

April ♥ 2016



SRMC Santa Rosa Mothers' Club

magazine

Resolution Revival



SRMC | Santa Rosa
Mothers' Club

www.santarosamothersclub.org

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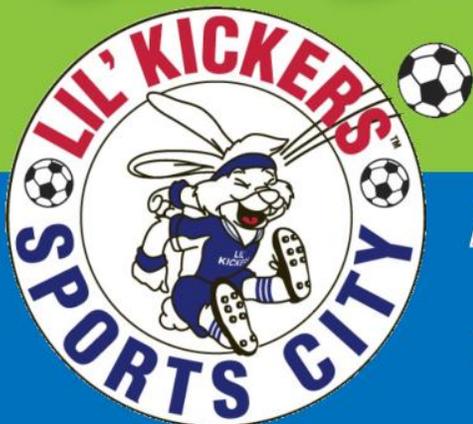
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Letter from the Editor

Making and Keeping Promises

By Dara Kasza



Promises are something we say and hopefully keep. Sometimes they are to our friends, sometimes to family, and mostly ourselves. As mothers, we rarely keep promises to ourselves because we rarely even think about ourselves. Kids, husband, dog then if there is any energy left we might think about thinking about ourselves... nah, too tired. We would all love to shift this thinking but how? The first step is keeping the promises we make with ourselves; if we cannot do this *simple* task, how can we keep promises to others and most importantly, teach our children to do the

same?

This month's magazine is properly titled Resolution Revival because January is the biggest month for making promises- I'm going to get organized, walk the dog twice a day, eat healthy, lose the baby weight, stress less, or my resolution: try something new! Most everyone makes a resolution (promise) for themselves before January 1st but totally abandons that resolution by mid-March (no, you are not alone).

What if we make April the month to revive our forgotten resolutions or better yet, make a new, more feasible promise to ourselves we will actually keep? I will kiss my kid everyday- is that doable? Yes. I will tell my spouse I love them everyday- doable? Yes. I will make an effort to be less annoyed at my husband's shirt dropped right in front the laundry basket but not actually in the laundry basket (note, I said effort)- Doable? Very doable! Or you can always force yourself to keep your resolution, like I did, and just say yes. Yes to

someone else, in person, in front of many other people. Sure, I'll take on the editor position of the SRMC magazine even though I've never done anything like this before, even though Suzanne has been producing this magazine seamlessly and I have huge shoes to fill. Yes! Yes I'll do it because if I don't say yes, I will never try new things, meet new people or live my life outside of the "mundane" road it feels like it sometimes follows. Yes, I'll do it because if I do not say yes, I will not be keeping the promise I made to myself.

I challenge all of you to do the same. Start small but start making promises to yourself and keeping them. One little promise kept will lead to bigger promises and more accountability. We know our kids are soaking up everything we do and if they see mommy keeping her word, being accountable and taking care of herself, they will indeed do the same.

Cheers!
Dara

Housekeeping

Opinions expressed in this issue are those of the contributors. Acceptance of advertising does not constitute endorsement by SRMC of any products or services. The editor reserves the right to accept, edit, or reject any content submitted to the magazine.

ADVERTISING: Advertisements are accepted on a first-come, first-served basis. For submission information, email advertising@santarosamothersclub.org

THIS ISSUE MADE POSSIBLE BY: Long naps and people keeping promises.

COMING NEXT: May: Taking Care of Mom

Have an idea for an issue theme or article? Please email editor@santarosamothersclub.org

Letter from the Executive Board

New Beginnings

By Maitreyi Siruguri



Dear Friends,

At the SRMC Board we've been wishing each other a Happy New Year! And that's because our Board follows a March through February term cycle. Welcome to the 26th year of the Santa Rosa Mother's Club!

Those of you who were able to attend our 25th Anniversary celebration in February - "Motherhood is a Circus, Let SRMC be your Center Ring!" at the Fountain Grove Inn, may have met many Board members, as we flaunted our fancy top hats and hopefully answered many questions! For those who couldn't make it, rest assured that there will be many opportunities to meet each other in the coming months.

My predecessor, Suzanne Moore, put out a beautiful thought in her final note as President in the Feb/March issue, which was "a wish for every woman in our Club to feel like they are a phenomenal woman". Her modest manner kept her from recapping the

successes of the Club in the past year although there have been many. At the least I would like to take a moment to acknowledge her tireless dedication to the Club and its mission. She joined the Board as a Fundraising Committee Chair for a year while she was still pregnant and followed it up with two terms as President. As a full-time working mom of now 2-and-a-half year old Lorelai, her stoic calm and inner strength have guided the Club through many ebbs and flows. At the same time her profound sense of humor and unending creativity have, among other things, churned out fun and colorful magazines month after month with so many interesting themes and articles. From surprises like baboons at the family BBQ to circus-y stunts till the very end, her enthusiasm to throw a party for the moms is truly infectious. On behalf of the entire Club, our heartfelt thanks to you Suzanne, the "phenomenal woman", for your leadership. We wish you the very best in your next endeavor!

To be honest, when I first began to consider the role of President, I had my fair share of trepidation. I'm a stay-at-home mom of a 5 yr old boy and a 2 and a half yr old girl. It's been that long since I left my job. Am I too mommy-brained out I thought? Out of touch with the efficiency quotient required to manage something outside of my own family? Could I? Would I? Doubt and more doubt. A classic case of "Green

Eggs and Ham"!

And then it seemed like positive and motivational messages were surrounding me in a very uncanny way without my consciously seeking it out. Encouraging words from friends. Inspiring quotations - "Imperfection is beautiful", "Your mirror is your role model". Until my inner voice spoke and I listened. I can and I would. My comfort zone can afford to be jostled. My challenges can become my strengths. My passion can be shared. My sincere thanks to all who have been part of this process.

