

Mother's Ink

The Newsletter of the Novato Mothers Club



Welcome 2021!

Welcome to all of our new members! We look forward to meeting you all in person, hopefully later this year, but in the meantime, we would love to see you at an online event soon.

Throughout Winter, new members have continued to receive NMC mugs and hot chocolate sticks to welcome them to the Novato Mothers Club, and enjoyed an online Welcome coffee date. The continued discount provided throughout the pandemic has seen more than 25 new members join since October.



Take a look in this newsletter on past and upcoming events!

Have you renewed at the \$35 rate? Do you know anyone who might want to join the NMC? Let's keep our membership strong and expand our network! Please reach out to friends/family/neighbors and tell them about the Novato Mothers Club! Our special membership discount has been extended through the end of May, for both new and existing members:

For new members, [click here to use the special rate.](#)

For returning members, [click here to use the special rate.](#)

Director's Corner

Hello Fellow NMC Members!

We hope that you all had a wonderful holiday season, despite these challenging times! Can you believe that it is already 2021 and we have been navigating the COVID-19 Pandemic for a year? As we head into Spring it is always nice to take a moment and appreciate all that we have to be grateful for. The NMC co-directors are grateful for all the moms that make up our wonderful Novato Mothers Club community. A special note of gratitude goes to those moms who volunteer their time and energy to the club. NMC board members, we couldn't have managed this year without you!!

My name is Sarah Rubalcava and I am one of your Co-Directors. I am the mother to an adorable and fun-loving toddler, a step-mom to a typical teen, a part-time working mom, and a full-time student. After the birth of my son, I decided to leave my position with NUSD and go back to school to finish my BA. In the Spring of 2022, I will have my BA in Sociology with a Minor in Criminal Justice. If any moms are looking into going back to school and want help on how to manage it with the crazy schedule of being a mom, feel free to reach out to me and I am happy to help you get started.



I joined the Mothers Club in January of 2018 in the hope to meet some mom friends, as most of my friends either didn't have kids, or their children were much older. Quickly after I joined the club, I also signed up to be on the Board. It was the best decision I could have made. I have met so many great moms, I now call my friends. NMC has given me the opportunity to build lasting relationships for our family. I am so proud and thankful for the amazing network the mothers club provides.

I want to take a moment and give a special shout-out to Candice Chatfield and Victoria Olson. These two ladies are the board members responsible for Mom's Night Out. Not only have these ladies come up with some fantastic virtual events for moms, but they have also hosted amazing events for families as well. From Spa Nights to Virtual Pizza Parties, these ladies have put their heart and soul into coming up with events to keep us sane during these crazy times. Thank you ladies for all your hard work! Please keep your eyes on your emails for more of their events coming to you this Spring.

I also want to give a huge thank you to Nicole Sus and Cynthia Stempek. These two amazing women have been keeping our Social Media up and running. They have done a fabulous job with our Facebook page and keeping our members engaged this past year. We can't thank them enough for all their hard work!

Do you want to participate more in the Novato Mothers Club? Joining the Board is a great way to get involved. We currently have a couple of spots open for the remainder of the 20-21 year. We will also be looking for board members for the 21-22 year as well. Email the co-directors to sign up if you're interested at nmc.codirectors@gmail.com.

I hope everyone has a fabulous spring and look forward to seeing you at our upcoming events.

Sarah Rubalcava



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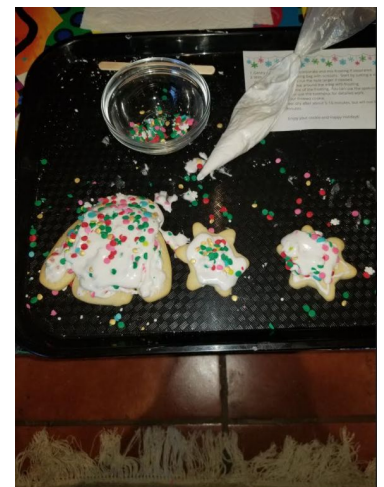
Event Recap: Holiday Party

Festive cheer was brought to your home 2020 style this holiday season. On Saturday, December 19, 2020, The Novato Mothers Club hosted their very first Holiday party via Zoom. Fun was had by all. Families were invited to arrive in their pajamas or their holiday best, just happy to have a chance to see some NMC friends via zoom.



