

Mother's Ink

The Newsletter of the Novato Mothers Club

Recap: McClelland's Pumpkin Patch



With a petting farm, hay maze, wheat and corn pits, tire swings, bounce houses, and seven acres of pumpkins, McClelland's Organic Pumpkin Patch (6475 Bodega Avenue, Petaluma, California 94952) really showed NMC families a good time on Sunday, October 14th. It was a gorgeous fall day for picking out pumpkins, riding tractors, and taking pictures. The Family Outings Committee set up a photo station right by the patch and captured some great shots.

Thank you to everyone who was able to join us at McClelland's!

Director's Corner

"Being a mom is not easy;" "It takes a village;" all very true and relatable statements! I moved to Novato from the East Bay when my daughter was born. It was just my mom, my new baby, and myself. I knew absolutely nothing about this place, and knew no one. A neighbor told us about the 4th of July Parade in downtown. So, having nothing else to do, I went to downtown and walked around with my baby strapped on. That is when I discovered the Novato Mothers Club, as a large group of families and kids came strolling by in the parade! From that day, my life was changed.



I joined the NMC when my daughter was 5 months old. I joined our playgroup and we hung out every week. Our playgroup days were truly the highlight of my week as I always looked forward to talking to the other moms and seeing all of the other babies. Over the years, those moms are my best friends and those little babies are my daughter's best friends. The playgroup and the various club events was my social outlet until I returned to work. Having that group of moms that were going through the same struggles and giving each other support was so important as I navigated motherhood, especially as a single mother.



One of my absolute favorite things to do is to talk to new moms about how amazing the Novato Mothers Club is! Whether you're new to the area, a new mom, or just a mom without many mommy friends, this club is truly amazing. I love sharing my story when I am out working at the table at the farmers market, at Sunday's on Sherman, or just talking to anyone that I run into around town. What is your story? Why are you in the club? I would love for you to share your story on what drew you to join, or why you renew each year! Please come join me at one of our tabling events so that you can share your story with others!

-- Sophia Osotio, Novato Mothers Club Co-Director



novato mothers club
friendship, community, and learning

November 2018



HOMES BY AZADEH

WALKING YOU TO YOUR DREAM HOME

Raised in Novato and a graduate from San Marin High, my husband and I chose to raise our three daughters (7, 5 & 2) in this amazing community. I know the area well and I am very active in the San Ramon PTA and the Novato Unified School District. Hard working and focused, I am happy to help you with all your real estate needs whether you are looking for your dream home or selling property in our community.



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Mother's Love

NMC Community Outreach

This year, the Community Outreach team is working to expand our reach! We are sending out a questionnaire our partner nonprofit organizations. The goal is to get information out to our NMC membership about volunteer, donation, and support opportunities. Our first nonprofit, Adopt-a-Family, has been near and dear to our hearts for many years!!

NMC Community Outreach is partnering playgroups and families with families in need through Adopt-a-Family. Please use [this link](#) to contact our team when you are ready to sign up for a wish list!



Adopt A Family
OF MARIN

www.adoptafamily.org

Please describe the organization. How do you serve the community?

Adopt A Family of Marin assists families with rent, security deposits, utilities, auto repair and food vouchers – working to prevent homelessness and supporting family stability. In 2017, Adopt A Family served 400 Marin families, including 725 children, with these services. Our 2017 holiday program matched over 500 families with holiday donors who generously gave Christmas gifts and food to families unable to afford either.

How can NMC members get involved?

We will be looking for several volunteers in December to help wrap gifts for our clients.

We are also in need of office filing help for any volunteer who has flexibility to jump into the office for an hour or two.

Finally, We always need of diapers and toiletries. We are happy to talk to update you on Adopt A Family's everyday needs.

Does the organization have any upcoming events that you would like NMC to promote?

Our Holiday Program! We want to allow as many clients as possible to participate in our Holiday Program and receive assistance in making the holidays special for their families.

How might the organization support families or NMC members?

We are always open to conversations and practice the open door policy for clients and donors alike.