If you are like me you are probably a bit stunned that three months in the year are already behind us! The beginning of the year is typically a transitional period at the Club. As it's true with transitions of any sort, there is the gentle tug of the opposites - a renewed vision vs uncertainty, expectant eagerness vs nostalgic reflections. But here we are now, with Spring Equinox past us, resolving to sow the seeds once again for another year filled with friendships and laughter, supporting each other in our journeys as mothers in as many ways as we can. I look forward to meeting many of you in the course of the year and encourage you to participate in Club activities.

- Our Facebook forum is a great place to post "What's on your mommy-mind?"!

Letter from the Executive Board Cont...

- Our New Member Play-dates are a great way to meet other members with their kids and navigate the process to joining an age-based playgroup.
- Family Socials can help connect your partners to the Club camaraderie.
- Just for Moms is your best bet at breathing through motherhood. :)
- Meals for Moms is a wonderful way to take the stress off of meal preparation for any mom who needs a little extra help during a critical time.
- Kids Outings is a way to expose our kids to some new and unique experiences.
- Community service is an opportunity to participate in activities that connect us to the larger community we live in.
- Member Benefits is an effort to partner with businesses to offer discounts to Club members!

Last but not the least this Monthly Magazine is great space to exchange information, ideas and thoughts. Apparently, writing can have similar effects on the mind as meditation. Any mom can do with more of that right? So write to us and write for us!

The best source of inspiration and motivation for me is the Board itself. With such immensely talented, superbly fun and passionate moms on my team, I feel truly honored to be entrusted with this responsibility and I am looking forward to a fruitful and enjoyable year! I believe the collective experience of a hundred plus moms on any given day can be phenomenal. In the light of this

thought my vision is for that collective conscience to help make motherhood an uplifting experience for each one of us in the Club even in the midst of the most challenging moments.

~ Maitreyi

Farewell and Thank you!

On behalf of the Club, I would also like to convey my sincere thanks to all the members stepping down from their "official" roles with SRMC.

Jonnika Benjamin who served as Vice President and Big Tent moderator during the last term. Her contribution to the Club over the last seven years as a Board Member in so many different roles, including that of President, is immeasurable and truly remarkable. Her open heart and can-do spirit have helped advance the mission of the club every step of the way. Thank you and we wish you well!

A big shout out also goes out to Stacey King who used to put together the "Calendar of Events" section in the Magazine. April Andrus who served as Secretary, for her participation and contributions.

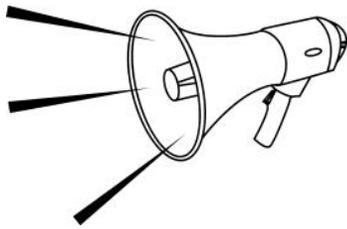
Of course, Suzanne Moore who was President, Editor, Layout Design, Writer and so much more throughout the last year.

We look forward to your continued involvement as members of the Club.

Welcome to our New Board Members!

Rebecca Abbruzzese, Tiffany Cardenas, Jharna Mansukhani, Aditi Upadhye and Dara Kasza.

We look forward to working with all of you!



Moms have spoken!

SRMC Favorites: **Outdoor Playground**

Howarth Memorial Park:

Location: 630 Summerfield Rd.

What you need to know:

Sand: Yes, two areas

Enclosed: No

Bathrooms: Yes

Dog Friendly: Yes

Boathouse/ Rides & Attractions: Train, Jump House, Animal Barn, Pony Ride, Carousel

Spring Season 2016: February 6 - June 12 (boathouse opens March 5) Open Sat & Sun 11am-5pm

Summer Season 2016: June 13 - August 11 Open Sat & Sun 11am-5pm; Mon-Thur 11am-4:30

Fall Season 2016: August 13 - October 30 (boathouse closes September 25) Open Sat & Sun 11am-5pm

Please Note: Rides open on most non-major holidays and spring break

Features

Picnic tables, playground, BBQ, horseshoe court, ball diamond, soccer field, dog park

Parking

Street parking and two parking lots available



Rincon Valley Community Park:

Location: 5108 Badger Road

What you need to know:

Sand: Yes- whole play area but shallow sand

Enclosed: No

Bathrooms: Yes

Tables: Yes

Features

Picnic tables, playground, BBQ, restroom, horseshoe court, ball diamond, soccer field, dog park

Parking

Street parking and parking lot available



Galvin Park:

Location: 3330 Yulupa Avenue

What you need to know:

Sand: Yes, two areas

Enclosed: Yes

Bathrooms: Yes

Features

Picnic tables, BBQs, playground, baseball field, soccer field, tennis, dog park, fitness course, and fly casting pond, Home of Bennett Valley Golf Course, Legends Sports Bar and Restaurant, and Paintball Camp

Parking

Parking Lot Available



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

Member Owned Business HIGHLIGHT!

Member name: Rose Samuels

Family

I am a mom of 3: ages 11, 9 and almost 2. My husband is my high school sweetheart of 14 years. We are an active family in sports and spend as much time as we can camping.

Business

Samuels Studios Photography is my passion. Photography has always been something fulfilling for me, I am incredibly blessed to have my career path follow my dreams. Becoming a professional photographer always seemed so out of reach. I started a web development business in 2009 and within a few years the success of that gave me the confidence to pursue photography as a business. I went back to school for photography and have been advancing my knowledge and skill over the past 4 years. In 2015 I decided to try and push to go full time with my photography and I'm excited to be starting of 2016 with a full future of a growing photography business.

My greatest challenge as a business owner is finding the balance between motherhood and business necessities. I often find myself just needing to check this one email, or I just have to complete this one business task when my kids are home or we are on family outings. I find using the words, "need" and "have to" are what catch me up. I feel the need to constantly be contributing to my business, however I do not have to do it around the clock. Being flexible in a consistent way is what I am striving to be stronger at so that I can tend to my business as needed while being flexible for my family.

