

# mother's ink

## Night at Sephora! The year's most popular MOMS NIGHT OUT!

No need to put your make up on before coming to this one. On Sunday, June 24th, we're going to have SEPHORA all to ourselves! Mini makeovers, mini facials and much more will be available (get there early to get your name on the list), as well as sweet and savory small bites, drinks, and a fun raffle put on by our friends at Sephora!

This year we are teaming up with NMC Community Outreach to help the local non-profit Sparkle fill baskets that they put together for the moms on their Christmas list. Please bring (or purchase at Sephora) a new item from the list below and you will receive a raffle ticket for some great little prizes.

**Items Sparkle needs:** Mascara, lip gloss, make up brushes, eye shadow, eye liner, blush, make up bag, q-tips, cotton balls, nail polish.

Please RSVP here: <https://novatomothersclub.com/event-2948961> or log on to [Novatomothersclub.com](http://Novatomothersclub.com) today and become a member (or renew). You don't want to miss this!

(As always, we would like to remind you to arrange a designated driver if you plan to enjoy a drink.) We hope to see you all at Sephora!



## Walk/Ride/Roll with NMC in the Novato 4th of July Parade

Join the Novato Mothers Club in the Annual Novato 4th of July Parade! Bring your strollers, bikes, tricycles, wagons, big wheels or comfy walking shoes and celebrate our nation's independence and walk with friends and family as we show our community who the Novato Mothers Club is! 🇺🇸

This year's theme is Community Spirit Alive, so let's show the Novato Community how alive our spirit is! Bring your entire family (extended families welcome too: aunts, uncles, grandparents, cousins, friends, bring them all!)

We will assemble between 9 - 9:30 a.m. in Old Town Novato (exact location will be assigned closer to the parade). After the parade, we will gather at the grassy knoll of the NUSD offices (7th and Grant Avenue) and enjoy some cold fruit, water and popsicles as we finish watching the parade together!

RSVP today! <https://novatomothersclub.com/event-2964879>



## Director's Corner



Hi there lovelies! Welcome to our Spring/Summer edition of Mother's Ink. I am honored to be spotlighted in the directors corner this issue. My name is Jessielyn Jackson and I have been one of your co-directors for a year now and a member for three. Time flies! NMC holds such a special place in my heart. I joined in 2015, just weeks before moving to Novato and being six months pregnant with my second child. From the very start I have felt a sense of community and support that

is so essential! Being a parent is a rollercoaster of amazing ups and challenging downs. I am always so grateful to have access to the plethora of experience and knowledge from all of you!

We have had some great events recently!! Summer is my favorite season of the year and I absolutely love all of the opportunities to get together with the club and celebrate. Our Mother's Social was on May 10th, and the theme was Havana Nights. It was so fun seeing everyone's interpretation of their Cuban flair! It is such a special event, and truly a time for all of us to get together and honor each-other. The Mother's Social committee worked diligently for months to make it a fabulous event, and we hope you thoroughly enjoyed yourselves and let loose. You deserved it! Thank you to all of the board members for submitting their raffle donations. There were amazing prizes and it was so exciting to see who won! This year, a portion of the donations from the raffle sales went to Novato Spirit Foundation. They are a small local non-profit who aid underprivileged children and teens participate in extracurricular activities and enrichments through scholarships. Marian is the Director and has made an honorable impact on many of our local youth. We are pleased to support this foundation and know that every penny can help make a difference.

If you haven't checked out the new location of the Farmers Market, come on by! We have a booth set up every other week and have bubble wands and chalk for the kids to decorate the street. We always need help filling the volunteer spots, and it is a great way to show your support for NMC. We are always shocked at how many women passing by have never heard of NMC. They are always thrilled to find out there is a local club to join. We also had a booth at the Art and Wine Festival in June. We are always grateful for the opportunity to have a widespread presence in our beloved town!

