

NOVEMBER ♥ 2015



SRMC Santa Rosa
Mothers' Club
magazine



grateful ♥ hearts





SRMC Santa Rosa
Mothers' Club

www.santarosamothersclub.org

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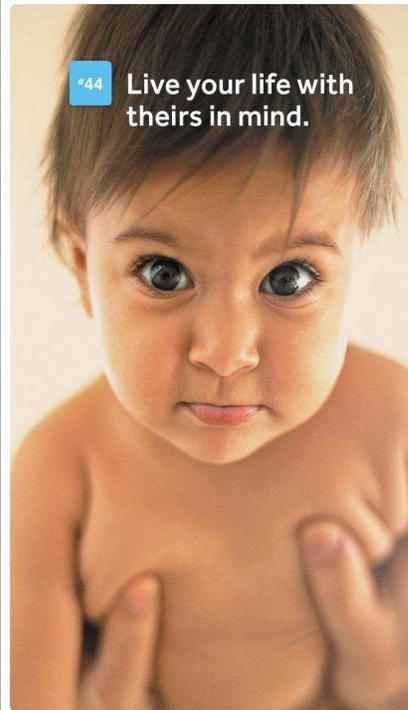
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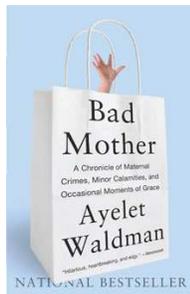


Letter from the President: Weird Parenthood Beliefs

By Suzanne Moore

Some time between when I was a child and when I had my own, I started to see these deep ingrained weird parenthood beliefs that made me question if I wanted to even have a child. Many moms around me had this unthinking devotion for their kids. There seemed to be nothing in life that was allowed to be more important than their relationship with their children. As a result of this, it appeared to be frowned upon if any mom spoke ill of their kids. Moms had to show that their kids always came first. This idea was a given, it was an automatic thought that was suppose to naturally occur (I guess) when you became a mom.

About ten years ago (when I was childless and husbandless), I recall seeing an event unfold and was truly shocked by it. A prominent author, Ayelet Waldman, explained in a NY Times article that she loved her husband more than her children. Later on “Oprah Where Are They Now,” the author reaffirmed the sentiments reflected in her article, and she added that her outlook has had a positive impact on her children by giving them a sense of security in their parents’ relationship. Following this TV segment, Waldman was not only shouted down by America for being a bad mother; strangers threatened her physically and told her that they would report her to child protective services. Again I was shocked by the public reaction! What she said made total sense to me. I couldn’t believe her thoughts were so unaccepted by fellow mothers. The event was so impactful to me that in this very moment I first doubted whether or not I wanted to be a parent.



nobody would have placed such a sign on their car if it were not already understood that the life of a human achieves its peak value at birth and declines thereafter. It seemed like a toddler was almost as precious as a baby, but a teenager less so, and by the time that baby turns fifty, it seems that nobody cares much anymore if someone crashes into her car. You don’t see a lot of vehicles with placards that read, “Middle-aged mom on board.” Right? Parenthood beliefs were just puzzling to me.



Another wave of doubt appeared listening to my older cousins sharing PTA stories and bragged about their kids. I saw them interact with their kids. How frustrated they got. Yet, it was taboo (even within family) to say anything bad about their children, let alone admit that they don’t like them all of the time. It was so odd to me that it was acceptable to say bad things about spouses, parents, aunts and uncles, but try saying, “My kid doesn’t have a lot of friends because she’s not a super likable person,” and see how fast you get dropped from the PTA.



It’s funny but if you think about it, when we choose to have children, we play a lottery. Children have the same range of positive and negative characteristics as adults, and the personalities of some children are poorly matched with those of their parents.

I went many years wondering if parenthood was right for me. Doubt crept in again while I was in a car ride with my friend and her newborn baby. I remember getting into her car and seeing her “baby on board” sign. I thought to myself that



This is just how life goes! The good news is that nature seems to have protected these little ones against a lot of bad circumstance by giving them such irresistible cuteness early on, and by ensuring that parents bond with them sufficiently and strongly. As much as parents love their children and have their best interests at heart, however, they just don't always like them. It's just the plain truth, whether we want to say it out loud or not. Let me put it another way...that female acquaintance you know that everyone thinks is a jerk, well she was a kid once upon a time, and there's a pretty good chance that her parents also noticed that she could be a jerk. They weren't just allowed to say so.

