

MAY ♥ 2016



SRMC Santa Rosa Mothers' Club

magazine

# Taking Care of Mom





**SRMC** Santa Rosa Mothers' Club

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# Letter from the Editor

## A Journey to Rediscover Me

By Dara Kasza



Happy Mother's Day (month) Mamas! This month is all about taking care of ourselves so be sure and check out our SRMC Favorites section for some Mother's Day perks! A few months ago I started thinking about this month's publication and how I wanted to write about taking care of ourselves as mothers. I started thinking how I would like to take care of myself and realized I had totally lost myself. I literally had no idea who I was outside of being a mother and a wife.

It seems like losing sight of ourselves is a prerequisite for being a mother, it's almost expected. All of our energy is focused on our tiny creations that we no longer care about the things we did before. Not because we don't want to but because we either don't have the time or don't even know what we like anymore. This was my problem. I've always been a pretty go with the flow person but after meeting my husband, who is very particular and knows exactly what he wants, I waned a little. Then having a two year old who knows exactly what she wants, my standard answer to every question became "I don't care, whatever you want". It was just

easier.

Sometimes I literally do not care, do not want to make another decision, do not want to think, but sometimes I should care. I constantly reminded myself of the movie *Runaway Bride* with Julia Roberts. She kept running away at the altar because she would adapt herself so much for each of her future husbands that she had no idea who she actually was or what she liked. I was no where near this bad but still,, something needed to change.

As silly as it sounds, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo really did change my life! Or at least the way I thought about my needs and who I wanted to be. Kondo came about her ideas from tidying her own home. She would organize and throw things away if she wasn't using them but no matter how much she "tidied", she always felt uneasy and agitated in her own home. She then realized she wasn't focusing on the things she owned that made her happy. She tossed everything that didn't bring her joy and felt an immediate weight lifted, a joy sparked! If something doesn't bring you joy when you touch it, it should not be in your home and doesn't really serve any purpose. Kondo suggests that when "decluttering" for the first time you pick up each item individually and ask yourself sincerely, 'does this bring me joy?' If this item does indeed fill you with joy you will feel it immediately. If not, it's time to let it go no matter how hard that may be.

Hello ah-ha moment! I looked around,

touched some things in my home and realized very few things in my house brought me joy. I started noticing when I went out shopping for something I needed, say a long sleeve shirt, I would grab the first one I saw even if the pattern or color wasn't ideal, just to cross the 'buy long sleeve shirt' task off my to-do list. I had become so ravenous for the elusive 'time' we all crave that everything in my home was bought thinking 'it's good enough' instead of taking a moment to see if I actually liked the item was buying. So, it started with a shirt. I took a few moments, perused around and found something I thought was really cute and bought it. It fit, I loved it and it was something I really liked! This was so foreign to me but also exciting! I started asking myself, 'does this bring me joy?' in all aspects of my life. Everything from dish soap to throw pillows to meeting a girlfriend for a drink after 8pm. I asked myself if these things made me happy, if I actually wanted to do it or purchase it instead of doing what I 'should' do. After asking myself so many questions and answering honestly (sometimes it's hard to even be honest with yourself) I found out what Dara, the wife and mother, likes. I have opinions, I do care. Of course sometimes I am still too exhausted to care but it's not all the time. When I care, I speak up and it's in those times I know I've found myself again.

Hopefully you all know yourselves and have already rediscovered the new you or new relationship with your husband but if not, no better time to start than now! Take care of yourselves.

Cheers, Dara

### Housekeeping

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Have an idea for an issue theme or article?  
Please email [editor@santarosamothersclub.org](mailto:editor@santarosamothersclub.org)

# Letter from the Executive Board

## Happy Mother's Day

By Maitreyi Siruguri



pushing it out into the world! And of course for taking on the Herculean task of making that being an independent and successful adult by the next twenty years. (Breathe!)

Hello Dear Mommas! Yes, it's that lovely time of the year when I hope you as a mother shall be showered with much deserved gratitude and extra love, whether it is by your school-going child who has their very own creative concept of celebrating "mom", or preschooler who is already comprehending "gratitude" and planning a special surprise, or your toddler who is giving you extra-special hugs, or your wee one, who is sporting the "I'm The Best Mother's Day Gift" onesie and throwing you a real smile. Hopefully much of this is also orchestrated by your loving partners. (-) Mother's Day is surely that day when you can magically feel forgiven for all those awful-mommy days and can throw the word guilt out the window. You can truly feel like a goddess having nurtured a whole new being inside you and miraculously

Happy Mother's Day everyone!

I sit down to write this note at the quietest time of my day; you guessed it right, as soon as my kids have drifted to dreamland. I'm sitting here in a dark room, listening to both of them softly breathing, choosing not to get up and go because that will mean attending to my to do list again. And before I know it one of them will wake up for one reason or the other and there goes my chance to just sit. So this is often the best time for me to reflect on what really is going on in my "neck of the motherhood", if you will.

Periodically I'm greeted by a theme or pattern that emerges from what seems like a string of days on the calendar with a zillion conversations, emotions and activities happening endlessly. Around this time of year it's invariably focused

around themes such as self care, self growth, my thirties versus twenties, mothers in the 70's and mothers of today, childhood then and now and the joys and challenges of motherhood. "Mindful Motherhood" has caught my attention too and so has "Mother Styles".

While I'm wary of over-thinking my role as a mother, I certainly enjoy and benefit from reading and learning about different approaches to parenting and schools of thought. Mainly it gives me perspective and if nothing else keeps different parts of my mommy brain oiled and fueled, so to speak. I've come to realize it is an important part of my self-care routine because it keeps my brain happy!