There are so many other amazing events I could touch on, but instead I wanted to take a minute to talk about what happens behind the scenes. Together, the Co- Directors and the Board members put in countless hours and dedicated efforts to coordinate and implement all that NMC stands for. Monumental tasks and selfless service, all co created by the involvement of all of you. Thank you! The new commitments turn over in August, and provide you with an opportunity to participate on our Board. We have a place for you, big or small, because it takes the synchronistic efforts of all of us of to make this happen. Please highly consider joining a committee. It takes a village, and we are so glad you are a part of ours. Mothers helping Mothers is our mission, please inquire how you can become more involved by reaching out!

Happy Summer!

Best,

Jessielyn Jackson

## Recap: Speaker Kathryn Brewer MFT

We were so lucky to have Kathryn Brewer MFT speak to an intimate group of moms at Jessielyn's house. After enjoying some snacks, we all settled in to a comfortable place to explore the depths of sleep patterns and how we can better prepare our and our kids minds and bodies for rest. Kathryn presented for about 90 minutes not only in-depth insight into how a child's mind works but how they are immediately receptive to the harmonizing and balancing techniques she demonstrated for us.

We talked about evolutionary child exploration and how to nurture the gifts your child has already and how you can approach and guide them. The ability to see natural gifts can be difficult. It has really improved my parenting with him. She spoke about overload cues and how to pick up on the subtle cues a child gives that a parent may easily overlook. How to react and guide them into mindfulness, something we all need to be practicing in these hectic times.

We explored together how to align our meridian chakras and she showed us effective ways to wake up and then in return to calm down. She was a delightful teacher and took time with each of us to ensure we were comfortable and that we could not only retain the energy medicine but that we knew how vital it can be to our bodies. Kathryn has a very rich past and was able to briefly share with us the work she has done in Rwanda and in other places around the world.

She brought along one of the books she has published "My Awwwsome Story" and had copies for purchase. My son has read the story several times and loves the connection he has discovered to the story of evolution.

We are very lucky to have her right here in Novato, she is a recent transplant from Southern California. She has opened up a private practice here and is an absolute joy to work with. Kathryn's website is: [www.kathrynbrewer.com](http://www.kathrynbrewer.com). She has a blog on her website that delves into conscious evolution, discipline of self and making a difference in environment and of self among other topics.



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## Havana Night's Mother's Social

On Thursday May 10, 2018 we had our annual Mother's Social at Trek Winery. The theme of the night was Havana Nights. It was a spectacular night with a break from the stresses of home life to gather with friends, old and new to salsa the night away. Despite the wind fun was had by all at this colorful affair.

The night began with everyone scoping out over 80 raffle prizes and the "Wall of Bubbles." The "Wall of Bubbles" was a new feature this year where everyone who entered walked away a winner, with a bottle of champagne to take home. Later, Love2Dance's Olga – Miss. Marin, showed us some hot salsa moves. Cameron Tinsler DJ'd the event playing all the hits to get us on the dance floor.

Mothers gathered to get their picture taken by Anchored Images who created a wonderful Havana Night's themed photo booth. To give us energy to get back out on the dance floor, Tommy's Salsa catered the event with delicious Cuban food. Equally tasty were the desserts made by A Piece of Cake & Confections. After all the raffle tickets were entered, the luck first drawn winner was Jaime Greene, who took home the grand prize of a Sonoma Mission Inn Massage package, donated by Novato Pediatric Dentistry. Congrats! Now, which lucky momma are you going to take with you?

Thank you all who came out to celebrate the night with us. We are already hard at work creating next year's event, see you there!





## Community Outreach Updates

### Novato's Annual Clean N Green

NMC participated in Novato's Annual Clean N Green on Saturday April 22. We were assigned and in charge of overseeing Josef Hoog park. First we started the morning with donuts and chatting. Then, the 24 moms, dads, grandmas and children made the park sparkle. We had great weather, community, and fun while doing good for our community. Thank you for supporting Earth Day and NMC Community Outreach.