I am lucky to have a business that is constantly a reward. The timeless masterpieces families hang after years of not having a family photo, bringing families together to capture moments in their lives, how newborn photography gives us the chance to hold on to a memory of their tiny perfection forever. Photographing children and their contagious smiles or having the honor to photograph weddings and unforgettable life events for clients to cherish endlessly is something I am continually filled with gratitude for. The boost in confidence and spark created in marriages is such a joy to be able to offer women with Boudoir photography. I love offering my client the experience of not just getting a photo taken; we laugh, we bond, we capture their true selves.



The advertisement features a teal background with gold geometric patterns. At the top, the logo 'Samuels Studios photography' is written in a white script font. Below the logo are three square photographs: the first shows two children, a boy and a girl, smiling; the second shows a family of five sitting outdoors; the third shows a young girl with glasses and a flower crown blowing a dandelion. Below the photos, the text reads '2016 PORTRAIT SESSIONS' in bold. Underneath, it lists two session options: '60 MINUTE SESSION, 25 DIGITAL IMAGES & PRINT RELEASE - \$225' and '30 MINUTE MINI SESSION WITH 10 DIGITAL IMAGES - \$115'. To the left, it says 'FREE 8x10 PRINT'. In the center, the phone number '707-537-5258' is displayed. To the right, it says 'INCLUDES ONLINE GALLERY'. At the bottom, a dark teal bar contains the website 'WWW.SAMUELSSTUDIOS.COM' in white capital letters.

Dad's Home

My Favorite Part of Fatherhood: *MY DRIVE*

Ed Tuscano

When I was asked if I wanted to write an article for the Santa Rosa Mothers' Club on my favorite part of fatherhood, I was a bit reluctant. I'm not a writer by any means but when I heard the theme was Resolution Revival something just clicked. I have recently "revived" my own resolution to kick my butt back in shape so this all made sense. My wife and I had a beautiful baby girl a little over a year ago and it's so easy to let exercise fall to the wayside when your wife is pregnant and then having a small child, but I also have an older son and he has been my driving force to get back in fighting shape. We hear all too often "my kids are all the drive that I need," but I can honestly say I absolutely love working out with my son!

For starters, he was born almost three months early and was only 1 pound 14 ounces. His mom was diagnosed with eclampsia and the first three months of his life were an everyday struggle for him. He had many complications, everything from underdeveloped lungs to a heart murmur. He fought through every obstacle life threw at him and overcame them all. He is still that way and making sure I am as well.

My little stud is almost ten years old now, and is healthy as can be. He is very active and loves to work out with me. I am always looking for ways to show him the importance of living a healthy lifestyle whether it is "clean" eating, exercising or just simply taking care of our body. For example, he is going into his second year of baseball and is well aware that if he wants to become stronger and faster, he is going to have to work for it- meaning practice. This is where the fun begins for me since who does he need to practice with? His dad! I'm the guy who is lucky enough to run drills with this spectacular fighter.

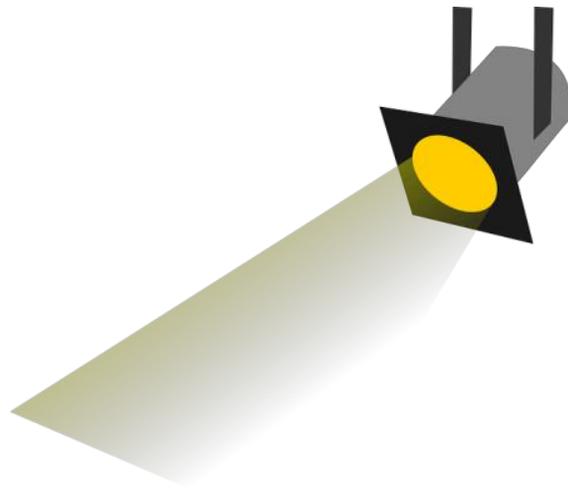
Working out with my son not only allows me to get my workout in, but it also gives me a chance to create a fun yet challenging exercise for the both of us to do together. With our busy and hectic schedules we do not always make it to the gym, but that is when I pull out the deck of poker cards and have some fun. My son gets to pick out two of his favorite exercises and I pick out two. We shuffle the cards up well and do the face value on the card we flip over. We then race against time to see how long it takes us to beat the deck! This is a super simple trick I use to get in my exercise because it really feels like "playing". Sometimes his favorite exercise is tag and that's always a fun one.

One of my goals of being a father is not only teaching but also showing my kids how to live a healthy active lifestyle. Don't get me wrong, there are definitely days when I am absolutely fried and don't want to do anything but shower and go to sleep but then I pick up my little stud from school and the first thing he asks his, "Dad are we going to the gym tonight?" And just like that, the little devil that was on my shoulder trying to tell me to lay it down gets a front kick to his chest from a handsome almost ten year old and I always reply with a smirk, "You know we can't have it any other way little man. Let's go get our sweat on!!"

There are many parts of fatherhood that I love but I have to say "playing" with my kids is my favorite.

NEW MEMBER SPOTLIGHT:

Tiffany Cardenas



Where are you originally from?

Ft. Lauderdale, FL

Tell us about your family:

Married to Juan with 2 children: Easton (4) and Elise (19 months)

What TV Show/Book/Music are you loving right this minute?

Top Chef!

What is your favorite place to go with your family?

Hiking and a picnic on Sonoma Mountain or the coast

What's your dream job?

Either part-time business intelligence or a travel reviewer

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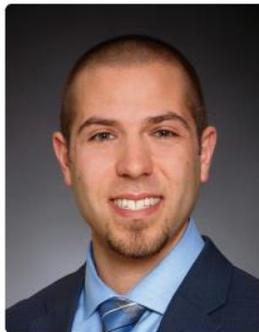
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SRMC Committee Update

Committee Spotlight: Meals for Moms

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

Christina Lozano

Why is the Meals for Moms committee important to you?