I liked how one mom talks about it in her article titled "Self-Care and Why It Matters" on Sonoma County Mom Blog. Breanne Diaz writes "So what exactly are my mama friends talking about when they speak self-care? From what I can tell so far, it seems to be about maintaining a general sense of self and sanity. It's a conscious effort to focus inward and really satisfy your own needs so that you can be better, not just for yourself, but for the people

# Letter from the Executive Board Cont...

around you". She also talks about the small things that go a long way such as "making time to connect with your partner for a few minutes as soon as you're both home from work" and "a solo trip to the grocery store", both of which make a positive difference to me in my weekly routine!

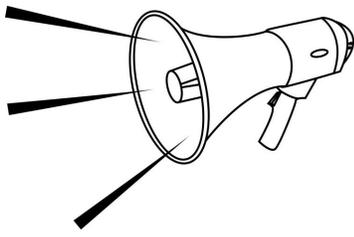
This, to me, also relates with the idea of mindfulness. In "Mindful Motherhood", Cassandra Vieten describes mindfulness as "...being present, in your body, and connected with your baby no matter what is happening, it's being aware of your experience from moment to moment as it is happening, without pushing it away, trying to make it stay, or judging it as bad or good", "...approaching whatever is happening with curiosity and compassion". As a stay-at-home mom one of my major challenges has been to maintain the balance between an organized, structured day and a sense of flow and spontaneity without rigid timelines. Learning mindfulness helps me in this process because it's like an instant stress buster. For example, keeping a task aside and jumping on the trampoline with the kids instead, or planning for extra time to get out of the door so I can occasionally participate in the shoe selection dilemma. The key for me is to not let the simplest of triggers feel like a day's mammoth problem, viz. kids on bed with dirty socks, dirty laundry lying next to the hamper, books pulled out with no real purpose, toys on the kitchen floor, sticky fingers running through hair, and so on. "Make peace with mess" advises Denise Schipani (author of "Mean Moms")

in an article titled "10 secrets of happy moms" ([www.parents.com](http://www.parents.com)) and it sure rings true for me! As you can imagine, by now, both my kids have woken couple of times and probably wondered why I'm up with my laptop so late. I wonder too but really, I sincerely believe that sharing our stories as mothers is one of the best things we can do for ourselves and our families. What works for me may not work for another mom, or even my husband for that matter, because ultimately each one of us have a unique personality. But our friendships and interactions open up opportunities for exchanging information, knowledge and insight. We come with our own set of strengths and weaknesses. Janet Penley calls it "Mothers Of Many Styles (M.O.M.S)" in her book "MotherStyles: Using Personality Type to Discover Your Parenting Strengths". Drawing from the Myers-Briggs type-personality theory, this book focusses on your personality and "helps you gain perspective on compatibility, differences and what each child needs from you". I find this to be a fascinating and very useful approach that most of all helps us understand ourselves better. I like to remind myself too that there was a time not so long ago without cell phones, microwave ovens, dishwashers, clothes dryers, internet, cable TV, child care websites, child locks and a spate of other conveniences. But the most important thing that has always existed is the support of a community of mothers.

And that is the essence of the Santa Rosa Mothers' Club. I sincerely

hope each and every one of you can share your stories with this network of moms. This Mother's Day, whether you choose to step away from being a mom for a couple of hours or celebrate it in the company of family and friends, I wish you get a chance to acknowledge just who you are and all the wonderful things you bring to your family. Thank you for choosing to be a part of this amazing group of mothers. We hope you can spread the word and get more of your mommy friends to join the Club!

-Maitreyi



# Moms have spoken!

SRMC Favorites: Places to get PAMPERED

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Up next Month: Favorite places to get pampered. Have a favorite? Please email me at: [editor@santarosamothersclub.org](mailto:editor@santarosamothersclub.org)

# Mom Owned Business HIGHLIGHT!

## FIT4MOM

As mothers we are naturally nurturers who tend to take care of our kids and family before ourselves. However, if we don't set aside mom-ME time, whether it be meditation, reading a book, or exercise, our kids and family will likely suffer as well.

For some, myself included, it is hard to put ourselves first. How many times have you told yourself "I don't have time"? I know I have used this one a *ton*. *What if I told you 60 minutes is only 4% of your day? Then could you argue your excuse that you don't have time? It is crucial that we take care ourselves, and fuel our minds and bodies with healthy habits like eating nutrient dense foods and taking part in daily physical activity.*



With Stroller Strides classes, we offer a safe place for moms to land who are searching to feel like themselves again after having their baby, as well as find their Village of moms to connect with.

The first step out the door is the hardest. However, once our moms take that step, it's like a whole new world that opens up, especially for women who are going through postpartum depression.

Our classes are built around the most recent postpartum mom (around 6 weeks), and up to a seasoned veteran whose kids are in grade school. We tailor our classes to meet any woman's stage of pregnancy or postpartum physical ability.

Although our classes are initially what attracts moms to our program, it is Our Village and community of moms that keeps them motivated and inspired to wake up and show up to class each morning, even if they didn't sleep the night before. Accountability is huge, and when these ladies know that they have a group of women expecting to see them and their kiddo in class, this is huge for confidence and morale! Our classes are also built around bringing your kiddo or kiddos with you, so you never have to worry about childcare, which also limits excuses!

Our classes are different every day! Not only do we have 3-4 instructors a week, we offer specialty classes any opportunity we can get, celebrating themed holiday classes and National and even non-official holidays like National Dr. Seuss Day and Pink October where our moms wear pink to earn giveaways all while we raise money and awareness for Breast Cancer. We offer weekly playgroups after class where moms can connect and kiddos can play, and have monthly Mom's Nights Out.