Of course, Ayelet Waldman's perceived wickedness was not admitting that her kids were less than completely wonderful, only that she loved her husband more than them. There is this belief that mothers must devote themselves to their children above anyone or anything else, but many wives would be offended if their husbands said, "You're pretty great, but my love for you will never hold a candle to the love I have for John Junior."

Mothers are also angelic in a way that fathers are not expected to be. Mothers live in a clean, cheerful world filled with primary colors and children's songs, and they don't think about sex (that is socially unacceptable, right?). A father could admit to desiring his wife without seeming like a distracted parent, but society is not as willing to cut Mrs. Butterfield that same slack. It is unseemly for a mother to enjoy pleasures that don't involve her children. This is just all a bunch of bologna to me.



I made the decision to be a parent and not take on these weird parenthood beliefs. It was very scary for me and still can be. Parents can be very judgmental of one another. At the end of the day I have to listen to myself and believe what makes sense to me. And these weird parenthood beliefs just don't sit right with me.

With anything, there are pros and cons. These weird parenthood beliefs I am seeing may have their benefits but I am just seeing pitfalls. Parents who do not feel free to express their feelings honestly are less likely to resolve problems at home. Children who are raised to believe that they are the center of the universe have a tough time when their special status erodes as they approach adulthood. Most troubling of all, couples who live entirely child-centric lives can lose touch with one another to the point where they have nothing left to say to one another when the kids leave home.



I married for love. Didn't you? We choose partners who we hope will be our soul mates for life. When children come along, we believe that we can press pause on the soul mate narrative, because parenthood has become our new priority. We raise our children as best we can, and we know that we have succeeded if they leave us, going out into the world to find partners and have children of their own. Once they have left us, we try to pick up the pieces of our long neglected marriages and find new purpose. Is it surprising that divorce rates are rising fastest for empty nesters? Perhaps it is time that we gave these parenthood beliefs a second thought.

- Suzanne



Did you know we now have a private SRMC Facebook page?

This social networking site is making it even easier for SRMC moms to connect and share. Check your email for the invite to join.



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:

lots of coffee; crazy work schedule; insomnia; and a lot of teamwork!

COMING NEXT: December: Winter Wonderland. **January:** Playing the Numbers Game - Reconciling expectations and changing priorities.

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



November in Sonoma County:

Highlighted Events

By Stacey King

**West End
Farmers Market**

Nov 1st
9:30am-2:00pm
Cost: \$0
For more details:
www.wefmm.co

**Candlelight Procession
Giant Puppets**

Nov 1st
2:00-7:00pm
Cost: \$0
For more details:
www.petalumamuseum.com



**Madonnas Country
Village Holiday Shop**

Nov 1st
10:00am-4:00pm
Cost: \$0
For more details:
www.furthcenter.com



**31st Annual Two Rock
Fundraiser**

Nov 3rd
5:00pm
Cost: \$0
For more details:
www.trusd.org

**Valley Fire Fighter
Barn Dance Benefit**

Nov 7th
4:00pm
Cost: \$0
For more details:
via facebook events

**Give Thanks to Food
Family Farm Day**

Nov 21st
10:00am-2:30pm
Cost: \$25, 2 yrs and younger free
For more details:
www.slideranch.org

**Petaluma Holiday
Craft Fair**

Nov 21st
10:00am-4pm
Cost: \$0
For more details:
www.visitpetaluma.com

**Turkey Burner
Thanksgiving Lap Swim**

Nov 26th
7:30am-9:30am
Cost: \$5
For more details:
www.ci-santa-rosa.com

**Santa's
Riverboat**

Nov 28th
11:00am
Cost: \$0
For more details:
www.visitpetaluma.com



Our Highlighted Events page covers events throughout Sonoma County.
If you have an event that you would like showcased, please submit to editor@santarosamothersclub.org
at least six weeks before the desired month of publications.