One of the greatest gifts I have ever received was three weeks of meals after my daughter was born. The last thing you want to think about with a new baby is how you are going to get dinner on the table! Yet making sure you are consistently eating nutritious food is critical not only to a new mom, but also to her child. I think every mom should be relieved of cooking the first few weeks of her child's life.



How do you know you are making a difference?

Moms I have talked to who have received meals have said how touched they were and how helpful it was to be given a practical gift, in lieu of flowers or cards. They have often said that the food they received was some of the best food that they had ever eaten. I couldn't agree more! I'm sure it has something to do with being so grateful that someone else took the time to cook for you. There are people in need all around us, and a small gesture like giving a meal can be a blessing both to giver and receiver.

What input are you looking for from our SRMC members?

To make this program effective we need participation! Nominate someone in need and then commit to bringing a meal to someone at least once a month.

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

Anyone can provide a meal for a mom in need! Even if you don't enjoy cooking or think you won't have the time, gift certificates are a great option or picking up something pre-made from a local market.

What can SRMC members expect from your committee?

The Meals for Moms program is here to provide meals for new moms as well as moms in need. While the service is often used by families welcoming new babies, we are available for SRMC members who may be stretched thin by any of the challenges life throws our way. All families should be able to count on getting at least three to five meals dropped at their door. Feel free to request meals for yourself or nominate someone and the committee will set up a sign-up for meals on the Take Them a Meal website at www.takethemameal.com. On the website, you will find all of the information you need about dates, meal preferences, and drop-off locations. Please contact Christina Lozano at mealsformoms@santarosamothersclub.org or via the SRMC Facebook page and provide her with the name and contact information, including address, of any mothers you know that would benefit from receiving meals.

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

Kombucha By Erica Wisner



Kombucha is currently experiencing a huge explosion of newfound popularity however this fermented tea has been around for centuries. Its immune boosting and probiotic digestive aiding benefits are many but it's also a fizzy, delicious treat that can become a daily drain on your wallet. Well guess what? Kombucha is really easy to brew at home and much more cost effective. Here is how to make batch brewed (as opposed to continuous brew) Kombucha at home. This will yield you a slightly fizzy beverage that tastes like apple cider.

Ingredients:

Organic black tea - 8 bags

Sugar - 1 cup

Water - 3 1/2 quarts

Scoby - (Symbiotic Culture of Bacteria and Yeast), a purchased starter kit or even better, an extra scoby from a friend or SRMC member who brews her own, hint hint!

Starter tea - from prior batch of kombucha, homemade, store bought or from the friend who gave you the scoby, 1-2 cups

Supplies:

Large stock pot for brewing tea

1 gallon GLASS container

Approximately 4-6 GLASS bottles/jars with lids/seals (24-32oz each) for secondary fermentation/carbonization (you want to avoid jars with metal as much as possible but we have found mason/ball jars work just fine)

Tightly woven cloth - Paper towel, clean napkins, or tea towels

Funnel - helpful but not entirely necessary



Step 1: Bring water to a boil then remove from heat. Pour in sugar and stir to dissolve. Add the tea bags and walk away until room temperature.

Step 2: Remove tea bags (and dispose). Pour contents of pot into your gallon jar. Add the starter tea and scoby. Cover with cloth. (I use a folded over paper towel and then secure with a rubber band.) Store for 7 days in a cool dark place.

Step 3: After 7 days - begin brewing a fresh batch of tea following instructions from step 1. When this tea is cooled, uncover the gallon jar and remove scoby with CLEAN hands. (Put scoby aside in a clean, non-metallic bowl. You will notice a new layer has formed on the top.)

Reserve 2 cups of Kombucha to use as starter tea for the next batch.

Pour off the remaining liquid from gallon jar into your 4-6 glass jars using the funnel if needed. Seal tightly with lids. (Store for 3 days in a cool dark place to allow for secondary fermentation, then put in refrigerator. Drink when cold.)

Wash the gallon jar well and proceed to do step 2 again. Rinse and repeat. And so on and so forth.





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.

Learning to Make Resolutions Early!

By Mansi Gala



Playdate activities are a great way to teach your kids how to keep promises and make resolutions. Now we all know that resolutions are meant to be broken so don't be too surprised if that happens!

Playdate Ideas:

Promise Jar: Make a list of promises with your kid ahead of time along with a list of wishes which could include favors, rewards etc. During the meet-up, use ice cream sticks and markers to write out the promise on one side and a wish list activity on the other. Decorate a mason jar and have the kids put the sticks in the jar (one for each month of the year). Make a tradition of opening one each month and if the promise is kept, give the children the reward they wished on the other side. If not yet complete, this will be a gentle reminder to them for that month.

Promise game: Consider meeting at an ice cream parlor or a frozen yogurt place. Kids sit in a circle and each one gets to act out a promise they kept that day (brushing teeth, fetching a toy for a sibling, helping mommy/daddy with a chore etc.). This followed by a much awaited treat might help reinforce good deeds, behaviors, etc.

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

If so, please contact playgroups@santarosamothersclub.org

Books for Kids: Keeping Promises

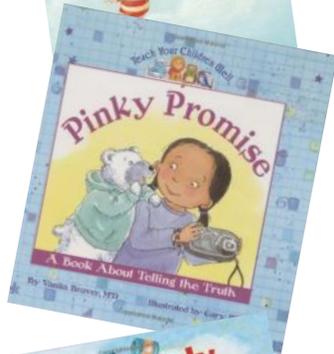
By Stella Outchkova

This month is all about keeping promises and these books will help teach your kids to do so in a fun and endearing way!