It can be extremely challenging to find the motivation to get yourself to class, however, 10 out of 10 moms will always say it makes them feel better and they are glad they did. You will never hear someone say "Wow, I really regret coming to class and working out today".

A happy mom and wife is a happy life! Make it a point to take care of YOU this year, and the rest will fall in place.

~ Jackie

# *Dad's Home*

## **My Favorite Part of Fatherhood: *Experience***

How can I pick a favorite part about being a father? Everything is so amazing even if it has a stinky diaper attached to it! If I have to sum it up then it is all in the experience and the people who are part of that experience. The times when we are simply living in the moment, watching our own creation blossoming before our eyes and then turning to my wife, smiling. These are the times when you feel like you were the only two people lucky enough to catch a shooting star. Hopefully the few things I have to share will bring back a sense of gratitude for the unconditional love you received as a kid.

From the moment your wife becomes a mother she will be split into so many roles, you may not recognize the woman you love, but fear not! She will return, different but better. She will be the mother of your child, she will be the apple of your child's eye, she will be the person you respect, love, challenge and cherish in a way you didn't know how to before. And it's all because you two made something, a life, together. Now that is an experience!

Watching a child grow and learn is something we all can say is awe-inspiring. How did they know that word? Where did they learn that, when did they learn that?? The experience of seeing a baby turn into a toddler and soon a little girl, brings real clarity and forces your own growth and development! You can think back and notice a difference from your youth, see everything in a different light. The love I have for my daughter made me realize the love my parents had for me; unconditional, big, huge love. My parents were amazing but it wasn't just my parents who selflessly took it upon themselves to kindle my imagination. Going to the movies, baseball games, running into the guy who would pretend to pull off his finger or find silver dollars behind my ear or even the family member who said, 'go play by yourself' and made me learn how to cultivate my own imagination. They all made a mark in my childhood.

As a father now, I can no longer worry about myself alone. This single thought is powerful. The days of drinking beer with the buddies every weekend are exchanged for pouring apple juice and playing with babies. Staying up 'late' reading one more book instead of late night workouts. Early wake ups just because instead of all day golf trips. This is my life... Seeing those words written on paper seems like I grabbed the short end of the stick but in real life, I grabbed the longest one, family.

Lastly, I know I will never be bored again and you won't either if you are showing up every day, even if half-mast, for your kids. Kids demand all of our attention and deserve nothing less. We hear 'Mommy, Mommy Mommy .... Daddy, Daddy, Daddy... come here' all day and sometimes you need to just give in. Turn off your phone, kill the TV, turn on some music and help make a mess of the house with your little one. When my wife is at work we like to make forts in the living room. This is something I did a lot as a child and love to share this experience with my daughter (I'm happy she actually likes to do it!). My wife will come home and be astonished by the imagination and ingenuity of our creation, also a little annoyed with the mess, but having a kid is the best excuse for almost anything! I am always entertained playing with my daughter, a different, more fulfilling entertainment. Don't get me wrong, I love my time out with the boys or all day golf trips but I cherish the time with my family more than I ever thought possible. The experience of being a father and having a family is one I hold as my greatest accomplishment. In reality, this accomplishment is all because of my wife. We have a well behaved, polite, good sleeping kid and this is all her. I've always swooped in for the fun parts leaving most of the mess for my wife. So gents, tell your wife thank you, I love you, you are the reason I am a good father and the reason this adventure we call 'parenthood' has been so smooth. Happy Mother's Day, let's make it a month!

Tony

# NEW MEMBER SPOLIGHT:



(This photo should be titled 'guess which one of us is a teenager')

**Name:** Terri Beuthin

**Where are you originally from?** South Africa and the UK. I've lived in the USA for 20 years now though.

**Tell us about your family:** I have 3 sons - 2 from my first marriage (Wolf, 14, Addy, 11) and one from my current (Gio, 19 months). My partner is Italian and runs a restaurant in the Bay Area, so we eat well! The kids have been mostly home schooled, though that's probably changing in the Fall. They get along with each other really well and the big ones are a lot of help with the little. We like to travel together whenever we can - camping or visiting friends and family in other states and countries.

**What TV Show/Book/Music are you loving right this minute?** I am watching the PBS series called Mr. Selfridge, about the American who started the big department store by that name in London in the 1800's. It's great. I'm reading one of Bill Bryson's books about the UK too at the moment, so just realized I'm probably feeling nostalgic!

**What is your favorite place to go with your family?** South Africa to visit family.

**What's your dream job?** Being a secret and influential advisor to the rich and famous. Ideally it would involve meetings on private jets and eating the best quality chocolate money can buy (whilst advising).



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# SRMC Committee Update

## Committee Spotlight:

### Just for Moms

Meet one of the Steering Committee Chairs behind Just for Moms:

Christina Lozano

#### Why is the committee important to you?

I was ready to use some of my time to give back and was wondering how best to do that. After being a member of SRMC for about a year, I felt the club would be a great place to volunteer as well as connect with even more moms. I was also struggling with finding some “me time” so joining the Just for Moms committee seemed like a perfect thing to do. It almost seems backwards to say that taking time away from your family can in fact benefit them, but it is so true! When you do things for yourself to nurture your mind, body and spirit, your whole family will benefit.

#### How do you know you are making a difference?

As a mom, I feel like we constantly fill our days with activities, commitments and caring for others and often – very often, forget ourselves. I’ve learned that making sure you get some breaks to do something nice for yourself is really important in order to be a happy, positive and well-balanced mom.

#### What input are you looking for from our SRMC members?

What would you enjoy doing without your kids? What are some good days and times for you to get together? How likely is it that you would commit to coming to these events? We want your feedback!

#### If another SRMC mom wanted to be a volunteer for your committee, how would they know if they are a good fit?

If you are wanting/needing some time to yourself, looking to connect with other moms and have some fun, then you are a good fit! We would love to have more volunteers to help coordinate these events.