Special Dates: *Thankful Family Bonds*

By Amanda Wagner

It is the month of November and this is the month we celebrate all that we are grateful for. Building strong family connections and memories that will last a lifetime.

Grateful Jar

○ Directions

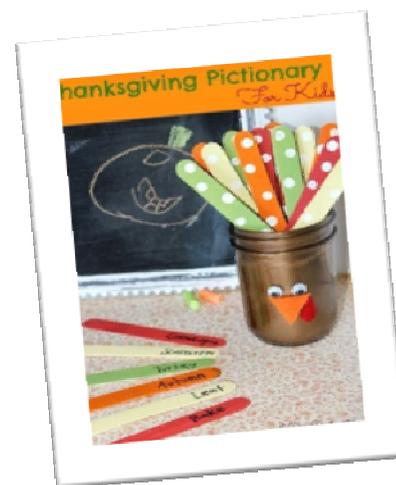
- Clean out a clear jar with a lid.
- Create a label of any color that says: Grateful Jar
- Each day sit down with your loved ones and write, at least, one thing that you are grateful for and add it to the jar.
- Go back and read the things you are grateful for together!



DIY Fall Pictionary or Charades

○ Directions:

- Take a jar and paint it gold or brown.
- Add googly eyes and an orange triangle beak.
- On various Popsicle sticks write a fun festive word on it.
- Place the sticks in the turkey jar and have fun playing fall Pictionary or charades with your family!



DIY Popping Hopping Corn

○ Directions:

- In a clear jar add 2 ½- 3 cups of water and a few drops of food coloring.
- Add 2 tbs. of baking soda and stir well! Add some kernels.
- Add 6 tbs. of vinegar and watch the kernels hop around in the jar for about an hour!



Letter from the Executive Board: SRMC Facebook "Secret Group" Page

By Maitreyi Siruguri

You read that right ladies, it's a "Secret Group" page on Facebook. If you are unfamiliar with the different types of groups on Facebook, basically there are three types - Public, Closed and Secret.

The Santa Rosa Mothers' Club has opened a secret group page on FB which means it can be found only by current members and the posts on this page can only be seen by this group.



A big shout out to **Mansi Gala** and **Jonnika Benjamin** for getting this up and running and helping our members get on board!

We received plenty of feedback about the inaccessibility or inconvenience of Big Tent as a real-time forum for a group like ours and are happy to announce that the Facebook page has truly brought a fresh breath of energy to the group. That said we are well aware that we are still in a transition mode.

We will continue to operate our Big Tent account to process all new membership applications and receive membership dues.

Our current membership base is 140 and so far only 78 members have come onto the Facebook page. This is where we need **YOUR HELP!**

You know best if your SRMC friends are on it or not. If you know someone who is not on there yet please send Mansi or Jonnika their FB email ID so that they can be added on.

You can view the list of members by clicking on "More" and choosing the "View Group Info" option. Click on "Members" to see a list of all members in this group. Click on "Events" to see a list of events posted on this page. Click on "Files" to access the monthly newsletter in a PDF format.

On an average everybody's post so far has been viewed by about 40 to 50 people. And typically people have received very helpful responses to their queries. This is a great beginning but we certainly would like to see more connections taking place.

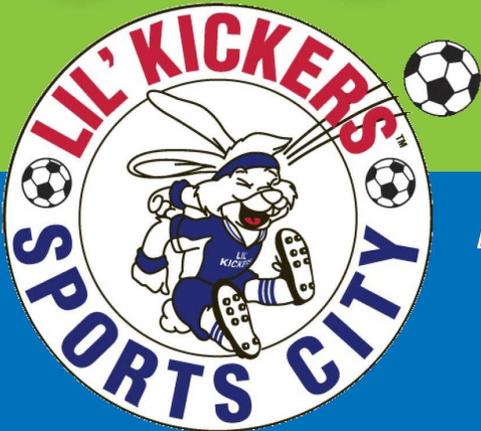
We are also in the process of opening up separate Facebook pages for all the active playgroups (if one doesn't already exist). The playgroup coordinators would like this to be the primary communication link between them and the playgroups as this enables the coordinators to connect newer members with active groups.