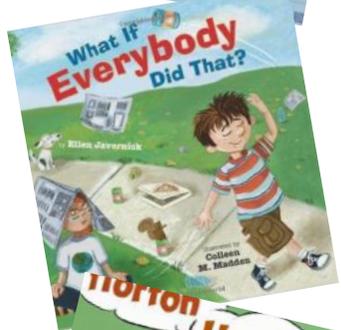
The Wonderful Things You Will Be – by Emily Winfield Martin

The New York Times bestseller that celebrates the dreams, acceptance, and love that parents have for their children . . . now and forever! From brave and bold to creative and clever, Emily Winfield Martin's rhythmic rhyme expresses all the loving things that parents think of when they look at their children. With beautiful, and sometimes humorous illustrations, and a clever gatefold with kids in costumes, this is a book grown-ups will love reading over and over to kids—both young and old. A great gift for any occasion, but a special stand-out for baby showers, birthdays, and graduation. The Wonderful Things You Will Be has a loving and truthful message that will endure for lifetimes. Ages 0-2



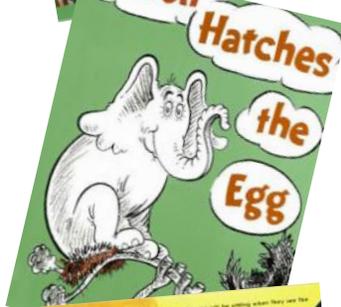
Pinky Promise: A Book About Telling the Truth- by Vanita Braver

Madison didn't mean to break the camera, but she didn't want to get in trouble either. So when her mom asked what happened, Madison lied. With the help of her parents, Madison learns the importance of telling the truth. Ages 3+



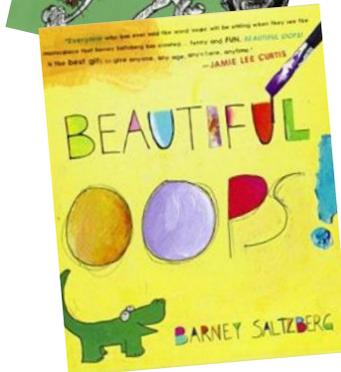
What if everybody did that? – by Ellen Javernick

If you drop just one soda can out the window, it's no big deal ... right? But what if everybody did that? What if everybody broke the rules ... and spoke during story time, didn't wash up, or splashed too much at the pool? Then the world would be a mess. But what if everybody obeyed the rules so that the world would become a better place? Using humorous illustrations rendered in mixed media, these questions are answered in a child-friendly way and show the consequences of thoughtless behavior. Ages 3+



Horton Hatches the Egg - by Dr. Seuss

Horton the elephant gets coaxed into sitting on the egg of a lazy bird, who fails in keeping her promise to return. But the animal has given his word and will not break it. "I meant what I said and I said what I meant; an elephant's faithful one hundred percent." Ages 2+



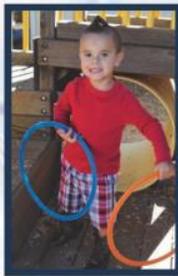
Beautiful Oops! – by Barney Saltzberg

An award winning, best-selling, one-of-a-kind interactive book, Beautiful Oops! shows young readers how every mistake is an opportunity to make something beautiful. A singular work of imagination, creativity, and paper engineering, Beautiful Oops! is filled with pop-ups, lift-the-flaps, tears, holes, overlays, bends, smudges, and even an accordion "telescope"—each demonstrating the magical transformation from blunder to wonder. Ages 4+

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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!**

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renee@kinderkickz.com 707-953-2603
www.kinderkickz.com



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

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

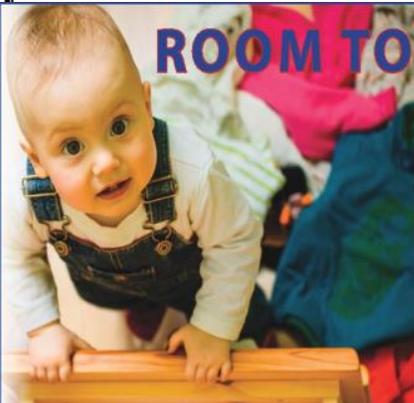
Mention that you are a Mother's Club member and receive a no-cost demo class.

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SRMC Calendar of Events: April 2016

April 1, 2016

First Friday Film Series at the Schulz Museum

7:00pm to 8:00pm

Charles M. Schulz Museum
2301 Hardies Lane
Santa Rosa, CA 95403

The First Friday Film Series returns with more of Charles Schulz's favorite films.

Free for members, \$5 for others

Babytime (0-17 months)

10:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

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.

Preschool Storytime (ages 2-5)

10:30am

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

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.

Free!

Toddler Time (18-35 months)

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

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.

April 2, 2016

Occidental Fool's Day Parade

1:00pm

Occidental Community Center
3920 Bohemian Hwy
Occidental, CA 95465

Join in the fun of this whimsical tradition! Parade begins downtown at 1 p.m. and winds its silly way through town, ending at Occidental Center for the Arts. Experience extreme frivolity, bands, music, crowning of the King and Queen of Fools, Lunapillar rides and more!

Family Bird Walk

8:30am

Olompali State Historical Park, Novato CABeginning and experienced birders are invited to join leaders Janet Bodle and Rich Cimino of Yellowbilled Tours to view Olompali's diverse avian residents as we walk the old ranch road past the park's reservoir.

All ages

April 3, 2016

ASTRONAUT LULLABIES Planetarium show

3:00pm to 4:00pm

SRJC Planetarium

1501 Mendocino Ave, Santa Rosa CA 95405
Expect a heart expanding, mesmerizing multi-sensory journey as a live planetarium show .

April 4, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Charles M. Schulz Museum. 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

April 6, 2016

Preschool Storytime (ages 3-5)

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

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 3-5, with a caregiver.