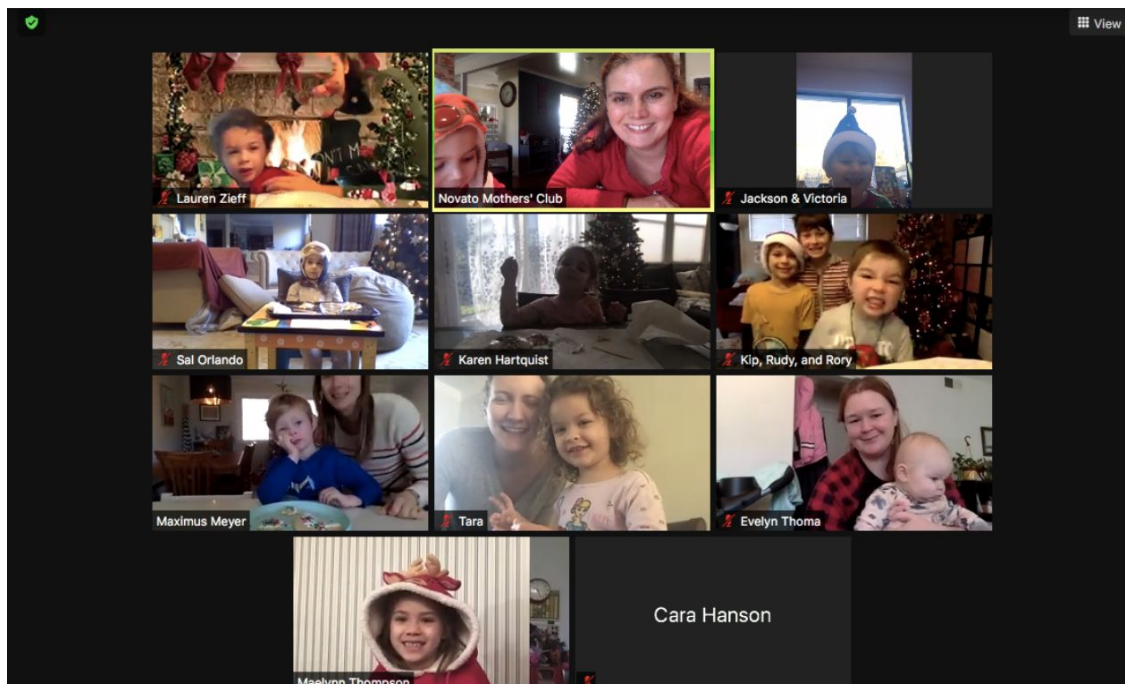
We started off the morning by listening to several holiday stories read by our local book store, Copperfield's.

We then had our littles get creative and decorate cookies with frosting and sprinkles provided by our local downtown cake shop, teeny cake. While some cookies may have ended up with more frosting than cookie, the end result was a delicious creation.



We ended the party with a holiday music dance party to get the sugar wiggles out.

We can't think of a better way to holiday Zoom, than with our Novato Mothers Group families. Thank you to all that participated to make this day extra special.





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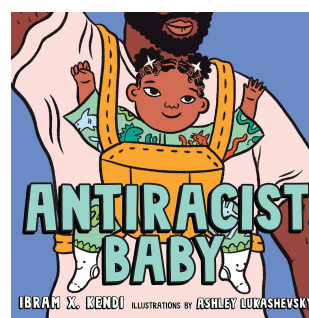


