young enthusiastic volunteers, please let us know!

For the month of June we challenge every family to do something to help take care of the Earth. Take a bag (and maybe some gloves/a grabber) on your next neighborhood walk or park outing and try to pick up at least 10 pieces of trash. Take a picture of your family in action and send it to kegan.donlan@gmail.com to be entered into a raffle for a small basket of goodies.

Stay tuned for the July service project!



novato mothers club
friendship, community, and learning

May/June 2022



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UCSF Health

Board Member Q&A: Kegan Donlan

Each newsletter we'll highlight a NMC board member. This quarter, we're chatting with Kegan Donlan, one of NMC's board members.

What is your role on the NMC board?

I'm on the Family Outings Committee

How long have you been an NMC member?

I went to a new member event just weeks before everything shut down in early 2020, so over 2 years!

What is your favorite part of being an NMC member?

The women I've met and the Mom's Night Out events. I also really, really appreciated all the online cooking classes and creative events during the pandemic. They kept me sane and feeling connected.

If you could wake up anywhere tomorrow, where would that be?

In Greece, on vacation with my husband.

What is your favorite dish?

It's not really a proper meal, but I'd always rather have my Mimi's scones and some tea than pretty much anything else on the planet. But I'm also a sucker for a good burrito, and I dream of my mom's fettuccine alfredo.

If you could invite five famous guests to a dinner party - dead or alive - who would they be?

Marie Curie, Alexandria Ocasio-Cortez, Tina Fey, Grace O'Malley, and my Irish Grandmother Laura Mae.





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May/June 2022

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