April 7, 2016

Hot Dog Thursday at Pacific Coast Air Museum

11:30am to 1:30pm

Pacific Coast Air Museum
2230 Becker Blvd.
Santa Rosa, CA 95403

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. \$5

Wine Down Thursday

6pm to 9pm

D'Argenzio Winery
1301 Cleveland Avenue, Suite A. Santa Rosa, CA 95401

We invite you to our weekly HAPPY HOUR event to enjoy our wines while listening to the featured band of the week, enjoying tasty food, playing bocce ball, and spending time with friends.

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!

April 8, 2016

Babytime (0-17 months)

10:00am

Rincon Valley Library
6959 Montecito Boulevard

Santa Rosa, CA 95409

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.

Toddler Time (18-35 months)

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

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.

Preschool Storytime (ages 2-5)

10:30am

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

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.

Free!

April 9, 2016

Toddler Days at Slide Ranch

9am-12pm

Location: Muir Beach. Enjoy milking a goat, holding a warm egg from the chickens, and hearing the baa of the sheep. There are many tastes, colors, and smells living in our organic garden, and we use all of our senses to explore the farm. Families with toddlers. www.slideranch.org

Annual Bodega Bay Fisherman's Festival

10am to 5pm

Westlake Park
2400 Westshore Rd, Bodega Bay, CA 94923

The Fisherman's Festival is packed with events for people of all ages - craft booths, live music, good food, entertainment, and more.

\$12 all ages

Laguna Environmental Center Open Houses

10:00am to 3:00pm

Laguna Environmental Center
900 Sanford Rd, Santa Rosa, CA 95401
Learn about the natural and cultural history of the Laguna de Santa Rosa and historic Stone Farm by taking a guide-led tour or exploring a variety of hands-on
Free

Annual Battle of the Brews

1:00pm to 8:00pm

Grace Pavilion, Fairgrounds
1350 Bennett Valley Road
Santa Rosa, CA 95404

Over 70 drafts and food vendors will fight for your vote at the 20th Annual Battle of the Brews. \$50-\$95

AT's Showdown

2:00pm to 7:00pm

Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, Ca 95404

Come out and watch the world's best free-ride mountain bikers compete in a head to head competition, launching themselves upwards of 30' in the air!

\$12

April 10th, 2016

Annual Bodega Bay Fisherman's Festival

10am to 5pm

Westlake Park

2400 Westshore Rd, Bodega Bay, CA 94923

The Fisherman's Festival is packed with events for people of all ages - craft booths, live music, good food, entertainment, and more.

\$12 all ages

April 11, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Charles M. Schulz Museum. 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

April 13, 2016

Preschool Storytime (ages 3-5)

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

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 3-5, with a caregiver.

April 14, 2016

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!

Wine Down Thursday

6pm to 9pm

D'Argenzio Winery

1301 Cleveland Avenue, Suite A. Santa Rosa, CA 95401

We invite you to our weekly HAPPY HOUR event to enjoy our wines while listening to the featured band of the week, enjoying tasty food, playing bocce ball, and spending time with friends.

April 15, 2016

Babytime (0-17 months)

10:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

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.

Toddler Time (18-35 months)

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

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.

Preschool Storytime (ages 2-5)

10:30am

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

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. Free!

April 16, 2016

10am to 6pm

Sebastopol Apple Blossom Festival

The 70th Annual Apple Blossom Festival begins with a parade on Saturday, followed by live music, food, crafts, childrens' games, art show, wine and more! www.appleblossomfest.com/

April 17, 2016

10am to 5pm

Sebastopol Apple Blossom Festival

The 70th Annual Apple Blossom Festival begins with a parade on Saturday, followed by live music, food, crafts, childrens' games, art show, wine and more! www.appleblossomfest.com/

Earth Day and Wellness Festival

10:00am to 2:00pm

Windsor Town Green

701 McClelland Dr

Join over 3,000 enthusiastic participants to enjoy numerous activities including live entertainment, recreation class demonstrations, health, wellness

Cannon School of Music Winter Show

5:00pm to 8:00pm

Rossi's 1906, 401 Grove Street, Sonoma CA

95476

Check out Sonoma's rising musical talent at the Cannon School of Music Showcase. Ranging in age and talent level these musicians will make your Sunday a little a little bit better! Solo artists and full rock bands fill the evening. Everyone is welcome.

Jewish Cultural Festival Simcha Sunday

12-4p

Santa Rosa Vets Building 1351 Maple Avenue
Santa Rosa CA 95404

Great Food by Sally Tomatoes - Corned Beef Sandwiches created just for us...KUGEL!! Bake sale, kosher hot dogs! New KIDS Activities! community resources! Free entertainment for everyone!

April 18, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Charles M. Schulz Museum. 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

April 20, 2016

Preschool Storytime (ages 3-5)

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

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 3-5, with a caregiver.

April 21 2016

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!

Wine Down Thursday

6pm to 9pm

D'Argenzio Winery

1301 Cleveland Avenue, Suite A. Santa Rosa, CA 95401

We invite you to our weekly HAPPY HOUR event to enjoy our wines while listening to the featured band of the week, enjoying tasty food, playing bocce ball, and spending time with friends.

April 22, 2016

Babytime (0-17 months)

10:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

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

Toddler Time (18-35 months)

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

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 .

Preschool Storytime (ages 2-5)

10:30am

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

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. Free!

April 23, 2016

Wine Country Comi Con - Santa Rosa

1pm to 6pm

Sonoma County Fairgrounds
1350 Bennett Valley Rd, Santa Rosa,
WCCC is the premier comic & pop culture festival & convention meant to celebrate Comics, Anime, Animation & Cosplay. Celebrity guests, industry guests, vendors, exhibitors, artists & more.

SRMC Kids Outing: Bennett Valley Fire Department

10:30 am to 11:30am

6161 Bennett Valley Rd, Santa Rosa, CA 95405
Join us for a fun and educational tour of the fire station! There is just something magical about seeing the equipment up close. Ages 3+, Free. Please RSVP on our facebook page.