The following groups are currently active via their FB pages:

- 2013 January - September (little loves)
- 2014 January - May
- 2014 June - August
- 2015 April - July

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Savvy Sassy Styles 4 Moms

By Stella Outchkova

Stella & Dot
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Westwood Tassel Scarf—Winter White/Metallic \$59



Nolita Medium Crossbody—Winter White/Dove Grey \$89



Raven Earrings \$39



Interchangeable Double Wrap Strap—Latte \$39



Hudson Tote Large—Slate Grey Perf \$178

stella & dot

SRMC *fundraiser* ALERT!

the Fundraiser Night Includes:

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Bollywood Dance Class

*The Bollywood dance class
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*If you have ever sat mesmerized through a
Bollywood film, silently wishing it were you onscreen
showing off your killer dance moves then this may
be the perfect workout for you!
On the other hand, if you have two left feet, don't
despair—this may still be the perfect routine busting
workout for you.*

*Friday, November 6th from 6:00—7:00pm
LeStudio
534 Mendocino Ave, Santa Rosa*



By Stella Outchkova



Miss Amanda's Craft Corner

Family time is a personal favorite of mine. Crafting with little ones creates not only a fun project, but makes quality time fun together! Let's make some fun crafts as a team to cherish how grateful we are for one another this month!

Grateful Turkey

Supplies:

-Multi colored paper or paint sample -Googly Eyes -Glue -Markers

Directions:

1. Cut a large oval shape out of paper or paint samples: one of each color.
2. Cut a large round circle out of brown for the turkey.
3. Glue in the center of the brown circle two googly eyes and a small yellow triangle for the beak.
4. Glue each different colored oval on the top edge of the turkey body.
5. Write on each feather what you are grateful for. For younger children they can draw pictures!



Fall Giving Tree

Supplies: -White paper -Brown, Orange, Yellow, Red Paints -Toilet Paper Rolls

Directions:

1. On whitepaper paint a brown trunk for the tree.
2. Cut toilet paper rolls in half and fold in half creating a leaf like shape.
3. Dip the toilet paper leaf stamp into the paints and create leaves for the Fall Tree!



For more craft ideas, visit the Facebook page Miss Amanda's Craft Corner.

Kid's Books

30 Fall and Thanksgiving Books Recommended by Moms



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SRMC Calendar of Events: November 2015

By Stacey King

Sunday, November 01

2:00pm to 8:00pm Candlelight Procession with Giant Puppets

Part of Petaluma's Dia de los Muertos Celebrations. Candlelight procession with giant puppets: Starts at Water Street Bistro and ends at the Petaluma Historical Library and Museum. Festivities include live music, Ballet Folklorico, Aztec dancers, food and art vendors, face painting, art and alters, and more.

Location: Petaluma

Ages: All ages

Every first Wednesday of the month is FREE Museum admission all day, 9 a.m. - 5 p.m. to anyone from anywhere!

Location: Sausalito

Ages: All ages

10:00am to 5:00pm Every First Wednesday Exploratorium Free Admission Day

A hands on museum of science, art and human perception.

Location: San Francisco

Ages: All ages

Location: Rohnert Park

Ages: Ages 5 to 12

10:00am to 12:00pm Michael's Kids Club: Wish List Ornament

Drop-in arts and crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and older

11:00am to 12:00pm Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog.

What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness?

Location: Santa Rosa

Ages: All ages

Tuesday, November 03

10:00am to 4:00pm Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30 pm to 8:30pm Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

10:00am to 4:30pm Free Day at the Conservatory of Flowers

The first Tuesday of the month is FREE admission at the Conservatory of Flowers.

Location: San Francisco

Ages: All ages

Thursday, November 05

9:30am to 11:30am Open Skate Every Monday and Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

1:00pm to 4:00 pm Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month .

Location: Santa Rosa.

Ages: All ages

10:00am to 3:00pm Every Tuesday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

7:00pm to 9:00pm Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

Friday, November 13

9:00am to 12:00pm Free Car Seat Fitting Stations

Is your child properly secured in their car seat? Should they be in a booster seat? We are here to help!