Please do not ever hesitate to reach out and say hello! Adopt A Family aims to support our Marin families.

Who can NMC members contact for more information?

Jacqueline Jaffee

jacqueline@adoptafamily.org



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Bales Orthodontics



For 40 years Bales Orthodontics has been creating beautiful smiles for Novato families. Dr. Katie Bales is proud to be part of the NMC community, raising her family here and carrying the tradition of quality orthodontics to the next generation of Novato families.

Dr. Katie, her husband Rob and their children Lola, Margo and Hadley welcome you and your children to visit us for a complimentary consultation.

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www.balesorthodontics.com



Recap: Halloween Party



Our Halloween Party kicked off the year with an amazing event at Rancho Elementary School! We had Mr. Magico attend and share all his magic with the kiddos, a dance contest, cookie decorating and a card making station! We had wonderful donations from Dr. Insomniacs & Cavallo Point. Thank You again to all of our amazing donors for an awesome fun party!



Recap: Moms Night Out at Mantra!



Moms Night Out kicked off with a night at Mantra! We had a blast trying some wines, tasting delicious food, chatting with friends and making new friends too! In October, we hosted an amazing Paint night where we painted a beach scene, snacked and had some wine. We have more amazing events planned for the rest of year so be on the look out and check your emails so you don't miss the one night where we moms can all gather together and have some MOMMY TIME ☺

- Lauren & Siobahn: The Moms Night Out Committee



Playgroups by Birthdate

Birthday	Contact	Contact Email
9/18-12/18		
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
2012 Kids (<i>inactive</i>)	Rose	rosemaryjbyrne@gmail.com
2011 Kids (<i>inactive</i>)	Nina	ninavigarino@gmail.com

Anyone have a new baby September-December 2018? Want to meet other moms with new babies? Please contact nmcplaygroups@hotmail.com for details!

Recap: Pre School Fair 2018

Our Pre School & Kindergarten Fair event was November 1st! Over 20 schools participated in this informational evening. As a parent, it can be challenging to know when is the right time to look into pre schools and kindergartens, what questions we should ask and what age they should start. This event allowed parents a chance to stop by and learn about different schools in and around our area, meet the representatives of each school, learn about their philosophies and day to day curriculum. If you missed out no worries! Take a look at our pre school participant snapshot and see what schools participated and what their age range is. We look forward to hosting this event again! Thank you to all of our sponsors (Chik Fil A, Starbucks, & Kristopher McArdle State Farm) who donated drinks and food!

Thank you!

Pre School Fair Committee:

