

OCTOBER ♥ 2015



# *Snuggling* with our little pumpkins

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Mothers' Club  
m a g a z i n e





**SRMC** Santa Rosa  
Mothers' Club

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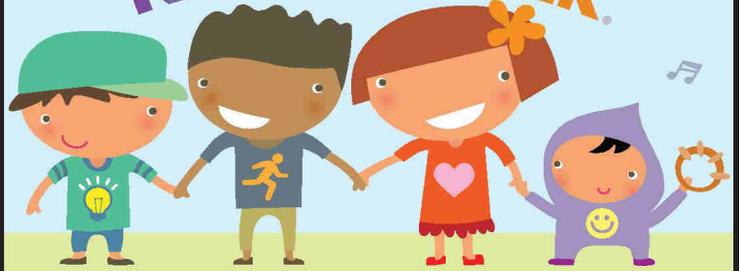
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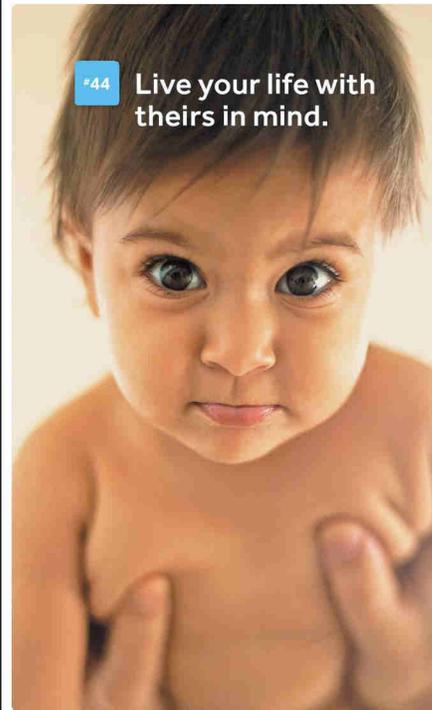
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theirs in mind.



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# Letter from the President: My ‘Moments’ Within Motherhood

By Suzanne Moore

**M**y iPhone says exactly 8:23p.m. I successfully just exchanged our nightly, “Snug as a bug in a rug. Mommy loves you. I’ll be here when you wake up. I’ll always come back for you .” (for the third time). I put on my pajamas and happily crawl into bed. I turn on the DVR to catch up on an episode of anything I have been recording - anything to get my mind off the long day and out of my own thoughts!

This isn’t how it always goes around here. Often, I’m up late doing stuff, working with this or that or at the very least getting ready for what tomorrow may bring. But not this night or the several that will follow.

This kind of slow, intentional letting go of what needs to be is just how it needs to be sometimes. There are many moments that come and go in motherhood and right now I am going through the straight exhaustion moment.

## Learning to Embrace & Understand

It seems that I find myself falling into a new moment every several weeks and then I wonder what happened to the rhythm I was so happily in just a few weeks ago. In a flash, everything flexes and changes. This includes my energy, my mood, my motivation, my social radar, my mom skills, my wife skills, my cleaning ambitions—poof! All gone!

The more I started to pay attention to these breaks in my rhythm I began to see when I fall into this exhaustion moment which leaves me less than stellar, less than motivated, less than creative, and less than productive . I realize that I am just going to need to ride this out as I long as I need to for whatever is going on in my life. What this equates to is going to bed earlier and more bouts of doing not much of anything like tonight.

Over these past two years as a mom, I’ve learned to understand how moments of motherhood ebb and flow. Some roll in with a vengeance and leave with a gust. Others tip-toe softly and knock me down without any warning as if I got knocked in the head by a two by four.

After gaining consciousness from one of these blows, something else hit me—an idea that understanding my moments of motherhood just may help me to become a better mother. Embracing this new found idea, I have been trying to consciously take on these moments with the fiercest grip realizing they will not last long. I do this because in a strange way I am learning to relish in the way they wake me up and change who I am. The challenges can be difficult however their soft pushes help me become just a little bit better. And when I overcome moments, I

can see a new me and feel ready to take on the next moment to weather me some more. To accomplish this, it has helped me to name these moment so I can recognize them faster when they are happening. Each moment that occurs I am learning how to take the appropriate steps to help move them along faster (when it is possible) or what to do if I want to hold on to them longer.

## My Moments of Motherhood

### Creative Moment

This moment consists of having more ideas than I have time to execute. I tend to pile on way too much and take on way too much too. Then the moment ends and I am left with the aftermath. My brain is overwhelmed and my batteries need recharged. For all the challenges of this moment, it is my favorite. I love feeling the creativity flow inside of me and the



innovative results it brings.

### Productive Moment

This moment is about getting things done. Organize drawers; pull weeds; get the laundry done; exercise accomplished. I am multi-tasking all the way through the moment and loving it. I have fun things planned for my daughter; I bake; dinner is done and on the table. This is the time when I get a thought and just do it rather than keep thinking about it, dwelling over it. I love this moment too because I feel empowered and productive.



### *It's Good Enough*

This is one you don't want to be in but it is inevitable. It is just going to happen. It reminds me of quick sand. You find yourself immersed in life, sinking....sinking...and soon you are trying to climb your way out. And then you do! You are back on top of the world for a while. This moment teaches me that these are the moments when I need to take care of myself and what I believe in the most.