# How to Stop Facebook from Hijacking Your Attention

**The most precious thing we can give to anyone or anything, particularly to our children, is our attention.**

And the biggest Silicon Valley companies are all racing to dominate our precious attention. Facebook. Google. Apple.

But these platforms may have gotten too good for our own good. Recently, a number of technology insiders have sounded the alarm on the digital economy's pervasive attempts to get us and our kids to continuously click, comment, scroll, like, and share.

Sean Parker, the notorious Napster creator and the founding president of Facebook, has accused the world's biggest social network of deliberately "exploiting a vulnerability in human psychology."

In a candid interview with [Axios](#), Parker said **Facebook was built on one goal: "How do we consume as much of your time and conscious attention as possible?"**

"It literally changes your relationship with society, with each other," he said of Facebook. "It probably interferes with productivity in weird ways. God only knows what it's doing to our children's brains."

In a recent essay, Nir Eyal, the author of [Hooked: How to Build Habit-Forming Products](#), also warns us about the motivations of tech companies.

"Let's admit it, we in the consumer web industry are in the manipulation business," he [writes](#). "We build products meant to persuade people to do what we want them to do. We call these people 'users' and even if we don't say it aloud, we secretly wish every one of them would become fiendishly addicted."

In a [blog post](#), Facebook itself has started to acknowledge that **social media can be harmful to your mental health**. Passively scanning Facebook for even 10 minutes can put you in a bad mood, and liking or clicking on too many posts can hurt your sense of well being.

In her article for *The Atlantic*, [Have Smartphones Destroyed a Generation?](#), Jean M. Twenge, professor of psychology at San Diego State University explains how abrupt shifts in teen behaviors and emotional states, including depression and anxiety, are being correlated with increased smartphone and social media use.

**So what's the solution? Look in the mirror**

**It's up to the users — you, me, your kids, everyone — to make sure we're aware of how addictive technology can get, and to act accordingly.** Sure we can blame Facebook, Google, Apple, and Netflix for us becoming addicted to their products. But as I tell my kids: maybe it's their fault, but it's your responsibility.

Here are some ways you can prevent Facebook and Instagram from taking away too much of your attention:

1. **Remove Facebook and Instagram apps from your family's phones.** You can always use FB and IG on your computer, but without the apps, you won't be tempted to constantly whip out your phone and get distracted.
  2. **Disable notifications for FB and IG.** If you simply cannot live without the apps on your phone, at least disable the notifications. Here's how to do it on [iOS and Android](#).
  3. **Go on a Facebook/Instagram diet.** Set an example by spending at least a day (or try a week if you're brave enough) without checking your feed, and you see how you feel. You might actually like having some social media silence.
  4. Speaking of silence, **don't contribute to the noise.** Really consider what you're posting every day. Does the world need another photo of latte art, as cool as it might seem to you in the moment? Another bathroom selfie? Really?
  5. **Don't contribute to fake reality.** It seems that there are no unhappy people on social media. Everyone has it all figured out. The reality is that we can and should use social media to share our authentic feelings, not just the polished pictures we want everyone to see. It's not a competition to see whose lives are more perfect! Be honest. Be genuine.
  6. **Stop taking your phone to the restroom.** I'm not sure if there's been any research done on this, but I would bet that the average time people spend in the restroom had tripled in the past few years. I don't think our digestive systems have changed that much to justify the extra lost time.
  7. **Social media is like email: There's always more to read.** Just like with email, we've learned to better manage our time and only check email during specific times of the day, or at least, that's what we should be doing. Take the same time management approach to your social media.
  8. Here's a really novel idea: **How about making a resolution to [spend more time with your family and friends in real life](#)?** Like, face to face. If social media is making you unhappy or anti-social, getting out and meeting people you enjoy and care about should be the antidote to those depressive feelings.
- In the Attention Economy, time is the most precious commodity. Just as you're careful about how you spend your money, learn to spend your time more wisely. Facebook is great for connecting with friends and family, but no single platform should deserve so much of your attention.