Victoria Olsen, Amy Adkins, Jessica McArdle

Participant Snapshots



Mill Valley Schools						
Philosophy	Ages	Calendar	Daily Schedule	Parent Involvement	Potty Training	
1 Marin Horizon School	Academics Based Learning	2 to 6	Aug-Jun	Half Day (Morning), Full Day, Extended Care (After School), Extended Care (Before School)	N/A	N/A
Novato Schools						
Philosophy	Ages	Calendar	Daily Schedule	Parent Involvement	Potty Training	
2 T.L.C. Preschool of Novato	Academic Developmental (Play-Based)	2	Aug-Jul	Half Day (Morning), Full Day, Extended Care (After School), Extended Care (Before School)	Volunteering Encouraged	No
3 Alpha Kids Academy	Academic Developmental, Language Immersion	2 to 6	Year Round	Full Day (7:30am-6pm)	N/A	No
4 Wonder Nook Preschool	International Outdoor/Nature Reggio Emilia, Special Needs	2 to 6+	Year Round	Half Day (Morning), Half Day (Afternoon), Full Day, Extended Care (After School), Extended Care (Before School)	Fundraising, Outings, Special Events	No
5 City of Novato Parks, Recreation & Community Services	Developmental (Play-Based), Academic based	3-5	Aug-Jun	Half Day (Morning)	N/A	Yes
6 The College of Marin Child Development Centers	Faith Based/ Academics	2 to 5	Aug-Jun	Half Day (Morning), Full Day	Volunteering Encouraged, Special Events	No
7 Good Shepherd Lutheran School	Developmental (Play-Based), Faith-Based	2 to 5	Mid-August to mid-June	Half Day (Morning), Full Day, Extended Care (After School), Extended Care (Before School)	Volunteering Required, Fundraising, Room Parent, Special Events	No
8 Mei Je Mandarin Chinese Preschool	Bilingual Immersion	2 to 5	NUSD School Year	Half Day Programs & Full Day Program	N/A	Yes
9 YMCA	Academic Developmental (Play-Based)	3 to 5	Full Day	N/A	N/A	Yes
10 Hummingbirds Nest Collaborative	Bilingual Waldorf Inspired, Sensory Integration and Growth Mindset	2.9 to 4.9	School Year Program/ Summer & Winter Sessions	Half Day (Morning), Extended Care (After School)	Volunteering Encouraged	N/A
11 Noah's Ark Preschool	Academic Developmental (Play-Based), Faith-Based	2 to 5	Year Round	Half Day (Morning), Half Day (Afternoon), Full Day, Extended Care (After School), Extended Care (Before School)	Fundraising, Special Events	No
12 Novato Parents Nursery School	Developmental (Play-Based), Outdoor/Nature, Cooperative	1.5 to 5	Aug-Jun	Half Day (Morning), Extended Care (After School)	Volunteering Encouraged, Fundraising, Lead Classroom Activities, Outings, Special Events	No
13 Miss Sandie's School	Academic Developmental (Play-Based)	NB to 5	Year Round	Half Day (Morning), Full Day, Extended Care (After School), Extended Care (Before School)	Special Events	No
14 Our Lady of Loretto School	Faith Based/ Academics	4	Aug-Jun	Half Day (Morning), Extended Care (After School)	Volunteering Encouraged	Yes
15 St. Francis Preschool	Developmental (Play-Based)	2.9 to 5	Sept-early June/ July Summer Session	Half Day (Morning), Extended Care (After School)	Volunteering Encouraged, Fundraising, Special Events	No
16 North Marin Community Services	Developmental (Play-Based)	1 to 6+	Year Round	Full Day	Volunteering Encouraged	No
17 Montessori for Toddlers	Montessori	1.4 to 3.5	Year Round	Half Day Programs & Full Day Program	N/A	No
18 Hamilton Montessori School	Montessori	2 to 6	Aug-Jun	Half Day Programs Full Day Programs	Volunteering Required	N/A
19 San Marin Montessori Pre-School	Academic, Montessori, Outdoor/Nature	2 to 5	Aug-Jun	Half Day (Morning), Extended Care (After School)	Volunteering Encouraged	No
San Rafael Schools						
Philosophy	Ages	Calendar	Daily Schedule	Parent Involvement	Potty Training	
20 Montessori de Terra Linda	Montessori	2 to 6+	Aug-Jun	Half Day (Morning), Full Day, Extended Care (After School), Extended Care (Before School)	Volunteering Required, Fundraising, Room Parent, Outings, Special Events	No
21 Cambridge School	Common Sense Education	1.5 to 6	Aug-Jun	Half Day (Morning)	N/A	No
22 Marin Waldorf School	Waldorf	2.9 to 4	School Year Program/ Summer Session Option	Half Day (Morning), Extended Care (After School)		No
San Anselmo Schools						
Philosophy	Ages	Calendar	Daily Schedule	Parent Involvement	Potty Training	
23 San Domenico School	Faith Based/ Academics	5	Aug-Jun	Full Day/ Extended Care (after school)	Volunteering Encouraged	Yes

Upcoming Event: Holiday Party!

We're kicking off the holiday season early this year at the NMC Holiday Party on **Saturday, December 1st from 11am to 1pm at the San Ramon Multipurpose Room!** There will be plenty of activities for the whole family: cookie decorating, card and ornament making, face painting, and more! Grab a snack and a hot chocolate before taking your photo with Santa, or rock out with the DJ on the dance floor!