### *Social Moment*

During this time I want to entertain. I start inviting people over. I accept play dates for my daughter. This is a rush of wanting to be



around more people. I am fairly happy in this moment, however, being more of an introvert it eventually exhausts me. Anyone who is an introvert can understand this. I have learned to go with this moment because it is like food and water—you need social interactions to grow and be healthy.

### *The Anti-Social Moment*

When the moment changes to this, it is time for me to clear my calendar. I stop accepting invitations and may even excuse myself from some commitments. Rather, I spend as much time as I can with nature with solitude being my saving



grace. With all the thoughts that roll around in my head, thinking can be draining. So it is important for me to find me-time to gather my thoughts and return my brain from being out of order. My goal is to feel my strength to get through any tough moments in my life.

### *I Got This!*

I feel a skip in my step during this moment. Everything just seems e-a-s-y! Things flow and there are minor if any hiccups to my day. Positive energy and motivation are flowing strong in me. Movements in my life feel organic. This moment feels like a true gift.

### *Straight Exhaustion*

I am early-to-bed and late-to-rise at this time. My dishes are piled in the sink, laundry is overflowing, and I didn't make it to the grocery store like I planned. This is the pay-for-it-in-the-morning moment. Being a mom, this moment seems to come more often and stay a little too long for my taste. This moment for me means that I have needs that are not being met and that it is important for me to honor those needs so I can take care of myself. And when all else fails, I sleep right on through it.



### *Other Moments*

I am sure there are many more moments I am not listing here and I tend to uncover more each year. The best lesson these ever-changing moments have taught me is to be forgiving of myself. What I mean by this is to be forgiving even if I am not as productive as I'd like to be, have as much energy as I'd like, or have the ability to take on as much as I want. After all, this is my life as a mom. I am learning to embrace and master these moments with each experience. I believe I am no where near perfection or at an expert level, however, being aware and willing to grow will help me to be the best mom I can be for my daughter.

I can't help but wonder too, if I can continue to find the tenderness to forgive myself in these moments, perhaps I can help my daughter go through her childhood moments more easily too. That would be a great gift if I can pass that along to her, right!

- Suzanne

## 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.

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For submission information, email [advertising@santarosamothersclub.org](mailto:advertising@santarosamothersclub.org)  
**THIS ISSUE MADE POSSIBLE BY:** lots of coffee; sleep-deprivation; a much needed hike; and a lot of teamwork!

**COMING NEXT: November:** Keeping Family at the Table. **December:** Winter Wonderland

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

Admit One  
**EVENTS**  
Sonoma Co.  
Admit One

# October in Sonoma County:

## *Highlighted Events*

By Stacey King

### **Giant Pumpkin Festival Kunde Family Estate**

Oct 10th to 11th  
10:30am-5:00pm  
Cost: \$0  
For more details:  
[www.kunde.com](http://www.kunde.com)

### **Floating Pumpkin Patch**

Oct 17th  
2:00-6:00pm  
Cost: \$5  
For more details:  
[www.santarosarec.com](http://www.santarosarec.com)



### **Tudor Rose Tea Room Pirate Murder Mystery**

Oct 17th  
7:00-9:00pm  
Cost: \$80  
For more details:  
[www.tudorrosetearoom.com](http://www.tudorrosetearoom.com)



### **Halloween Howarth Park**

Oct 24th  
11:30am—3:00pm  
Cost: \$6-10  
For more details:  
[www.santarosarec.com](http://www.santarosarec.com)

### **Trick or Treating Montgomery Village**

October 24th  
11:00am-2:00pm  
Cost: \$0  
For more details:  
[www.mvshops.com](http://www.mvshops.com)

### **Trick or Treating Safari West**

Oct 30th  
4:00—8:00pm  
Cost: Varies  
For more details:  
[www.safariwest.com](http://www.safariwest.com)

### **Trick or Treating Downtown Petaluma**

Oct 31st  
3:00-5:00pm  
Cost: \$0  
For more details:  
[www.petalumadowntown.com](http://www.petalumadowntown.com)

### **Halloween Carnival Francis Ford Coppola**

Oct 31st  
11:00am-2:00pm  
Cost: \$10  
For more details:  
[www.franciscoppolawinery.com](http://www.franciscoppolawinery.com)

### **Windsor Halloween Parade**

Oct 31st  
6:00pm  
Cost: \$0  
For more details:  
[www.ciwindsor.ca.us](http://www.ciwindsor.ca.us)



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](mailto:editor@santarosamothersclub.org) at least six weeks before the desired month of publications.

# Special Dates: *Festive Fall Fun*

By Amanda Wagner

*Is it already October?*

*Halloween is right around the corner.*

*Let's get festive with creating some fun fall memories with our little ones!*

## Pumpkin Pretzels

*Directions*

1. Melt orange melts (or white melts with a few drops of orange food coloring).
2. Place the pretzels on wax paper and dip the pretzels in the orange melts.
3. Place the orange pretzel on the wax paper and add a green M&M to the top of the pretzel to make it look like a pumpkin.



## DIY Slimy Witch Hair Sensory Activity

*Directions:*

1. Boil spaghetti noodles in various festive colors (I.E. black, orange, yellow, purple).
2. Let noodles cool completely.
3. Place the now cool noodles on a tray.
4. Let your little ones use their hands to play with this fun sensory activity. It's completely edible, so no worries Mom!