#### What can SRMC members expect from your committee?

The Just for Mom’s committee was developed to help moms get out, have some fun doing a non child-related activity, and connect with other moms. Some of the fun we have already had includes celebrating the 37<sup>th</sup> Annual Barrel Tasting Wine Road Event, spending an evening getting pampered with manicures and pedicures and attending a private yoga session. We would also love to incorporate educational discussions, guest speakers, getting out into nature, etc. We welcome any ideas and suggestions!

Please email Christina at [justformoms@santarosamothersclub.org](mailto:justformoms@santarosamothersclub.org) or post to the SRMC Facebook page.



## Come Volunteer for SRMC!

Volunteering is a great way to fill that gap in your resume and connect with other interesting moms, while helping one of the best resources in Sonoma—SRMC!

\*SRMC Committee Chairs have their SRMC Membership Fee waived for 12 months after one year of successfully volunteering.

# Recipe Mama

## Mom's Zucchini Bread By Dara Kasza

We love zucchini bread and make it often. This is our favorite recipe and very easy for the little ones to help! Hope you enjoy.

### Ingredients

2 cups all-purpose flour  
1 cup whole wheat flour  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
3 teaspoons ground cinnamon  
3 eggs  
1 cup vegetable oil (or half applesauce)  
1 cup white sugar  
1 cup brown sugar  
3 teaspoons vanilla extract  
3 cups grated zucchini (3 medium zucchini)



### Directions:

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (I use foil and no flour).

Grate zucchini, give your kid a spoon and let them help "stir" for a while.

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl. If you don't mind a little mess, let your kid hold the sifter and shake, shake, shake the dry ingredient through!

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



Have a recipe you love and is kid friendly? Please send to me at [editor@santarosamothersclub.org](mailto:editor@santarosamothersclub.org)



## Why use playdates and playgroups for your children?

Playdates are great for kids! They learn how to interact with other kids, they learn how to share, and just how to get along in general. And it gives parents a great opportunity to connect with other adults to talk about parenting, but also to talk about things totally unrelated to being a parent, which is refreshing.

Using a playdate as an opportunity for parents and children alike is important, experts say. But before you get out your calendar and start making calls to other parents, it's important to understand playdate etiquette. Remember that there's more to it than just scheduling a time, date, and place to meet. Age, frequency, and location are just a few of the important factors to take into consideration when you're planning your little one's social calendar.

### Taking Care of Mom

By Mansi Gala



Mother's Day gifts may come in all shapes and sizes, but what matters most is that they come from the heart!

#### Playdate Ideas

**Father-Child Playdate:** The best way to pamper yourself on this day is to set up a playdate (preferably an outside neutral location) where father's do most of the work! If your child is old enough, have one of the fathers volunteer for a fun outdoor activity such as a game or a hike at the park. If your child is young, organize a playdate where all the fathers and children can have a few hours of fun together. This will give you a

few hours to yourself and use that to pamper yourself with a massage or perhaps a mani-pedi. If you know the other mommas well, then what better than a Momma's Spa date together?

**"Make mom a gift" playdate:** What can be better than a heart-felt gift made by your child to treasure as a forever memory! Make it even more special by doing it together as a group. Here are some suggestions:

1. Get small flowerpots and some paint. Have the kids go wild with the base color and then make "hand print" flowers in their favorite colors. Make it more special by planting a favorite flower plant together later at home once the paint dries.
2. Meet at a park where you can find mid-size rocks and look for a favorite one together. Ask a mom to volunteer to bring some art supplies and use the rock as canvas to paint cute little lady bugs. You can use these later as a paper weight or just keep it in a special place where it's sure to bring a smile!
3. "Tea Party" for Mom: A fun way to spend some time in the kitchen together as a group would be to plan a kids-friendly "tea party" as way to treat the moms. Involve your kids in making small and simple snacks such as sandwiches, cheese trays, cold cuts, etc. and teach them how to brew your favorite tea (using a very safe and secure method of course!). Sit down and have a celebration together in which the mom's get to vote for the favorite dish!

**Interested in joining, co-leading or leading a playgroup within SRMC?**

**If so, please contact [playgroups@santarosamothersclub.org](mailto:playgroups@santarosamothersclub.org)**

# Books for Mom: Motherhood, Good and Bad

By Stella Outchkova

This month is all about moms, so let's take some time to read a book for ourselves!

## Surprised by Motherhood: Everything I Never Expected about Being a Mom –

by Lisa-Jo

A lawyer with a well-stamped passport and a passion for human rights, Lisa-Jo Baker never wanted to be a mom. And then she had kids. Having lost her own mother to cancer as a teenager, Lisa-Jo felt lost on her journey to womanhood and wholly unprepared to raise children. *Surprised by Motherhood* is Lisa-Jo's story of becoming and being a mom, and in the process, discovering that all the "what to expect" and "how to" books in the world can never truly prepare you for the sheer exhilaration, joy, and terrifying love that accompanies motherhood.

## I Just Want To Pee Alone - by Karen Alpert, Teri Biebel, Patti Ford

Now a NEW YORK TIMES BEST SELLER. Motherhood is the toughest – and funniest – job you'll ever love. Raising kids is hard work. The pay sucks, your boss is a tyrant, and the working conditions are pitiful – you can't even take a bathroom break without being interrupted with another outrageous demand. Hasn't every mother said it before? "I just want to pee alone!" *I Just Want to Pee Alone* is a collection of hilarious essays from 37 of the most kick ass mom bloggers on the web.