We will also be collecting donations for Adopt-a-Family at the Holiday Party, so please bring your donations with you!

We hope to see you at the party! Festive holiday attire is encouraged :)

- Your Holiday Party Committee



BIG NEWS!

START GETTING READY FOR THE NMC RUMMAGE SALE!



HELLO NMC MAMAS! IT'S THAT TIME AGAIN! START PUTTING YOUR ITEMS ASIDE FOR THE ANNUAL NMC RUMMAGE SALE! THE RUMMAGE SALE WILL TAKE PLACE ON SATURDAY, FEBRUARY 9TH, 2019 AT THE DOWNTOWN NOVATO RECREATION CENTER! IF YOU ARE READY TO START TAGGING, CONTACT THE RUMMAGE SALE TEAM FOR YOUR SELLER ID! (SEE NEXT PAGE FOR MORE INFO!)

IF YOU, OR SOMEONE YOU KNOW, ARE INTERESTED IN SPONSORING THE RUMMAGE SALE, PLEASE REACH OUT TO THE RUMMAGE SALE TEAM AT NMCrummageSale@gmail.com . SEE YOU ALL IN FEBRUARY!



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Rummage Sale February 9, 2019

Seller Guidelines

7 Important Steps:

- Get a Seller ID # from nmcrummagesale@gmail.com
- Gather, sort and wash all of your items. We will not accept stained or broken items. Clothing up to kids size 10 only.
- Use a piece of masking tape on each item With the following written on it:
Seller ID # (circle this number)
Size (if applicable, e.g. 18 mos or 2T)
Price - in 50 cent increments
- Please tie any shoes together with laces or string so they don't become separated.
- Separate your clothing items into bags BY SIZE AND GENDER.
LABEL the bag with corresponding size and gender (this applies if you have a bag full of clothes or more.)
- Put maternity clothes, dresses, costumes and coats or jackets on hangers.
- Bring all items to the Downtown Novato Recreation Center, 950 Seventh Street, behind Novato Gymnastics, on Friday, February 8 between 5:00 pm and 8:30 pm.

Again this year: In your presence, we will go through your items, checking for condition. We'll reject items that do not meet the guidelines.

Pricing Guidelines

- Make sure price label is strongly affixed! If it falls off, we won't know who the item belongs to and you won't be paid.**
- Use masking tape to price each item
 - Price items in dollar or 50-cent increments.
 - Consider age & condition of the item.
 - Expect about 25-30% of original price

Buyers want bargains!

How the Sale Works:

- Sellers drop off their items at the Recreation Center on Friday between 5:00 pm and 8:30 pm. Place your items out on the tables or racks in the correct spots.
- Volunteers set up Friday from 4-10 pm.
- All volunteers and bakers shop Saturday morning from 8-8:45 am.
- Sale is open to the public Saturday at 9 am.
- Half off sale begins at 2:00 pm.

All sellers will be asked to sign-in on the Seller ID Sheet to verify their Seller ID #.

If you do not want your remaining items sold at half off, you must return between 1:30 and 1:50pm to get them.

- If you have not returned to pick up your unsold items by 2:00 Saturday, all unsold items will be donated to charity at the end of the day.

After the sale:

- Sellers who are NMC members get 60% of the proceeds, and the club gets 40%.
- Non-NMC Member sellers receive 40% of the proceeds, and the club receives 60%.
- If your total is less than \$5, you will not receive payment. This is considered a donation to the club.
- Expect your check a few weeks after the sale.