UCSF Health

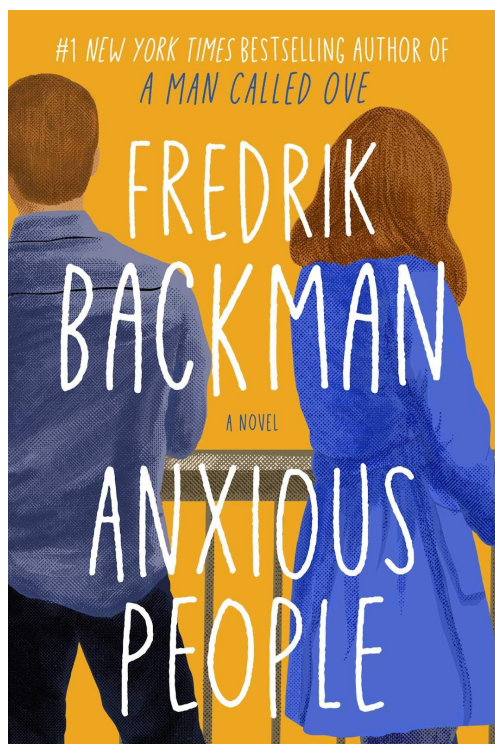
NMC Book Club

The NMC Book Club kicked off the year with *Antiracist Baby* by Ibram X. Kendi - a children's book that introduces the topics of race and racism, and provides parents with a tool kit for speaking with their children about race. This gave everyone a chance to ramp up as we moved on to longer, adult focused books from there.

The Book Club has just finished up *Untamed* by Glennon Doyle, who calls on women to free themselves from the expectations that society has set, or as she puts it, to become :un-tamed.



The NMC Book Club meets next on March 28 on Zoom to discuss *Anxious People* by Frederik Backman:



Looking at real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can't fix their own marriage. There's a wealthy bank director who has been too busy to care about anyone else and a young couple who are about to have their first child but can't seem to agree on anything, from where they want to live to how they met in the first place. Add to the mix an eighty-seven-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face, a flustered but still-ready-to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world.

Each of them carries a lifetime of grievances, hurts, secrets, and passions that are ready to boil over. None of them is entirely who they appear to be. And all of them—the bank robber included—desperately crave some

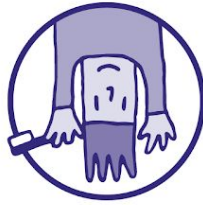
sort of rescue. As the authorities and the media surround the premises these reluctant allies will reveal surprising truths about themselves and set in motion a chain of events so unexpected that even they can hardly explain what happens next.

Purchasing your copy of the book at our local Copperfields book store will get you a 20% off discount on the current book club book when you mention the Novato Mothers Club.



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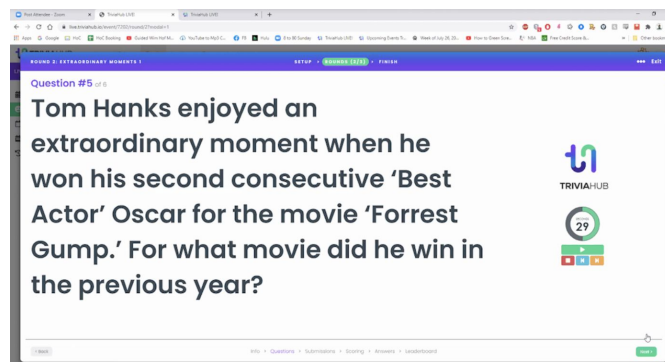
Mom's Night Out/IN

With so many recent events for both mom's and the family, we hope that you have been able to come along and join the fun! If not, we would love to see you at one soon!

The pandemic has hit everyone hard, and so the Novato Mothers Club continues to support local Novato businesses where ever possible, and strives to share the love with as many local female and mama owned businesses as possible In line with this commitment - we doing everything we can to continue supporting the local community. If you have any questions or ideas, we would love to hear them!

Trivia

Eleven households logged onto Zoom on Monday, November 23rd for three rounds of trivia and we can't wait for the next round. Randomly divided into teams, we named ourselves The Rads, I Periodically Dance on Tables, and I Saw Mama Rockin' Trivia. Each round included six questions. The facilitator read each question twice before sending teams into breakout rooms for 45 seconds of discussion. Here's a sampling of the questions posed:



- For which other NBA team did Michael Jordan play?
- Which American university was founded in 1636?
- What comedian/actress has the given name of Caryn Elaine Johnson?

Sometimes we needed the full 45 seconds and other questions left us with time to visit. We didn't need to know all the answers and you won't next time(because we all agreed we'd happily participate again). It's a collaborative effort and our varied backgrounds contributed to our enjoyment and success. That's the power of teams.