## DIY Ring Toss Fun

*Directions:*

1. For the center of the ring toss you can use many items, your choice: a water filled water bottle, a wood block with a thick dowel in the center, a stake in the grass, etc.
2. Attach all glow sticks and let your little ones go wild with this easy DIY Ring Toss!



**Mother is a verb.  
It's something you do. Not just who you are.  
Cheryl Lacey Donovan**

# Letter from the Executive Board: Do Something Amazing!

By Jonnika Benjamin

I have to be honest...I am feeling passionate about a specific cause. Each magazine issue has a topic and this month it is all about snuggling with your little one. As much as I love snuggling with my little one, (as you can see in the picture) right now, I just can't bring myself to write about it. Why? It is because I have something else on my mind, I have something else that I want to share and that is this...**I would love to have your help!**

Have you ever considered getting more involved in this great Club? Have you ever wondered how? Well, I can tell you! Volunteer! It's the easiest and best way to get to know other members fast. Working with other moms in the Club creates a bond beyond mommy-hood that can be fun and encouraging. Did you know that this Club is run completely by members who volunteer for us? I have been a volunteer for the Club for almost seven years but as my daughter gets older (1st grade!) I find that my role(s) in this Club would be better suited for a mom with littler ones.

Are you a mom with a need for connection with other moms? Do you have a need to get out of the house and use your brain in a different way? Do you want to do something amazing? If so, this Club needs your energy, your fresh ideas and your enthusiasm. Please don't be intimidated. There are little tasks, medium tasks and big tasks to be done. Besides, joining the Board in any capacity is an amazing way to find friends. Moms

really do need other moms. You don't have to be a professional with amazing skills. There is no interview or application process. Just say the word and you are in! We all want to feel like we belong. We all love to give back. And let's be honest, we all want an excuse to get out of the house. Are you interested? Intrigued? Are you ready willing and able? We have many opportunities for an amazing mama like you! Step up and step into this thing we call the SRMC Steering Committee!

Following are just a few opportunities that are available for you right now within the Board and Magazine Staff:

## SRMC Magazine Staff Needs:

- **Editor-in-Chief**: Love to have someone to help coordinate all of the content that goes into this magazine.
- **Layout Coordinator**: Love to have someone help take all of the content and make it pretty in our magazine.
- **Writers**: Love to have more moms contribute their points-of-view; talents; interests; businesses; etc.
- **Contest Facilitator**: Love to have someone reach out to local businesses to get freebies each month for our moms.

## Steering Committee Needs:

- **BigTent Group Moderator**: Love to have someone help approve memberships within BigTent and help answer questions.



## Volunteer Single-Event Needs:

- Help with Family Socials
- Help with Community Support Events
- Make a Meal for a Mom in Need
- Help drop off publicity cards around town.
- And much more one-time events.

## Interested?

E-mail me at [jonnikab@icloud.com](mailto:jonnikab@icloud.com) and I will be glad to help you help us!

*-Jonnika, Mommy to Abby*

*Are you a mom with  
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connection with  
other moms?*

*Do you have a need  
to get out of the  
house and use your  
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# Meals for Moms

By Christina Lozano

## SRMC Moms Get Real About Meals for Moms

*"I'm at the stage of life where it seems a lot of my girlfriends are starting to have kids. As a result, I feel like every month I'm making a meal and dropping it off at a new mom's house. Thanks to SRMC partnered website Take Them a Meal, you can often see what others are bringing, which helps ensure*

*that the new family receives a variety and isn't stuck eating baked pasta for three weeks in a row! Even better, some of these can be frozen, meaning the family can freeze them until they're ready to eat them!"*



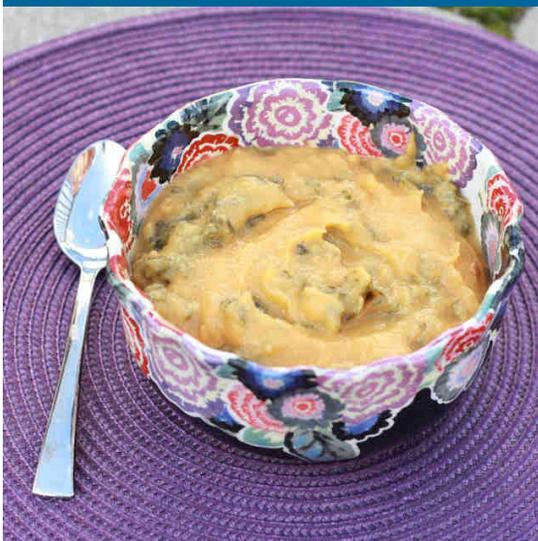
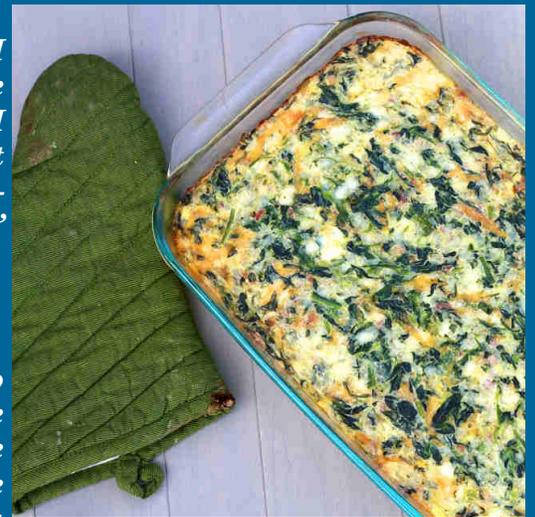
*weeks of meals after my daughter was born. The last thing I wanted to think about with a new baby is how I am going to get dinner on the table! Yet making sure I am consistently eating nutritious food is critical not only to me, but also to my child."*