## Desperate – by Sarah Mae and Sally Clarkson

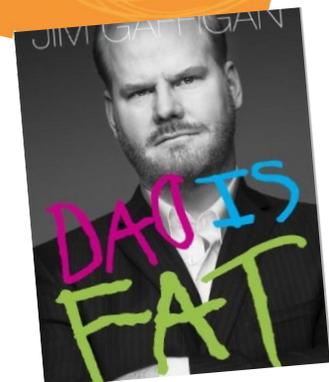
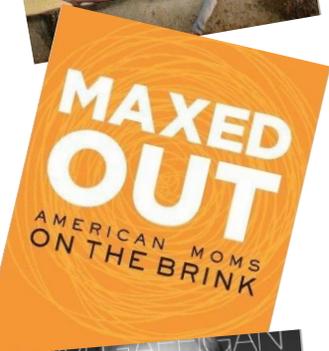
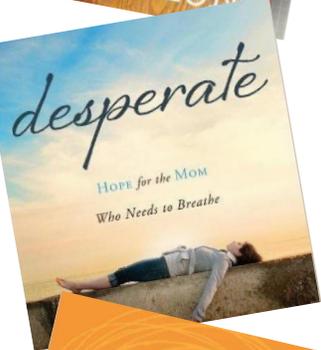
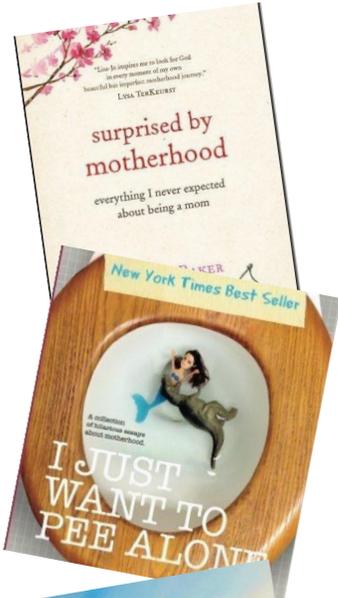
*Desperate* is for those who love their children to the depths of their souls but who have also curled up under their covers, fighting back tears, and begging God for help. It's for those who have ever wondered what happened to all their ideals for what having children would be like. For those who have ever felt like all the "experts" have clearly never had a child like theirs. For those who have prayed for a mentor. For those who ever felt lost and alone in motherhood. In *Desperate* you will find the story of one young mother's honest account of the desperate feelings experienced in motherhood and one experienced mentor's realistic and gentle exhortations that were forged in the trenches of raising her own four children.

## Maxed Out: American Moms on the Brink – by Katrina Alcorn

Mothers are the breadwinners in two-thirds of American families, yet the American workplace is uniquely hostile to the needs of parents. Weaving in surprising research about the dysfunction between the careers and home lives of working mothers, as well as the consequences to women's health, Alcorn tells a deeply personal story about "having it all," failing miserably, and what comes after. Ultimately, she offers readers a vision for a healthier, happier, and more productive way to live and work.

## Dad Is Fat - by Jim Gaffigan

In *Dad is Fat*, stand-up comedian Jim Gaffigan, who's best known for his legendary riffs on Hot Pockets, bacon, manatees, and McDonald's, expresses all the joys and horrors of life with five young children—everything from cousins ("celebrities for little kids") to toddlers' communication skills ("they always sound like they have traveled by horseback for hours to deliver important news"), to the eating habits of four year olds ("there is no difference between a four year old eating a taco and throwing a taco on the floor"). Reminiscent of Bill Cosby's *Fatherhood*, *Dad is Fat* is sharply observed, explosively funny, and a cry for help from a man who has realized he and his wife are outnumbered in their own home.



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## Women's Mental Health

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New Santa Rosa Classes!



Classes fill up fast so register early for next session!

## MINI! MUSIC

### Early Childhood Music Classes

*"Likely the sweetest hour I have had with my two boys ever!!"* Rachel Weil

Foster a love of music and enhance your child's natural abilities in a fun-filled class you'll both look forward to. For children ages infant-5, classes include singing, musical instruments, rhythmic dance and live accompaniment.



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For full details and online enrollment visit us at  
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## Soccer for children in Santa Rosa

Weekday Classes (1-7 year olds)

Presented by Kinder Kickz Soccer Program



Awarded '12 & '14 Press Democrat Best of Sonoma County!

Owned & operated by Santa Rosa locals

Renee & Chris Ziemer

\* Soccer Classes \* Parties \* Camps \*

Come join the **Kinder Kickz** coaches (Elena & Renee who are also moms) for a positive experience and see first hand why their passion, enthusiasm & knowledge of both coaching soccer and working with young children makes **Kinder Kickz Soccer Program a Sonoma County Favorite!**

**Locations: Santa Rosa, Petaluma, Rohnert Park, Sebastopol, Windsor.**



For more information please contact  
 Renee Ziemer

[renee@kinderkickz.com](mailto:renee@kinderkickz.com) 707-953-2603

[www.kinderkickz.com](http://www.kinderkickz.com)



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- ◆ Year round ◆ Play based
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- ◆ Open 7am-6pm year round
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# FAMILY SPANISH CLASSES

Spanish for your child and you to share; through songs, movement and music with dynamic activities appropriate for each age group. Our classes provide tools to parents in order to encourage Spanish language use within your family's daily life.