Butter and Egg Days Parade and Festival

10:00am to 5:00pm 10:30 am to 11:30am

Historic Downtown Petaluma 210 Lakeville Street, Petaluma, California 94952
Watch over 110 units march through Downtown Petaluma, enjoy food and drink, music, arts and crafts and an area just for kids!

Santa Rosa Earth Day Festival

12:00pm to 4:00pm

The 7th Annual Earth Day Festival in downtown Santa Rosa is a fun, FREE, and family-friendly way to inspire awareness and build community. Courthouse Square, Fourth Street and Mendocino Avenue

Slide Ranch Spring Fling

10:00am to 4:00pm

Mill Valley.
Come and celebrate springtime at Slide Ranch. Enjoy live music, animal encoun-

ters, organic food, and hands-on farm and craft activities. All ages. www.slideranch.org

April 24, 2016

Wine Country Comi Con - Santa Rosa

1pm to 6pm

Sonoma County Fairgrounds
1350 Bennett Valley Rd, Santa Rosa,
WCCC is the premier comic & pop culture festival & convention meant to celebrate Comics, Anime, Animation & Cosplay. Celebrity guests, industry guests, vendors, exhibitors, artists & more.

April 25, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Charles M. Schulz Museum. 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

April 27, 2016

Preschool Storytime (ages 3-5)

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

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 3-5, with a caregiver.

April 28, 2016

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!

Wine Down Thursday

6pm to 9pm

D'Argenzio Winery 1301 Cleveland Avenue, Suite A. Santa Rosa, CA 95401
We invite you to our weekly HAPPY HOUR event to enjoy our wines while listening to the featured band of the week, enjoying tasty food, playing bocce ball, and spending time with friends.

April 30, 2016

Family Farm Day at Slide Ranch: Ocean Exploration

10am to 2pm

Mill Valley. Family Farm Days are exciting four-hour programs featuring a wide variety of activities related to the day's theme. All ages. \$25 per person, kids 2 and under free. www.slideranch.org

Blossoms, Bees, and Barnyard Babies

10:00am to 4:00pm

Sebastopol, California 95472
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. www.farmtrails.org

Sensory Sensitive Films present "The Jungle Book"

10:00am

Airport Cinemas. 409 Aviation Blvd. Santa Rosa
Regular matinee ticket prices apply: \$6.75 for children and seniors; \$7.75 for general admission. All ages

Celebrate Dia de los Ninos with the Puppet Show "Perez & Mondinga"

11:00am

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401
Let's Celebrate Children's Day--Día de los Niños! with "Perez & Mondinga" A puppet show by Randal Metz' Puppet Company
Many suitors would like to marry Mondinga the beautiful cockroach, but she is not interested, until Perez the mouse arrives with his wonderful guitar music!

Randall Metz Puppets presents "Rabbit and Coyote are friends"

11:00am

Rincon Valley Library
Event Address:
6959 Montecito Boulevard
Santa Rosa, CA 95409





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For more information regarding our programs, including dates, times & pricing, contact Allan Kelly

Mommy Makeover

REVIVE your routine into something **NATURAL**



Beauty Counter www.beautycounter.com

Charcoal Cleansing Bar \$24

What it is: Our Charcoal Face Bar detoxifies and absorbs impurities in your skin without drying it out, resulting in a smoother, brighter complexion. Made with antioxidant-rich, organic green tea and hydrating organic coconut oil, the gentle formula can be used daily on your face and body.

What it is formulated to do: Soaps are often made with harsh surfactants such as sulfates that are overly drying and irritating to the skin. In addition, soaps may contain synthetic dyes, as well as parabens and fragrances that can act as hormone-disrupting chemicals. Our charcoal face

bar gently draws out impurities while nourishing the skin with organic sunflower and coconut oils, and pure essential oils.



NUDE Skincare www.sephora.com

Purify Balancing Moisturizer \$38

What it is: An ultra-light hydrator that refines and balances oily to combination skin while delivering your daily dose of anti-aging ingredients.

What it is formulated to do: Cinnamon, ginger, and burnet root balance oil production and purify skin, while omega 3 helps reduce redness and irritation. The n-probiotic™ active cell nutrient supports skin's natural process in producing its own anti-aging ingredients including collagen, hy-

aluronic acid, and antioxidants. This purifying formula reveals a clear, calm, and balanced complexion.



REN www.sephora.com

Keep Young And Beautiful™ Instant Firming Beauty Shot \$54

What it is: A celebrity makeup artist favorite, this professional strength daily gel-serum instantly visibly lifts, firms, and smooths to help contour with a double dose of hyaluronic acid for dramatic results in as little as one use, under and over makeup.

What it is formulated to do: Formulated with a full-spectrum of biotechnological hyaluronans from a selected fraction of polysaccharide, this serum works to create a noticeably lifted appearance of skin elasticity,

smoothness, and wrinkles by number and volume. Two hyaluronans work together to create the look of lifted skin that lasts for several hours. Similar to traditional hyaluronic acid, its ingredients support increased moisture retention in the skin and reduce trans-epidermal moisture loss. This serum features phycocolloids, which forms with the hyaluronans so that skin stays looking plumped and hydrated for a softer, more energized look that lasts.

Ask the Expert: How do you begin and persist with an exercise routine?

By Anne Bishop

If you made a commitment to exercise in 2016, this is a great intention because exercise is healthy for your body and mind. Exercise extends your lifespan, reduces heart disease and improves bone health. Just as important, exercise reduces stress, elevates your mood and reduces the risk of depression. Did I also mention, that as a side effect, your body will be more toned and you will feel better looking at yourself in the mirror? Exercise is literally a miracle pill and the real miracle is that no one owns it. You can exercise for free or join any number of gyms ranging from the YMCA to all-inclusive clubs and boutique studios. Yet despite all these healthy ravings and a plethora of options, sometimes it is still hard to start.