Some pricing suggestions:

T-shirts/onesies	\$1-3
Pajamas	\$1-3
Shoes	\$2-5
Leggings/thin pants	\$1-3
Costumes	\$3-10
Strollers	\$5-30
Jeans/cords/dress pants	\$2-45
Soft cover books	\$1-2
Jackets/coats/ski clothes	\$3-10
Hard cover books	\$1-4
Dresses/dress clothes	\$3-10
Maternity wear	\$8-10

Better brands/designer: Add \$1-3

Prohibited Items:

Car Seats
Cribs/Portable Cribs/Pack & Plays
Stained or faded/heavily worn items
Unwashed clothing
Dirty, broken or incomplete toys & gear
Stuffed animals
Non-operating toys (please replace the batteries)
Underwear, diapers
Pacifiers, teething & bottle nipples
Books with torn or marked up pages, broken bindings



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November 2018



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ANNUAL RUMMAGE & BAKE SALE

**Admission
is FREE!**

Saturday, February 9th, 2019

9am - 3pm

Doors close from 1:30-2pm

50% off after 2pm

Downtown Novato Recreation Center
950 7th Street (behind Novato Gymnastics)

One-stop shopping for your growing family!

*Maternity·Infants·Toddlers·Preschoolers·Toys·Books
Clothes·Strollers·High Chairs·Nursing*

Mother's Love

NMC Community Outreach

We would like to introduce Sparkle! This organization is part of our Holiday Giving Campaign. Sparkle gives us opportunities to donate, volunteer, and celebrate (at the fundraiser in June).



sparklenow.org

Please describe the organization. How do you serve the community?

We help single mothers and their children through various areas of impact throughout the year.

1- Enrichment program sends children to sports, art, camp and other extracurricular programs. (year round)

2-Back pack gift drive- we fill bags and work with local law enforcement to hand out in the communities (August)

3- Holiday gift drive- We receive nominations from the community of families in need. We seek donations, collect, wrap and deliver. (Nov- Dec)

4- Night to Sparkle - our annual fundraiser supporting local women in business (June)

How can NMC members get involved?

<http://www.sparklenow.org/holiday-gift-drive-2018/>

The link above has our sign up and needs.

Does the organization have any upcoming events that you would like NMC to promote?

Holiday Gift Drive WRAP A THON!

DEC 7 - 8th in Novato

How might the organization support families or NMC members?

We are Novato based. Many of our families are here in Novato.

If you know a family in need, please let us know!

<http://www.sparklenow.org/holiday-gift-drive-2018/>

Who can NMC members contact for more information?

Samantha Tradelius

samantha@sparklenow.org

415-552-5600



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H U M M I N G B I R D S N E S T C O L L A B O R A T I V E . O R G

The importance of oral health for kids (and adults!)

The classic message we get when we go to the dentist is: “brush and floss so you don’t get cavities.” Contemporary medical research has confirmed that having a healthy mouth is more than preventing cavities it is about overall health as well..for both kids and adults.

The mouth is full of bacteria; good and bad. The good is important for proper health and digestion. The bad has the ability to stick to the teeth, accumulate under the gums and if not removed, builds bacteria colonies that generate toxins. The combination of the bacteria and the bacteria toxins is powerful enough to cause cavities and they also weakens the blood vessels of the gum tissue allowing bacteria and toxins to enter the bloodstream. Once in the bloodstream they can cause inflammatory pressure on the immune system for any age. For adults, research has linked this to inflammatory disease, heart disease, diabetes, and difficulty getting pregnant.



Over the last 30 years we have seen a dramatic drop in tooth decay which is wonderful. However, at the same time we have also seen a rise in gum disease, putting more at risk for both poor oral health and poor overall health.

The good news is that we also have decades of success with patients using easy home care techniques to optimize oral health. For both kids and adults, in addition to floss we also recommend Sonicare brush and Waterpik as they have proven to be extremely effective, easy to use and quick.

Learn more about oral health, gum disease, early diagnosis and treatment by visiting our website: www.marinmoderndentistry.com.



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-- Dr. Steven McConnell, Marin Modern
Dentistry

We are Proud to Announce Dr. Francis Daniel to Our Dental Practice

Dr. Daniel believes that, in order to achieve whole-body wellness, patients must have access to comprehensive dental care and conservative, effective treatment options.

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Dr. McConnell

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Why should you send your child to a Mandarin Chinese immersion preschool?

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

What benefits might my child experience from being exposed to Mandarin at such a critical age?

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

Compared to their monolingual classmates, bilingual students regularly:

- * Perform better on their SATs
- * 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