**All family classes are with a parent or guardian.**

**¡CANTA CONMIGO!** (Sing With Me!) 0-4 year-old

**¡JUEGA CONMIGO!** (Play With Me!) 3-5 year-old

**¡NOSOTROS DOS!** (The Two of Us!) 4-6 year-old

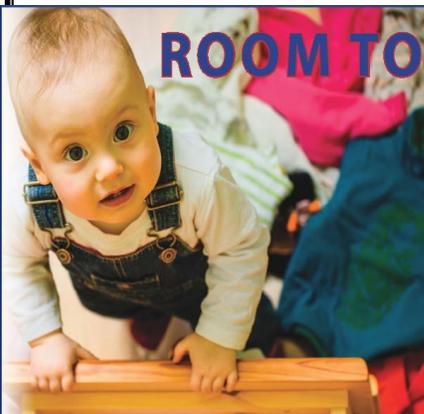
*Mention that you are a Mother's Club member and receive a no-cost demo class.*

**Classes In Santa Rosa, Petaluma, Novato & Point Reyes**

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# SRMC Calendar of Events: May 2016

## May 1, 2016

### **Blossoms, Bees, and Barnyard Babies**

**10:00am to 4:00pm**

Activities include farm tours, demonstrations, animal petting, games and crafts for kids, tastings, cooking demos, flower arranging, and more. Many stops will offer snacks, lunches, and epic picnic sites. Free.  
Sebastopol, California 95472

### **St. Baldericks**

**1:00pm to 8:00pm**

A Head Shaving Fundraising Event - Raising Money for Pediatric Cancer Awareness.  
Toad in the Hole  
116 5th St., Santa Rosa  
(707) 331-2934

### **May Day**

**12:00pm to 4:00pm**

Hoffman Grove Picnic Grounds, Geyserville  
Plenty of fun for the whole family. Enjoy the Kiwanis Rib Cook Off (sample & vote) for your favorites. Kids can play in the bouncy house & rock climbing wall, plus an arts and crafts area. Partake in an old-fashioned egg toss. And, of course the presentation of the May Pole Dance by Geyserville Elementary students & dances performed by Ballet Folklorico. Soft drinks, wine & food offerings benefit local schools & non-profit groups.

## May 3, 2016

### **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Songs, rhymes, finger plays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

### **Babytime (0-17 months)**

**11:15am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

## May 4th 2016

### **Picnic on the Patio Storytime (ages 0-5)**

**11:00am**

Rincon Valley Library  
6959 Montecito Boulevard  
Santa Rosa, CA 95409

Join us for a special picnic themed storytime! All regular storytime attendees and new friends welcome. Light refreshments provided by the Friends of the Santa Rosa Libraries. Bring a picnic to enjoy after the storytime, if you'd like.

## May 5, 2016

### **Hot Dog Thursday at Pacific Coast Air Museum**

**11:30am to 1:30pm**

On the first Thursday of the month (April-Oct.) the admission to this fun air museum includes a large hot dog, chips, chili, and soda or water.

### **Preschool Storytime (ages 2-5)**

**11:00am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

### **Read to a PALS Dog**

**3:30pm**

Northwest Santa Rosa Library  
150 Coddington Center  
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

## May 6, 2016

### **First Friday Film Series**

**7:00pm**

Enjoy the heist film The Thomas Crown Affair (1968) with Faye Dunaway and Steve McQueen. This action film about a bank executive who believes he has pulled off the perfect multi-million dollar heist, only to match wits with a sexy insurance investigator who will do anything to get her man was directed by Norman Jewison. Free for members/\$5 for public.

### **Preschool Storytime (ages 2-5)**

**10:30am**

Northwest Santa Rosa Library  
150 Coddington Center  
Santa Rosa, CA 95401

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, finger plays, rhymes, and songs followed by playtime. For children ages 2-5, with a caregiver.

## May 7, 2016

### **Shuffle's Magical Ice Cream Shoppe- Abacadabra Show**

**10:30am**

528 Seventh Street  
Santa Rosa

Abacadabra is a 25 min stage magic show that takes place every Saturday morning at 10:30 (except major holidays). A visual, interactive show that will even amaze the adults. Come down and purchase your tickets at the door. Admission includes a scoop of ice cream after the show. It's fun for the whole family we look forward to entertaining you soon! Cost \$10,

Kids 2 and under Free.

### **Environmental Discovery Center**

**1:00pm to 4:00pm**

Spring Lake Regional Park  
Santa Rosa

The first Saturday of each month is Science Saturday at the [Environmental Discovery Center](#) at [Spring Lake Regional Park](#) in Santa Rosa. Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month. Activities start on the hour at 1, 2 or 3 p.m. Science Saturdays feature tangible experiments and projects that let children explore the world around us. All ages FREE, parking is \$7 or free for Regional Parks members.

### **Read to a PALS Dog**

**11:00am to 12:00pm**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story.

### **Fairies! A Craft Program**

**1:00pm**

211 E Street  
Santa Rosa, CA 95404

Build a fairy house! Make a fairy wand! Decorate a fairy cake! (yum!) \*Dress like a fairy or an elf if you wish\* For children of all ages, with a caregiver. Sponsored by the Friends of the Santa Rosa Libraries.

### **Human Race**

**6:30am to 11:30am**

Theme is "Totally Awesome 80s!" -- dress up in your leg warmers, torn sweatshirts & BIG hair. Come run & have fun as we turn back the clocks to 1981! (707) 573-3399  
<http://www.humanracenow.org>

### **Castles and Kites**

**11:00am to 4:00pm**

Doran Park, 201 Doran Beach Road, Bodega Bay

This annual festival features spectacular kites, demonstrations and training on the beach with sand sculpture creations. Park representatives are on hand with tools and molds to help you create your own! Overnight camping available.

### **Annual Great Petaluma Chili Cook-off, Salsa and Beer Tasting**

**1:00pm to 5:00pm**

Sonoma-Marin Fairgrounds  
175 Fairgrounds Drive  
Petaluma, California 94952

Great Petaluma Chili Cook-Off, Salsa and Beer Tasting fires up with 40 Chili, 15 Salsa Teams, and 15 Breweries to enjoy. Sample gourmet, homemade, and veggie chili and salsa recipes, vote for your favorite, and stay for outdoor music, and dancing! Taste beers from some of the best breweries in the Bay Area.