How to begin to exercise

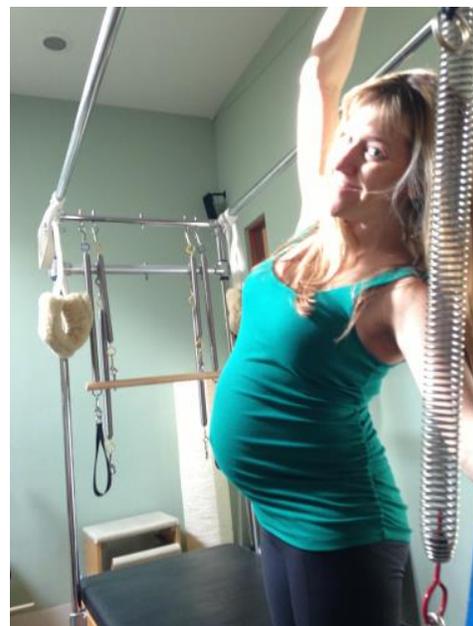
Frequently, starting to exercise is the hardest part. Generally the reason is because people have unrealistic expectations (such as "I need to jog 45 minutes per day, 5 days a week to see real results.") Another reason is because you have yet to experience how good exercise makes you feel until after you begin. So it can be hard to start, when you feel out of shape and mentally stuck. Despite being a Pilates instructor, I have felt this way many times in my life due to injury, burn out and having a baby. Additionally, I feel pressure from my business to stay in tiptop shape as everyone expects a toned instructor. The point is that I have started to exercise again many times and I would like to share a few ideas about how to begin and persist with exercise.

First, create a very small and manageable goal for yourself. In fact, make it so small and/or short that it is almost laughable. After the birth of my first baby, Phoebe in July, (like most parents) I felt overwhelmed. But I knew that moving again would help me emotionally and physically. I set a timer and exercised for 5 minutes. This is a very short amount of time for me but it was not just the exercise that felt good but the few minutes alone just to be with myself again and breathe. Within a few months we moved to Santa Rosa and I lost my routine. So I started again. I took out a pair of roller skates that I bought in San Francisco years ago and never wore. I figured if I could hold onto the stroller for support it would not be so bad. Twenty minutes later around the block and probably looking quite silly I made it, and so did baby Phoebe. In both of these instances I began with a manageable goal, 5 minutes a day or one skate around the block.

Starting small helps you get the exercise ball rolling again. In fact *Exercise is Medicine at Any Dose*, a study reported through the Harvard Health Journal noted that only exercising 10-15 minutes a day improved health outcomes and led to a longer lifespan. So, you do not have to run for 30 minutes and you do not have to take a 90 minute yoga class or 60 minute barre or Pilates class to reap healthy rewards. You may not have the time **but you can exercise for 10-15 minutes a day**. And if that feels too long, begin with 5 minutes. That is how I began again.

Special considerations: pelvic floor, diastasis recti, pain, depression or cost.

Some reasons why you do not begin to exercise after a baby is because of special considerations like pelvic floor issues, diastasis recti, pain, depression or cost. If this is the case, finding a qualified professional can really help. Some considerations for women after birth include pelvic floor issues like incontinence and frequent urination. Pilates is fabulous for addressing pelvic floor issues as many Pilates exercises focus on enhancing awareness and strength of the pelvic floor.



Diastasis recti, is the painless splitting of your abdominals during pregnancy and/or labor. It is important to know if you have this condition. A health care or trained fitness professional should be able to tell you. If you do have it, you want it to heal before doing exercises Such as sit-ups because they can exacerbate the problem. If you have pain or depression finding a compassionate fitness professional who can tailor your exercise program to your individual needs can help too. Although a fitness instructor is not a therapist, I have seen time and time again that movement heals. Our bodies were meant to move, not sit behind smartphones. So if you are suffering from any specific issue that keeps you from beginning to exercise I encourage you to know that there is a trainer out there who likely can help.

Here is a short list of questions to ask a fitness professional:

- What are your qualifications?
- Do you have any special/additional training to work with post-natal women?
- How long have you been teaching?
- Can I speak with any of your current clients?

Any professional fitness trainer will be more than happy to share this information with you. If they are not willing to speak with you and share some information, move on to the next professional.

Finally, if you are concerned about cost you can always ask the teacher for a short session, 30 minutes instead of an hour and/or you can ask for homework in between sessions and spread your sessions out if necessary. However, make sure to do your homework. Consistency is key in getting stronger. If you have a health savings account and can get a doctor to prescribe exercise it may be covered under your insurance as well.

How to persist with exercise

If you are a workout rock star there are a few things you can do to help you persist and not burn out. One, is share the love. Two, try to incorporate your family. Three, challenge yourself with workshops, retreats, or that 5K or 1/2 marathon you have been thinking about. First, if you have a friend who you know would benefit from exercise offer to go on a gentle walk, go to a beginner yoga/Pilates/fitness class, buy her an exercise gift certificate, or offer to watch her child while she goes to a class. In regards to your family, make sure to incorporate them on hikes, bike rides, dog walking and active games. Third, the fitness industry has grown a lot over the years and there are many offerings for more advanced students. Many Pilates, yoga, and fitness studios offer advanced workshops for interested students beyond the regular class schedules.

Remember, exercise is literally the best thing you can do for your health. It helps your heart, bones, muscles, brain and digestive system. It is also incredibly helpful for depression and elevation of your mood. Being a mother takes a lot of physical and emotional stamina and it is important to fill yourself up with healthy exercise endorphins so you can meet life's challenges. Remember start small, and if you fall off the exercise horse just begin again with 5-minutes a day.

Eijsvogels M. T. & Thompson, P. D. (2016). Exercise is medicine at any dose. JAMAS 314 (18) 1915-1916
Retrieved from <https://www.researchgate.net/publication/283576887>

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