*"One of the greatest gifts I have ever received was three*

*weeks of meals after my daughter was born. The last thing I wanted to think about with a new baby is how I am going to get dinner on the table! Yet making sure I am consistently eating nutritious food is critical not only to me, but also to my child."*

*"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'd have to agree with that one, too. 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."*



## How Does Meals for Moms Work?



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.

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 deli. Here are some guidelines when bringing a meal:

- Avoid common allergens and when possible, find out if there are any specific dietary restrictions
- Include enough food to feed siblings
- Pack food in containers that don't need to be returned
- Provide a detailed menu that lists ingredients and instructions on how to re-heat and/or how to store extras
- Make large servings of at least one thing that freezes well, in case they want more for later

Ideally, meals should be easy to transport; easy to eat; hold well; and freeze well. (By hold well, I mean they can sit a day or two in the refrigerator without getting soggy or dried out).

It's also important that you make sure you call or text ahead of time to let them know you are coming, then leave the food on the step. People may not necessarily wish you to come in and chat (and see their temporarily chaotic home). Be sensitive to that. And know that your gift of a meal will be cherished.

Feel free to request meals for yourself or nominate someone and the SRMC will set up a sign-up for meals on the Take Them a Meal website [takethemameal.com](http://takethemameal.com). On the website, you will find all of the information you need

about dates, meal preferences, and drop-off locations.

### Meals for Moms Raffle!!

Any mom who donates a meal will be entered into our quarterly raffle to win a free one-year membership for the Santa Rosa Mothers' Club!



Please contact Christina Lozano at [mealsformoms@santarosamothersclub.org](mailto:mealsformoms@santarosamothersclub.org) and provide her with the name and contact information, including address, of any mothers you know that would benefit from receiving meals.



# Miss Amanda's Craft Corner

It is that fun time of year again where the scary things become not so scary for our little ones. Any other time of year you mention a spider and "YIKES!" Create some fun Halloween crafts with your family to give as gifts or use as décor around the house!

## Creepy Pinecone Spiders

### *Supplies:*

- Pinecone -Black Paint -Black Pipe Cleaners
- Pom Pom -Googly Eyes -Glue

### *Directions:*

1. Paint a pinecone black and let dry.
2. Glue two pom poms to the front and then glue eyes on.
3. Glue on 8 legs (4 regular sized pipe cleaners cut in half).



---

## Friendly Ghost Chain Banner

### *Supplies:*

- White, orange, and black paper -Scissors & Glue
- Black marker

### *Directions:*

1. Cut 1 inch strips out of the orange and black paper.
2. Cut Ghost shapes out of the white paper.
3. Attach orange and black strips to create a chain.

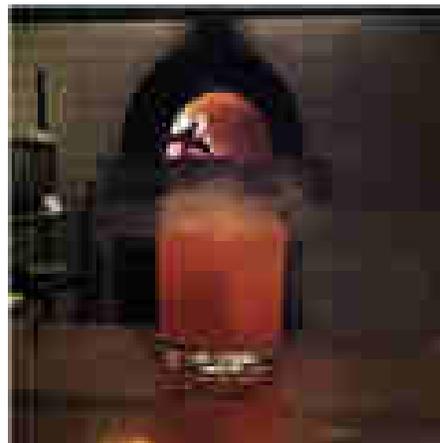


# Spooktacular Halloween Cocktails

We don't need a holiday to gulp down some of our favorite drinks, but since it's Halloween we put together two of our favorite Halloween cocktails to get us through this frightful night and quite possibly an equally frightful morning.

## The Voodoo Child

- .75 oz Smith & Cross Pot Still Rum
- .75 oz Barbancourt White Rum
- .75 oz St. Germain Elderflower Liqueur
- .75 oz Cointreau
- 1 oz fresh-squeezed lime juice
- .5 oz fresh-squeezed grapefruit juice
- 1 dash Angostura Bitters
- 6 dashes chili tincture (or lighter-bodied hot sauce)



Combine all ingredients into a mixing tin, add your ice, and shake aggressively for about 20 seconds. Strain over fresh ice into a tumbler and get creative with your garnish. Dry ice? Cayenne-dusted lime wheels? Thinly-sliced fresh red chili? Fugu powder? Up to you.