*Parents Place is a family resource center with a full range of services for families including parent coaching, parenting workshops, and child and family therapy. Contact us at [415/491-7959](tel:4154917959) or visit us on the Web [www.ParentsPlaceOnline.org](http://www.ParentsPlaceOnline.org) for a complete listing of our workshops and other programs*



## Recap: Paint & Wine Night

What a great night out finding our inner artist....or trying to. We started with some small bites and very tasty sangria before grabbing our paint brushes. Our very own Katrina was such a great teacher--very informative and funny. We all ended up with our own interpretation of the "Happy Hydrangeas" and all of them turned out beautiful. Another successful and fun Moms Night Out. Special thanks go out to Katrina for teaching us and to Mischa for letting us use her lovely home. Stay tuned for our next MNO event!





## Recap Pajama Party

Our annual Pajama Party was a blast! We had almost 60 NMC members attend and donated 34 pairs of for the Marin Foster Care Association. Thank you so very much to all the families who contributed. **The Smiling Turtle & Sing Dance Play** graciously donated two raffle prizes for those that brought in new PJs.

The evening started with the amazing Noah the Balloon Ninja making balloon creations from rainbows, ice cream cones to dinosaurs. Next was Teacher Elina & Teacher Anna from **Sing Dance Play** leading us in a mini-music session. Giggles were had by all.

We boogied to music, played board games, hula hooped, made cards for Mother's Day, designed our own pajama and let our creative minds flow while making door signs with glitter paint & puffy stickers.

Everyone snacked on fruit, yogurt and cheese before settling down for story time with cookies and milk. Laura from the **Novato Public Library** sang songs and read stories to get the kiddos ready for starry nighttime.

When the clock struck 7:30, everyone was sent home with teeth care essentials. Every Goody bag had a timer, toothbrush, dental floss & toothpaste graciously **donated from our local Pediatric dentist, The Smiling Turtle.**

We had donations from **Teeny Cakes, Creekside Bakery, Nugget Markets, Lucky Grocery, Clover Dairy, Target, Chik-fil-a, Starbucks –San Marin & Redwood/Olive locations, and Noah's Bagels.**

Also, a big thank you to all the Novato families who baked cookies and brought fruit. Without their generosity, our event would not be possible. We can't wait to see you at the pajama party next year!





## More Photos from the NMC Pajama Party....







## Easter Egg Hunt Recap

Hundreds of NMC children gathered for the annual NMC Easter Egg Hunt at Hamilton Amphitheater Park. At 10:10 am the kids rushed the field and gathered thousands of brightly colored eggs thanks to our Egg Hunt committee and the generous donation of Hanson Bridgett LLP.

After the hunt, the Easter Bunny and the Bubble Man enchanted the crowds! Thank you very much to all of the volunteers who generously brought food and drinks or helped with set up.







# HOMES BY AZADEH

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## Recap: Rummage Sale

The Annual NMC Rummage Sale was held at the Downtown Novato Recreation Center on Saturday, March 10th.

Friday night set up and seller drop / QA went seamlessly! What a difference a small change in procedure makes! For the first time this year, sellers were asked to neatly place their items for sale out on their respective tables. This made it so our volunteers were able to concentrate on setting up the tables, organizing and getting the sale ready for the next day! Our volunteers did an amazing job helping get everything ready for the sale and we were set up in record time! Everyone had a great time setting up, snacking on pizza and just enjoying each other's company. What a fun night prepping!

On Saturday, the doors opened at 8am for our volunteers to shop early and then again at 9am to the general public. It was a perfect day for a sale! The weather cooperated so our generous sponsors were able to line the walkway leading into the sale. We had near 500 shoppers that came to our sale and purchased 3500+ items! There were still plenty of great things left over for our Outreach shoppers.