Location: Petaluma

Ages: All ages

7:30pm to 8:25pm Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

2:00 to 4:00pm Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

Wednesday, November 04

9:00am to 5:00pm Free First Wednesday at the Bay Area Discovery Museum

9:00am to 12:00pm Home Depot Kid's Workshop Build a Veteran's Day Jet

Monthly Home Depot event for kids.

Saturday, November 14

10:00am Lowe’s Build and Grow Clinic: Build a Pullback Car

Monthly event for kids at Low’s Home Depot Improvement Center.

Location: Cotati

Ages: All ages

11:30am to 1:30pm Kidgits Celebrate Santa’s Arrival

Monthly Kidgits event at the Coddington mall.

Location: Santa Rosa

Ages: All ages

Saturday, November 21

10:00am to 2:00pm Give Thanks to Food Family Farm Day

Become a night owl and join us for an evening of entertainment to celebrate owls and their nocturnal friends here at our coastal farm!

Location: Mill Valley

Ages: All ages

Sunday, November 22

10:00am to 1:00pm Kidz Cooking Class at Windsor Farmer’s Market

This Sunday is Kidz Cooking Class – Dips & Chips for the Market Tasting Feast.

Location: Windsor

Ages: Ages 3 to 12

Saturday, November 28

9:00am to 12:00pm Home Depot Kids Workshop: Build a School House Bank

Monthly Home Depot event for kids.

Location: Rohnert Park

Ages: Ages 5 to 12

Sunday, November 29

10:00am Sensory Sensitive Films present “The Peanuts Movie”

A movie with no previews or ads, lights up, sound turned down for sensitive kids.

Location: Santa Rosa

Ages: All ages

Museum Mondays

FOR LITTLE ONES



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Explore a different theme every week, with stories, movement games, arts & crafts activities, and a movie. *For children ages 1–5 and their caregivers.*

EVERY MONDAY THROUGH FEBRUARY 29, 2016
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Ask the Expert: Every Day is Thanksgiving

What if we treated every day as a day to give thanks?

By Robert Leahy, Ph.D

We celebrate Thanksgiving once each year to show appreciation and gratitude for whatever blessings we have. But, for many people, Thanksgiving is simply another meaningless holiday where the focus is on overeating, spending time with family, and watching a football game. What if we took Thanksgiving seriously? What if we really gave thanks? What if we treated every day as a day to give thanks?

It's interesting that in other parts of the world—and in a variety of religious traditions—giving thanks is an important tradition. I remember my own Catholic childhood every meal was an opportunity for giving thanks. We said “Grace” before meals, giving thanks for our “daily bread.” The word “Eucharist” means 'thanksgiving' and, for Christians, it is possible to receive this sacrament daily if one chooses. Observant Jews have daily prayers of reverence and thanks. In Judaism, saying prayers over meals is known as *birkat hamazon*, which gives thanks and asks for blessings for food, land, Jerusalem, and God's goodness. Muslims have daily obligations and prayers that also show reverence and appreciation. In Iran there is *Noruz* (thanksgiving for the new year), *Mehregan* (thanksgiving for love and justice), *Tirgan* (thanksgiving for water), *Azargan* (thanksgiving for fire), *Sepandgan* or *Espandgan* (thanksgiving for women). In fact, *Espandgan* was influenced by Zoroastrism, which predated Islam. In Korea they celebrate *Chuseok* honoring ancestors and celebrating the harvest as they give thanks. So, giving thanks precedes Islam. And giving thanks is part of every culture, every religion.

Several years ago I gave a lecture at an international conference in Greece. One of the psychiatrists in the audience came up to me after and gave me a gift-wrapped book. I told him “Thank you for this thoughtful gift.” And he replied, “No, thank you for accepting my gift.” I will never forget that—he thanked me for accepting his kindness. It was one of the most meaningful gifts that I have ever received.

We give thanks in everyday life when we say, “Thank you.” Often it is automatic, without thought or feeling, without any real meaning to us.

How often do we stand back and reflect on what we have to be grateful for? How often do we contact a friend and tell them that we are truly fortunate to have them in our lives?