## The Zombie

- 1/2 ounce rum -- white rum
- 1 1/2 ounces rum -- golden rum
- 1 ounce rum -- dark rum
- 1/2 ounce rum -- 151-proof rum
- 1 ounce lime juice
- 1 teaspoon pineapple juice
- 1 teaspoon papaya juice
- 1 teaspoon superfine sugar
- Collins glass



Stir together all these ingredients (the juice in the recipe is what mixologist David Embury calls the "mystery ingredient"; it can be pineapple juice, passion fruit nectar, coconut milk, apricot, or cherry brandy -- just about anything this side of Romilar) except the 151 and pour into a 14-ounce glass three-fourths full of cracked ice. Float the 151 as a lid (by pouring it into a spoon and gently dipping it under the surface of the drink). Then, if the spirit moves you, take a match to this mixture; it will burn. Garnish with mint (either straight or dipped in lime juice and then superfine sugar) and/or fruit. (A particularly fetching touch: On a toothpick, impale a lemon slice or pineapple cube between two maraschino cherries and lay this fruit kabob atop of the drink). Supply a straw and, after two, a hammock. After three: a stretcher.

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## Thursday, October 01

### 7:30pm Treasure Island at Spreckels Theater

Based on the masterful adventure novel by Robert Louis Stevenson, Treasure Island live theater is a stunning yarn of piracy on the tropical seas.

Location: Rohnert Park

Ages: All ages

## Friday, October 02

### 8:00pm Treasure Island at Spreckels Theater

Based on the masterful adventure novel by Robert Louis Stevenson, Treasure Island live theater is a stunning yarn of piracy on the tropical seas.

Location: Rohnert Park

Ages: All ages

### 8:00pm Sonoma County Harvest Fair

The Harvest Fair marks it's 41st year of showcasing our county's grand harvest which continues to result in world-class wines, award winning beer and a plethora of culinary wealth.

Location: Santa Rosa

Ages: All ages

## Saturday, October 03

### 8:00am Levi's GrandFondo

Levi's GranFondo will roll through the streets of Santa Rosa and into the golden hills of Sonoma County's coastal mountains. The post-ride FondoSonoma Festival features great food, beverages, activities, and live music for cyclists and partygoers alike. The Kid's Zone will be filled with free activities and crafts for the whole family

Location: Santa Rosa

Ages: All ages

### 9:00am to 12:00pm Home Depot Kids Workshop: Build a Fire Truck

Monthly Home Depot event for kids.

Location: Rohnert Park

Ages: 5-12 years

### 10:30am Rohnert Park Founder's Day Festival

Free annual community event celebrating Rohnert Park! Includes parade and festival.

Location: Rohnert Park

Ages: All ages

### 1:00pm Star Wars Day at AT&T Park

Celebrate Star Wars and watch the SF Giants play Colorado.

Location: San Francisco

Ages: All ages

## Sunday, October 04

### 1:00pm to 5:00pm Calabash Festival

Guests at Calabash enjoy a sumptuous array of fine food and wine from Sonoma County's bountiful harvest, and live music played on hand-made gourd instruments. The event will also feature a sale of unique garden art and

book art, and an exclusive selection from Food For Thought Antiques.

Location: Forestville

Ages: All ages

### 1:00pm to 4:00pm Montgomery Village Concert

Enjoy a free concert. Grab some delicious barbecue at Cattleman's or something from Monti's outdoor grill and sip on refreshing wines and ice cold beer.

Location: Santa Rosa

Ages: All ages

### 2:00pm Treasure Island at Spreckels Theater

Based on the masterful adventure novel by Robert Louis Stevenson, Treasure Island live theater is a stunning yarn of piracy on the tropical seas.

Location: Rohnert Park

Ages: All ages

## Tuesday, October 06

### 9:30am to 5:00pm Free Day at the Legion of Honor

The first Tuesday of the month is FREE admission at the Legion of Honor museum.

Location: San Francisco

Ages: All ages

### 9:30am to 5:00pm Free Day at the de Young Museum

The first Tuesday of the month is FREE admission at the de Young Museum

Location: San Francisco

Ages: All ages

### 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

### 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

### 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

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

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

## Wednesday, October 07

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

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

### 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

## Thursday, October 08

### 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

### 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, October 09

### 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

### 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

## Saturday, October 10

### 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

### 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

### 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.

**Sunday, October 11**

**10:30am to 12:00pm Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice.**

Parents and their kiddos enjoy a group less in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

**1:00pm SRMC Fall Festival**

The Annual Fall Festival sponsored by our own Santa Rosa Mother's Club! Featuring games, food, costume parade. FREE admission, and more! This event is always a lot of fun for the littles!

Location: Santa Rosa

Ages: All ages.

**1:00pm to 4:00pm Montgomery Village Concert**

Enjoy a free concert. Grab some delicious barbecue at Cattleman's or something from Monti's outdoor grill and sip on refreshing wines and ice cold beer.

Location: Santa Rosa

Ages: All ages

**Monday, October 12**

**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

**Tuesday, October 13**

**10:30am Benedettville Story time at Copperfield's Bookstore**

Jen and Gio will regale you and your kids with stories and songs. They'll be rocking the kids' section somewhere between The Rainbow Fairies and Harold and the Purple Crayon.

Location: Petaluma.

Ages: All ages

**Saturday, October 17**

**10:00am to 4:00pm Slide Ranch Harvest Celebration**

Take part in cooking and gardening sessions, join our scarecrow parade, make sauerkraut, learn about bees, go on a narrated hike with Juniper Ridge founder, Hall Newbegin, and more

Location: Mill Valley

Ages: All ages

**11:00am to 5:00pm Tolay Fall Festival**

More than just a pumpkin patch, the Tolay Fall Festival is a seasonal celebration connecting visitors with the beauty and history of this special park. Fall Festival activities and displays are low-key, hands-on and educational by design

Location: Petaluma

Ages: All ages

**7:00pm to 9:00pm Tudor Rose Murder Mystery**

Join the Tudor Rose as we go aboard the historic pirate ship Rollin' Groan to celebrate its 300th year! More than one mysterious death occurred nearly 300 years ago...Will the curse live on?