**May 8, 2016**

**ASTRONAUT LULLABIES Planetarium show  
3:00pm to 4:00pm**

Expect a heart expanding, mesmerizing multi-sensory journey as a live planetarium show is choreographed to Jim and Kathy Oceans' thought-provoking collection.

**May 10, 2016**

**Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Songs, rhymes, finger plays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

**Babytime (0-17 months)**

**11:15am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

**May 12, 2016**

**Preschool Storytime (ages 2-5)**

**11:00am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library. We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

**Read to a PALS Dog**

**3:30pm**

Northwest Santa Rosa Library  
150 Coddington Center  
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

**May 13, 2016**

**Preschool Storytime (ages 2-5)**

**10:30am**

Northwest Santa Rosa Library  
150 Coddington Center  
Santa Rosa, CA 95401

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, finger plays, rhymes, and songs followed by playtime. For children ages 2-5, with a caregiver.

**May 14, 2016**

**Shuffle's Magical Ice Cream Shoppe- Abracadabra Show**

**10:30am**

528 Seventh Street  
Santa Rosa

Abracadabra is a 25 min stage magic show that takes place every Saturday morning at 10:30 (except major holidays). A visual, interactive show that will even amaze the adults. Come down and purchase your tickets at the door. Admission includes a scoop of ice cream after the show. It's fun for the whole family we look forward to entertaining you soon! Cost: \$10, Kids 2 and under Free.

**Read to a PALS Dog**

**11:00am to 12:00pm**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story.

**SRMC Kids Outings!**

**3:30pm**

Sonoma County Wildlife Rescue

403 Mecham Rd, Petaluma CA 94952

Come learn about what a wildlife rehabilitation facility does and meet some

of Sonoma County's local wildlife! We'll do some

rehabilitation role play

and take a tour of the Educational Wildlife Com-

munity. Dressing for the

weather and good shoes are a must! This facility

is on a hill and strollers

are not recommended. Tours are good for all

ages. this particular tour is

specially geared to younger children. 3-7 years

old. Hope to see you there!

Please RSVP on our private Facebook page or

email outings@santarosamotherclub.org to

reserve your spot. RSVP will be closed once we

reach 25 participants!

caregiver.

**May 19, 2016**

**Preschool Storytime (ages 2-5)**

**11:00am**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

**Read to a PALS Dog**

**3:30pm**

Northwest Santa Rosa Library  
150 Coddington Center  
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

**May 20, 2016**

**Brew Tasting & Food Trucks**

**6:30pm to 8:30pm**

St.Eugene's School  
300 Farmers Lane, Santa Rosa  
(707) 484-4932

**Preschool Storytime (ages 2-5)**

**10:30am**

Northwest Santa Rosa Library  
150 Coddington Center  
Santa Rosa, CA 95401

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, finger plays, rhymes, and songs followed by playtime. For children ages 2-5, with a caregiver.

**May 21, 2016**

**Shuffle's Magical Ice Cream Shoppe- Abracadabra Show**

**10:30am**

528 Seventh Street  
Santa Rosa

Abracadabra is a 25 min stage magic show that takes place every Saturday morning at 10:30 (except major holidays). A visual, interactive show that will even amaze the adults. Come down and purchase your tickets at the door. Admission includes a scoop of ice cream after the show. It's fun for the whole family we look forward to entertaining you soon! Cost: \$10, Kids 2 and under Free.

**Read to a PALS Dog**

**11:00am to 12:00pm**

Central Santa Rosa Library  
211 E Street  
Santa Rosa, CA 95404

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story.

# SRMC Calendar of Events: April 2016, continued....

## **Luther Burbank Rose Parade & Festival**

**10:30am to 4:30pm**

Parade & AMGEN Tour of California Cycling Competition will be occurring in tandem in downtown Santa Rosa. The Parade begins at 12/Noon & winds its way through Downtown Santa Rosa starting at Sonoma Avenue & E St. The 2-Hour Parade will take place after the cycling race begins & will help build the excitement for the teams' climatic return to Downtown Santa Rosa.

Followed by a Community Festival 10:30am-4:30pm.

Featuring Food Vendors, Kids' Activities, Live Entertainment, Parade Awards & more.

## **Train Show at Fundemonium**

**10:00am to 6:00pm**

Fundemonium

579 Rohnert Park Expy West

See operating model railroads of all scales at Fundemonium! You can even ride on a model train operated by the Redwood Empire Live Steamers. On May 21 and 22 you can check out: multiple model railroad clubs operating layouts of all scales, free kids play with Thomas the Train and train themed coloring pages, and swap meet tables for model railroad enthusiasts to sell their stuff.

**May 22, 2016**

## **Train Show at Fundemonium**

**10:00am to 6:00pm**

Fundemonium

579 Rohnert Park Expy West

See operating model railroads of all scales at Fundemonium! You can even ride on a model train operated by the Redwood Empire Live Steamers. On May 21 and 22 you can check out: multiple model railroad clubs operating layouts of all scales, free kids play with Thomas the Train and train themed coloring pages, and swap meet tables for model railroad enthusiasts to sell their stuff.

**May 24, 2016**

## **Dine & Donate at Mary's Pizza Shack!**

**11:00am to 10:30pm**

535 Summerfield Rd. Santa Rosa

Come and dine with us at Mary's Pizza Shack in Santa Rosa on Summerfield Road and support the Santa Rosa Mother's Club! Twenty percent of your purchase will be donated to the club when you present this flyer with your order.