Imagine if you made every day a day of giving thanks. You could start the day with a short mindful contemplation of appreciation for someone or something. It could be a reflection on your partner, your children, your friends, your teachers, your heroes. You could give thanks for being able to walk, to taste food, to hear music. Begin each day with gratitude and appreciation and carry this forward for an entire month. Ten minutes each day can make a world of difference.

Say “Thank you” to ten people every day. And when you say “Thank you”, label the behavior that you are grateful for. For example, tell your kid that you thank them for cleaning up, tell a co-worker that you thank them for helping out, or tell the delivery person thank you for coming. If you have a dog or cat, thank them and touch them and feel the love that comes back to you.

Giving thanks may be the best gift that you can give to others—and to yourself. And, like the best things in life, it's free



52 WEEKS OF GRATITUDE CHALLENGE

1. WHY START THIS CHALLENGE?
2. SPOUSE / SIGNIFICANT OTHER
3. FAMILY
4. A FAMILY MEMBER
5. SOMETHING SOMEONE GAVE YOU
6. THE CITY YOU LIVE IN
7. A FRIEND 1
8. EXPRESS GRATITUDE TO 3 PPL
9. HOW DID YOU DO & FEEL?
10. LIST 5 THINGS YOU LIKE ABOUT YOU
11. SOMEONE WHO INSPIRES YOU
12. YOUR FAVORITE PERSONALITY TRAIT
13. A CHALLENGE YOU'VE OVERCOME
14. A TALENT YOU HAVE
15. THINGS YOU LIKE ABOUT SPRING
16. SIMPLE THINGS IN LIFE
17. SOMETHING YOU TAKE FOR GRANTED
18. THE WEATHER
19. HEALTH
20. A FRIEND 2
21. THINGS YOU LIKE ABOUT SUMMER
22. SOMETHING YOU USE EVERY DAY
23. FAVORITE PHYSICAL TRAIT
24. A BOOK YOU LEARNED FROM
25. EDUCATION
26. SOMEONE YOU GOT TO MEET
27. FAVORITE SPOT IN YOUR CITY
28. YOUR PAST
29. YOUR FAVORITE MEMORY
30. YOUR CURRENT AGE
31. CORE VALUE
32. A CITY YOU'VE VISITED
33. SOMETHING YOU LOOK FORWARD TO
34. THINGS YOU LIKE ABOUT FALL
35. YOUR NEIGHBORHOOD
36. YOUR HOME
37. SOMETHING YOU CREATED
38. MUSIC YOU LOVE
39. YOUR HERITAGE
40. GREATEST ACCOMPLISHMENT
41. HOBBIES
42. YOUR FAVORITE POSSESSION
43. A MENTOR / TEACHER
44. YOUR FAVORITE HOLIDAY
45. WHAT YOU DO FOR FUN
46. TECHNOLOGY
47. OPPORTUNITIES YOU'VE BEEN GIVEN
48. YOUR JOB
49. THINGS YOU LIKE ABOUT WINTER
50. LESSONS LEARNED THIS YEAR
51. 100 THINGS TO BE THANKFUL FOR
52. DID THIS CHALLENGE CHANGE YOU?



Are you a Sonoma County mom?

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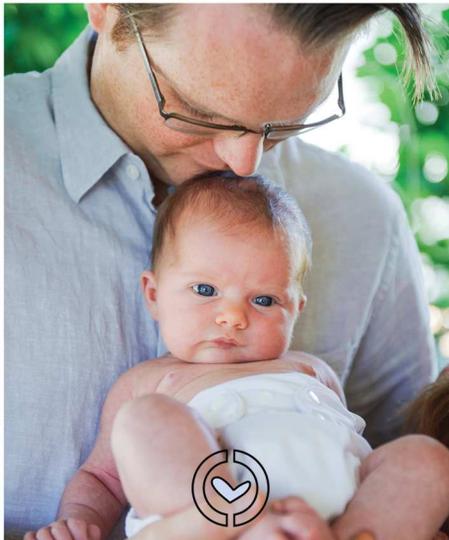
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