Location: Santa Rosa

Ages: 9 years and older

**Sunday, October 18**

**11:00am to 5:00pm Tolay Fall Festival**

More than just a pumpkin patch, the Tolay Fall Festival is a seasonal celebration connecting visitors with the beauty and history of this special park. Fall Festival activities and displays are low-key, hands-on and educational by design

Location: Petaluma

Ages: All ages

**3:00pm Music From Out of This World**

Create musical memories for your children and grandchildren by treating them to the Santa Rosa Symphony's popular Sunday afternoon family concert series. In collaboration with Sonoma Paradiso Foundation, our orchestra and zany, colorful guest artists present three performances that pique imaginations, and delight one and all.

Location: Rohnert Park

Ages: All ages

**Saturday, October 24**

**11:00am to 5:00pm Tolay Fall Festival**

More than just a pumpkin patch, the Tolay Fall Festival is a seasonal celebration connecting visitors with the beauty and history of this special park. Fall Festival activities and displays are low-key, hands-on and educational by design

Location: Petaluma

Ages: All ages

**11:30am to 1:30pm Kidgits Halloween Event**

Monthly Kidgits event at the mall.

Location: Santa Rosa

Ages: All age

**11:30am to 3:00pm Halloween at Howarth Park**

Dress in your best costume and trick-or-treat through one of Santa Rosa's most popular parks. Take a train ride, hop on the carousel, and catch a pony ride! Local businesses and organizations will be handing out treats to children aged 12 and under.

Location: Santa Rosa

Ages: 12 years and younger

**Sunday, October 25**

**10:00am to 1:00pm Fall Harvest, Windsor Farmer's Market**

This Sunday is Fall Harvest Jamboree – Pumpkin Car Races, Giant Pumpkin Show, Apple Pressing, Kidz Pumpkin Carving & Painting, Build a Scarecrow to take home.

Location: Windsor

Ages: 3-12 years

**11:00am to 5:00pm Tolay Fall Festival**

More than just a pumpkin patch, the Tolay Fall Festival is a seasonal celebration connecting visitors with the beauty and history of this special park. Fall Festival activities and displays are low-key, hands-on and educational by design

Location: Petaluma

Ages: All ages

**Tuesday, October 27**

**10:30am Benedettville Story time at Copperfield's Bookstore**

Jen and Gio will regale you and your kids with stories and songs. They'll be rocking the kids' section somewhere between The Rainbow Fairies and Harold and the Purple Crayon.

Location: Petaluma

Ages: All ages

**Friday, October 30**

**4:00pm to 8:00pm An Evening of Trick or Treating...Walking with the Dead**

Join Safari West in for their second annual Halloweekend Spectacular, celebrating Halloween and the Day of the Dead (El Dia de los Muertos) weekend! With tricks and treats, bats and bones, pumpkins and skulls, this will be an event the whole family can enjoy together!

Location: Santa Rosa

Ages: 4 years of age and older

**7:00pm to 10:00pm Blind Scream Haunted House**

Three haunted houses designed to scare you!

Location: Rohnert Park

Ages: 10 years of age and older

**Saturday, October 31**

**8:00am to 12:00pm Hallowine 5K**

The Hallowine 5K, presented by Parkpoint, starts at Mazzocco Winery and follows the final three miles of the Wine Country Half-Marathon course before finishing at Trentadue Winery for the post-race Wine and Music Festival. This event is open to adults and kids ages 7 and older. Kids' activities will be provided at the post-race festival.

Location: Geyersville

Ages: 7 years of age and older

**10:00am Sensory Sensitive Films presents "Goosebumps"**

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

Location: Santa Rosa

Ages: All ages

**3:00pm to 5:30pm Halloween Trick or Treat Trail**

Join over 60 participating downtown Petaluma merchants for a fun and safe Halloween for the entire family and goodies for costumed kids under 12. Prepare for a hauntingly "ghould" time as the scary, the cute, the ugly, and the creepy descend on this charming downtown!

Location: Petaluma

Ages: All ages

**7:00pm to 10:00pm Blind Scream Haunted House**

Three haunted houses designed to scare you!

Location: Rohnert Park

Ages: 10 years of age and older

**7:00pm to 10:00pm SRMC Trick or Treating**

Join other SRMC moms and go trick or treating together in Northwest Santa Rosa.

Location: Santa Rosa

Ages: All ages

# MEMBER SPOTLIGHT

## PLOW BREWING COMPANY

### SRMC member's name.

Laura Robinson

### Please describe your family.

Kevin and I have two children, Brayden, age 6, and Grace, age 4.5. Our third "child," Bella, is a 7 year old Mastiff mix. We love all kinds of activities from playing at the beach and Spring Lake, camping, exploring museums, and enjoying all the activities that our beautiful Bay Area has to offer.