## **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, finger plays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

## **Babytime (0-17 months)**

**11:15am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

**May 26, 2016**

## **Preschool Storytime (ages 2-5)**

**11:00am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

## **Read to a PALS Dog**

**3:30pm**

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

**May 27, 2016**

## **Preschool Storytime (ages 2-5)**

**10:30am**

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, finger plays, rhymes, and songs followed by playtime. For children ages 2-5, with a caregiver.

May 30, 2016

## **Museum Mondays for Little Ones**

**10:00am to 12:00pm**

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum.

Cost: \$5 per child Charles M. Schulz Museum

**May 28, 2016**

## **Shuffle's Magical Ice Cream Shoppe- Abracadabra Show**

**10:30am**

528 Seventh Street

Santa Rosa

Abracadabra is a 25 min stage magic show that takes place every Saturday morning at 10:30 (except major holidays). A visual, interactive show that will even amaze the adults. Come down and purchase your tickets at the door. Admission includes a scoop of ice cream after the show. It's fun for the whole family we look forward to entertaining you soon! Cost: \$10,

Kids 2 and under Free.

## **Strawberry Festival**

**12:00pm to 5:00pm**

Guerneville Community Church, 14520 Armstrong Woods, Guerneville.

Strawberry Festival ~ 11th annual, presented by KGGV. Music from Pat Wilder, The Detroit Disciples, Ruckus, the LarkDales and more. BBQ! Strawberry desserts, strawberry mimosas and more!

**May 31, 2016**

## **Toddler Time (18-35 months)**

**10:30am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, finger plays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

## **Babytime (0-17 months)**

**11:15am**

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, finger plays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

# SRMC EVENTS!

**May 14, 2016**

## **SRMC Kids Outings!**

**3:30pm**

Sonoma County Wildlife Rescue  
403 Meham Rd, Petaluma CA 94952

Come learn about what a wildlife rehabilitation facility does and meet some of Sonoma County's local wildlife! See page 19 for more details

**May 24, 2016**

## **Dine & Donate at Mary's Pizza Shack!**

**11:00am to 10:30pm**

535 Summerfield Rd, Santa Rosa  
Come and dine with us at Mary's Pizza Shack on Summerfield Road and support the Santa Rosa Mother's Club! Twenty percent of your purchase will be donated to the club when you **present this flyer with your order**. See page 21 for flyer.

Come help support SRMC! One for you and one for a friend!

**MARY'S**  
PIZZA SHACK  
Pasta, Pasta & More  
SINCE 1945

**Dine & Donate**

Please join Mary's Pizza Shack in supporting  
**SANTA ROSA MOTHERS CLUB**  
at a Dine & Donate Fundraiser on  
**TUESDAY, MAY 24<sup>TH</sup>, 2016!**

Bring this flyer to the Mary's Pizza Shack in Santa Rosa on Summerfield Road and support the Santa Rosa Mother's Club! Twenty percent of your purchase will be donated to the club when you present this flyer with your order.

Mary's Pizza Shack serves homemade pizzas, pastas, sandwiches, salads & soups perfect for the whole family.

Mary's will donate 20% of Dine-In, Take-Out & Delivery orders, all day.  
Don't have time to stay? Mary's will donate 10% of gift card purchases on the event date.

Sorry, no coupons, discounts or Mary's Home will be accepted for payment with this flyer. A 10% donation will be given for gift card purchases on the event date. A 10% center will be given to purchases made with a gift card, but the same card cannot be used for 20% transactions. This flyer cannot be distributed at a restaurant or in the office. This flyer must be presented in order for the organization to receive the donation. Valid only for the date and location(s) specified.

535 Summerfield Road, Santa Rosa • (707) 538-1888  
maryspizzashack.com

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# CRAFT CORNER

## Mini Canvas Magnet Art: Happy Mother's Day!

By Dara Kasza

These little mini canvases are so cute! They are fun art projects for kids (and adults)! Stick a magnet on the back and presto, you have instant refrigerator decorations and gifts for Mother's Day.

What you need:

- Mini Canvases
- Acrylic Paints & brushes
- Magnets
- Mini Easels (optional)



You can purchase all of the supplies at Michael's or any local art store. The Village Art Supply has everything! They also have these adorable little mini easels that you can set your little canvas on to paint. The canvases come in many different sizes and shapes. We bought 4 x 4 canvases which were easier for my almost 2 year old to paint on but if you are detailed, 2 x 2 would work. The magnets we found were self-stick so no glue necessary.

Once you are set up, just let your kids paint to their heart's content. Sometimes we paint real things and sometimes we do abstract.



Let your paintings dry completely. Stick or glue a magnet on the back of the canvas and enjoy your new refrigerator Mini Art Magnet!

# Special Dates with your Little One

By Stella Outchkova

## Quiet Park Date



This may seem like a no-brainer but I'm particularly fond of going to the park with my 2 year old. Here's the catch - as opposed to all the usual twice a day trips where I'd just sit back and watch our children play with other kids- I look for a less crowded park and go down all the slides with him, climb, swing together so he has a swinging

"buddy", build sandcastles or just dig a tunnel to our house. You and your little one can prepare a special lunch and have a relaxing picnic after all the playtime.



Strengthening our relationships through play and conversation, although rather limited given the age, is one of the best things we can do as parents to prepare our little ones for the future. Plus, the long naps afterwards can be an added bonus.



Are you a Sonoma County mom?

**Want to receive this magazine?**

Join SRMC today at [www.santarosamothersclub.org](http://www.santarosamothersclub.org)



Santa Rosa Mothers' Club  
P.O. Box 9651  
Santa Rosa, CA 95405-1651

**mission statement:**

provide an environment where mothers and young children can develop friendships and community, exchange information, and have valued opportunities for social interaction with other mothers, children and families.