In the end, we ALL rocked the trivia; bragging rights, though, belong to our table dancing friends. As for Tom's Oscar from the previous year, it was "Philadelphia".



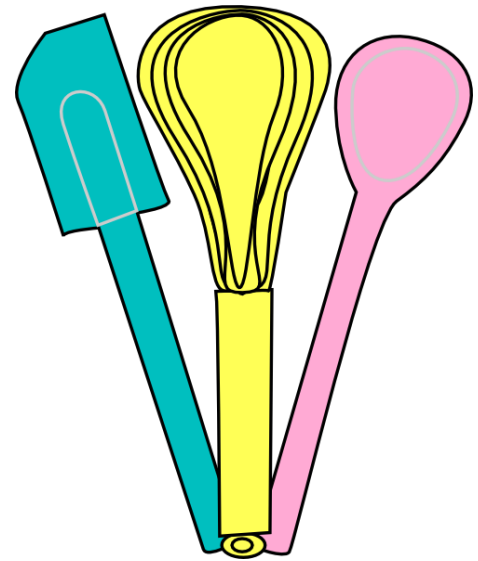
Cooking Classes

Our series of cooking classes by A Piece of Cake & Confections' Stephanie Tyson has continued to keep us learning new cooking skills with changing seasonal menus.

On November 19, 20 families took part in a Thanksgiving theme event, and soon after 17 members attended the December 3rd Holiday cooking class. The little sous chefs in tow loved helping cook!

The Holiday Cookies & Treats class on December 3rd saw 23 members take their baking skills to new heights with tasty treats. Yum!

Most recently on Saturday February 27, 17 members enjoyed a baked potato & cauliflower soup, orange, pear & date salad with orange-rosemary dressing, and balsamic chicken & pear. This was accompanied by roasted brussel sprouts and brown rice, and finished with a delicious chocolate cobbler.



Keeping Mamas Strong!

January saw members kick off their new year's resolutions with a healthy yoga class provided by Janet Carter. Eleven members joined the January 9 event. Janet was kind enough to include a week of classes to participants.

In preparation for a Valentine's in quarantine, ten mamas took part in a February 12 Pre-Valentines Chair Dance class led by our local pole dance studio, Entangle & Sway. Mamas embraced their inner goddess and learned some sexy new dance moves!

Keep an eye out for upcoming events! Upcoming events include Mommy & Me Yoga, a pure Barre classes, water color class, and plenty more fun stuff, so keep an eye on the calendar for the next event.

Mark your calendars!

Our Virtual Education & Activity Fair will be held on Thursday, April 22nd on Zoom.

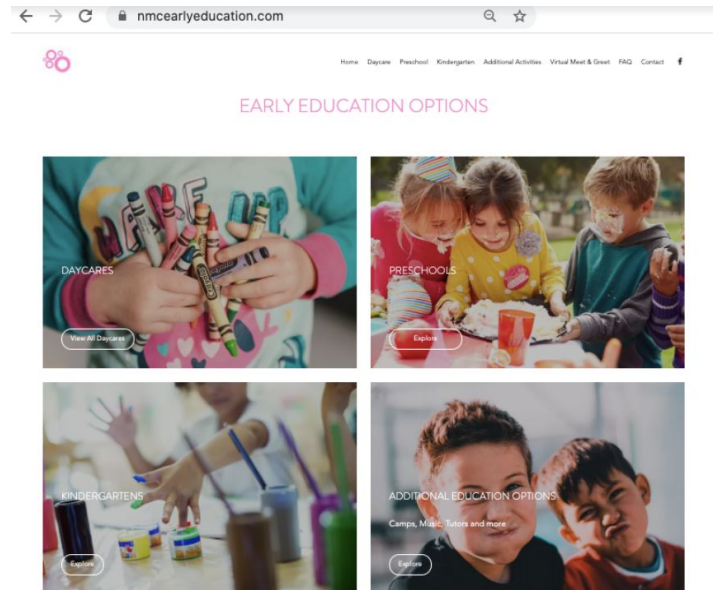
We're expanding our traditional Preschool Fair to include Daycares, Kindergartens and Activities so we can be a one-stop shop for parents.