### What is the name of your business and the products or services provided?

We have just opened Plow Brewing Company, a micro-brewery, in Santa Rosa. My husband, Kevin, got his brewers degree at UC Davis and has been a brewer at Lagunitas, Speakeasy and most recently Russian River Brewing Company. It has always been his passion and dream to open up his own brewery. Our tasting room is open to the public daily, and we are available for private tastings and tours. We offer Quart cans to go and have bottles of our special occasion beer for sale.

### What was your inspiration to start a business?

Having our own business that we could build together and take pride in has been an amazing process. We wanted to do something we both enjoyed and could hopefully pass on to our children one day, if they so desire. Kevin built the brewery essentially on his own, and did everything from plumbing, to building the bar-top, and everything in between. Not only are the beers handcrafted, but the brewery itself was entirely hand crafted by my husband. I'm enjoying the challenges of learning new business skills and being in charge of public relations.

### As a business owner, what is one of your biggest challenges?

The biggest challenge we face is finding a healthy balance between family life and work. Being a new business owner initially requires working round the clock, and it's been challenging for us both to juggle our time between the brewery and being together as a family. We realize that the first year or two is going to require extra hours on the job, if we want to be successful. Kevin often splits his long days by coming home at lunch time to be with the kids for an hour or two, since he's currently working in the tasting room until about 8:30 each night. I am fortunate to be able to do most of my brewery work at home from book keeping, to keeping up to date with social media and public relations.

### One of your biggest rewards?

Creating our business as a family, and supporting each other during this process. Opening up our own business has been a labor of love and we've taken a huge leap of faith to get here. The flipside is that we wake up excited to go to work. As a mother, I've enjoyed the pride our children have taken in watching their father build the brewery from the ground up. They often comment about what "daddy has built."

### How should someone contact you if they want more information about your business?

Our website is under construction, but you can either email me at [leboschen99@yahoo.com](mailto:leboschen99@yahoo.com), or Kevin at [kevin99robinson@gmail.com](mailto:kevin99robinson@gmail.com).

Please like us on Facebook under Plow Brewing Company for up to date information on hours, events, and beer selection. We hope to see you in the tasting room soon!

3334 Industrial Drive, Santa Rosa

Open Mon-Fri 4pm to 8pm, Sat-Sun 2pm to 7pm

Plow is nicely located across the street from Bottle Barn in a tiny storefront abutting its production facility.





# Homemade Halloween Costumes for Kids

## Meatballs and Spaghetti



1. Cut a hole for the head in the center of a **red-checked tablecloth (or 1.25 yards of 45-inch-wide red-checked fabric)** so that it can be worn like a poncho.
2. Cut 1/2 **skein off-white yarn** into spaghetti-length pieces. With a **hot-glue gun**, glue them in swirls and bunches to a **large, sturdy paper plate**.
3. Paint **8 small Styrofoam balls** with **brown acrylic paint** to resemble meatballs. Let dry, then glue 4 or 5 balls to top of spaghetti. Mix brown and **red acrylic paint** to make a tomato-sauce color; drip that over meatballs and spaghetti. Smear a little on the side of a **small pot**.
4. Glue the plate to the front of the tablecloth.
5. Glue remaining meatballs to tablecloth where you like.
6. Glue some strands of yarn to the pot "hat." Tie under chin if needed to keep pot on head.

## Bubble Bath

1. Cut a hole in the bottom of an **inflatable baby bathtub** (we used Munchkin's Inflatable Safety Duck Tub). Leave at least 2 inches for the rim.
2. On the remaining bottom rim, punch two holes near the front and back. To make the suspenders from **wide ribbon**, measure your child from shoulder to waist and multiply by 2; cut two lengths of ribbon to that size. Thread through the holes, knotting the ends underneath to secure.
3. Blow up **15 white balloons** and attach them with **double-stick tape** inside the tub and to the sides to make it look like bubbles are overflowing.
4. Accessorize with **bath poufs** as hair accessories.



## Snowball Costume

**All you need is:** an over-size pale-blue sweatshirt, string, batting, an extra-large sewing needle, white felt, seam binding, Styrofoam balls in assorted sizes, elastic, Velcro, fabric glue, a large safety pin

Talk about the perfect storm! Your little Jack (or Jacqueline) Frost will leave family and friends spellbound. And, as with the rest of our costumes, all the supplies can be easily found at any big arts and crafts store.



## Rainbow Connection Costume

**All you need is:** a tutu, tulle and ribbon in various colors (including rainbow), a paper crown, felt, pipe cleaners, a paper paint bucket, rainbow-striped pajamas, or any rainbow-colored items you have on hand: tights, tops, socks... it all works!

Your girly-girl is the treasure at the end of the rainbow in this smashing and sweet costume. Use your imagination when picking out hues—ours are just a suggestion. Color us happy!

## Static Electricity

1. From the inside, use **safety pins** to attach **6 socks in fun colors**, a few **pairs of underwear** and **3 or 4 pieces of small clothing like baby T-shirts or tiny tank tops** to a **plain, solid-color outfit**. Use your imagination! You could also attach the clothing with a hot-glue gun if you don't mind ruining the outfit.
2. With **hair gel**, spike hair to look static-y.
3. Use a **small laundry basket** as a treat bucket.

## Gumball Machine

1. Paint a **plastic soda cap** with **silver paint**. With a **hot-glue gun**, glue to **red hat**.
2. Cut a 5 out of **black craft foam** and glue to pants leg.
3. Cut hood and sleeves off a **clear raincoat**; put on backward (snaps in back). Use a **30-inch piece of elastic** as a belt; blouse coat over it. (You can also use a clear bag.)
4. Blow up **20 multicolored balloons** halfway. Put in through back of coat. Snap up coat; cut off excess, if any.



## Flapper

1. With a **hot-glue gun**, glue **5 yards of 4-inch fringe** on the front of a **white ribbed tank top that's a few sizes too big** (leave the back plain; otherwise, it will be hard to get on). Begin at the bottom and work your way up, gluing in rows.
2. Glue a **large feather** to the middle of an **18-inch piece of 2-inch-wide ribbon**. Fit around child's head, leaving enough to glue or tie in back, and cut off excess. Wear with **feather boa**.

## Pig in a Blanket

1. Cut pig ears, small rectangle and small circle out of **two 8 by 11-inch sheets of pink craft foam**.
2. With a **hot-glue gun**, glue ears to a **pink headband**.
3. Dot circle with **glitter glue** for nostrils. Fold rectangle around circle, gluing together to form snout. Glue one end of a **12-inch piece of elastic** to each side, so that it can be worn over child's nose.
4. Wrap **blanket** over shoulders; pin with **large safety pin**.

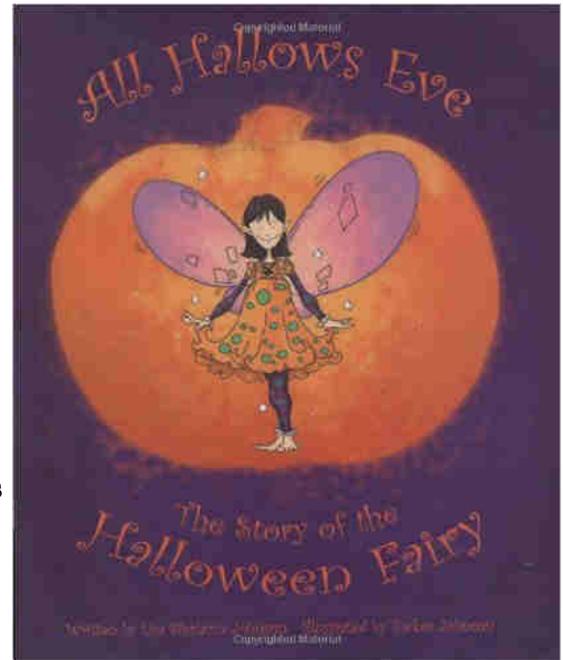
## Kid's Book Review

# All Hallows Eve: The Story of the Halloween Fairy

By Lisa Sferlazza Johnson

A pinch of modern fairy dust is sprinkled on Halloween traditions in this playful, ghoulish- and goblin-free introduction to the holiday. Eve, a young fairy from the All Hallows pumpkin patch, loves candy but is unable to make it—she can only create toys with her magic. Eve determinedly practices her spells, hoping she'll be able to magic up candy on her birthday, October 31st. During her dress-up birthday party, Eve's finest attempts yield only candy-shaped toys—such as candy bar blocks, candy cane whistles, and squeaky toy cakes. As her frustration grows, her party guests save the day by visiting all the pumpkins in the patch and collecting candy to fulfill Eve's wish. Overjoyed by their kindness, Eve gratefully offers the toys she created to her friends. A tale of friendship, cooperation, and self-acceptance, this story also provides health-conscious families and those with specific dietary concerns an alternative way to enjoy the holiday activities.

**Age Range: 2 to 5 years**



Each year a few parents tell me about the Halloween Fairy — that benevolent sprite who exchanges the candy haul for a toy or some money. It's a win-win (as long as the "fairy" doesn't eat all of the candy, ahem). This tale derives from author Lisa Johnson of All Hallows Eve: The Story of the Halloween Fairy. I read the story online and loved it. Perfect for new trick-or-treaters, and fun to read every year.

Lisa shared this personal note about this tale:

*"Here is my hack – we steal my kids' Halloween candy and say a fairy did it. What's more, they're psyched about it! In all honesty, we're not the only people who do this, but we are the only people who have written a book about it!"*

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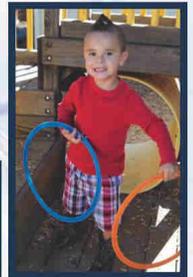
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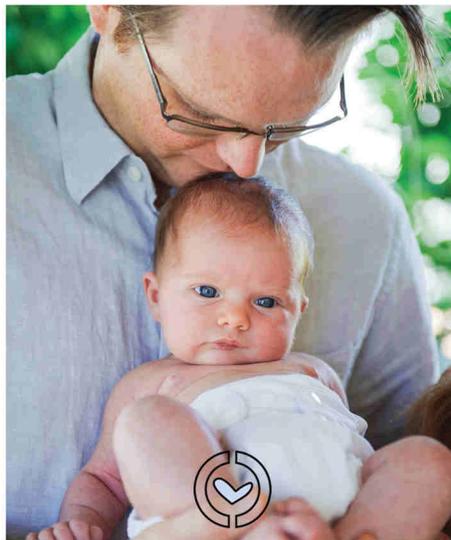
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P.O. Box 9651  
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**mission statement:**

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.



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