We're pairing the Fair with our new [Early Education Resources website](#), which highlights daycares, preschools, kindergartens, and other activities like camps, music lessons, tutors and more from all over Marin and Petaluma.

The Virtual Fair is where you can connect with various programs and learn what makes them special, and see if they're a good fit for your family! The website will be live year-round, and we'll be adding to it continually.

You can RSVP for the Virtual Fair here:

<https://www.nmcearlyeducation.com/virtual-meet-greet>. More details will be sent to members in the coming weeks.



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Event Recap: Valentine's Day

Our Valentine's event on February 13 featured some love themed stories read by our very own Emily Cremidis, a sing along, and cookie decorating with kits provided by Marilyn at Designer Sweets. 28 families were able to join in the fun.





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Mother's Support

The NMC Board is proud to introduce our new Mother's Support coordinator, Melanie Young. Melanie is a preschool teacher/administrator in Novato. She's married and has three children ages 2, 4, and 12. The family is newer to the area having moved from Southern California in 2019. Melanie says, "I am so excited to be a part of NMC especially in the area of mother support as I find it so rewarding to help others."

What is Mothers' Support? When one of our members has a baby, we rally with food. When one of our members has a big surgery, we rally with food. When one of our members is grieving, we rally with food. We are pretty good at rallying with food (or gift cards). Because times are currently wonky, we are not currently rallying with home cooked meals. However, we are still here for each other. For the moment, we are rallying with restaurant delivery and gift cards. If you are expecting a baby, going through a particularly challenging time, or know a member who is, please email Melanie at

nmcmotherssupport@gmail.com. Thank you! Our generosity keeps our network strong!

Although nothing beats a home-cooked meal, our current plan is to extend food delivery gift cards to families. In an upcoming email, we will ask each member to make a monetary contribution to support this effort. Members requesting support will then receive a gift certificate to GrubHub or DoorDash. Melanie will also create a personal meal train link that families can circulate if they would like. Our contributions will help the family with one less thing to do when times may not be the easiest.

Thank you so much for your support to this club and all the future moms in need. And don't forget to reach out if you have a baby on the way! If you're unable to contribute at this time, please reach out to nmc.ecremidis@gmail.com to find out how you can fulfill your membership duty and find another way to help.



Event Recap: Pizza Night In!

NMC had an amazing Pizza Night In that was hosted by the Village Pizzeria. On January 26, 24 families joined us for a pizza party! Each child was given a pizza kit that included all the items necessary to make their own pizza and a coloring sheet to work on while their pizzas were cooking. After spending some time socializing on Zoom, parents and kids were given a tour of the Village Pizzeria kitchen by the wonderful manager Tracie. Tracie taught the kids the way to perfectly create their own personal pizza (who knew that forking the pizza dough was so important to prevent bubbles?) and they were given a closer look at the inside of a restaurant kitchen. We all had a blast seeing each other's kids working hard to make their delicious pizza. It was a fun-filled evening and we look forward to being able to host another Pizza Night again very soon.





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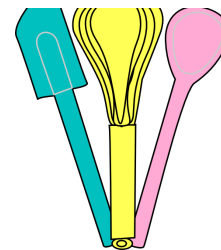


Now offering NEW extended day preschool programs in the 2020-2021 school year!



Upcoming Novato Mothers Club Events

- **Watercolor Class**
Sunday, March 21 at 3pm
- **Pizza Party!**
Monday, March 22, 5-6:30pm
- **Cooking Class**
Friday, March 26 at 5pm
- **NMC Book Club: *Anxious People* by Fredrik Backman**
Sunday, March 28 at 11am
- **Moms Night Out: Pure Barre**
4 In-Person Sessions!
208 Vintage Way
April 1, 5:45pm
April 1, 7:15pm
April 3, 1pm
April 3, 2:30pm
- **NMC Book Club: Title to be announced**
Sunday, April 25 at 11am
- **Cooking Class**
Friday, May 7 at 5pm



Register for any of these upcoming events on our website:

<https://novatomothersclub.com/events>