Every year we invite families in need from our community to shop for free at the end of the sale. This year we partnered with North Marin Community Services, The Gilead House, Homeward Bound of Marin, Marin Pregnancy Clinic, North Bay Children's Center and Concerned Parents of Novato and were able to serve 18 families! Everything that was left over after our Outreach shoppers were donated to Loved Twice and Goodwill!



One of the goals of last years' sale was to improve the experience for outreach shoppers by recruiting bilingual volunteers to greet and assist Spanish speakers. It was so successful and created such a better experience for our shoppers that we offered this again this year and again, it was really helpful for our Outreach shoppers.

The event had gross sales of \$8,699.51 with \$4,230.10 going to the club. Of the money that went to NMC, \$837.00 was raised through items donated to the club and \$53.00 was raised by selling Tuttimelon cards!

Total raised from sponsors was \$4,100! Thank you to all of our amazing sponsors!!!

Our bake sale was also a HUGE success! We had 15 talented members who baked, along with donations from Rustic Bakery, Teeny Cake, Noah's Bagels and Piece of Cake Confections.

The sale of all of these amazing baked goods along with coffee donated by Starbucks, brought in \$671.41 directly to the club.

been a great way for the club to bring in additional income for our great events but also support our local businesses. Please show your support and check out their websites and shop local!

A great big thank you to everyone who came and shopped, our sellers, bakers, and volunteers!!!

Thanks to you, our event was a great success! See you next year!

Your 2018 Rummage Sale Team,

Ashley Bordunov, Jen Morris,  
Jessielyn Jackson, Mara Kugelmas,  
Mischa Litvack & Sharon Ebner

## Thank you to our 2018 Rummage Sale Sponsors!!

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[Pini Hardware](#) ♦ [Hair by Colleen Kelly](#) ♦ [Bradley Real Estate - Kristie Martinelli](#)  
[Starbucks at Redwood & Olive](#) ♦ [Rustic Bakery](#) ♦ [Big 4 Party Rentals](#)  
 ♦ [Noah's Bagels](#) ♦ [Donut Works Novato](#)





## Membership Update

We currently have 251 active members. We still have lots of former members who did not renew. We are also in a slow period of adding new members - only 1 new member in the last 30 days. If you know anyone who might be interested in joining or renewing, please have them contact me at [nmcmembership@gmail.com](mailto:nmcmembership@gmail.com) for more information, or sign up through the website [www.novatomothersclub.org](http://www.novatomothersclub.org) Help us get the word out about our wonderful organization. Thanks!

## Download our new NMC App!

Our website host has a new app—currently for iPhone users only. Find our upcoming events at your fingertips, Register for an event quickly and easily.

Find a list of your ticketed events easily. Wild Apricot is adding more every day!  
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## *New Member Luncheon- -Welcome new members!*



### **Marin County Fair Baby Sanctuary Volunteers Needed! (Free Fair and Parking Tickets!!)**

Volunteers are needed to spend about 3 hours hosting the comfortable, restful place (shade, rocking chairs, changing tables) for infants and their caregivers at the fair. It is such an easy, enjoyable, rewarding volunteer experience!

There are two volunteers per shift and they still need people for at least one shift each day including all three shifts on July 4th. If you are interested or know someone who is, please mail [mollyann81@gmail.com](mailto:mollyann81@gmail.com) for more information. Each volunteer receives a free fair entry pass and parking pass that is good for the entire day!

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## Play groups by Birthdate

Age Group	Days	Time	Contact #1 Name	Contact #1 Email Address
1/18-4/18			Shareen Barrett	shareen1003@hotmail.com
10/17-12/17			Mollye Friday	Mollye.fryday@gmail.com
6/17-9/17	-	-	Clair Cooper	clairccooper@gmail.com
2/17-5/17	-	-	Heather Lund	heatherlund37@gmail.com
11/16-1-17	-	-	Ava Fruin Finger	avafruin@gmail.com
1/16-6/16	Sundays (varies)	11:00am (varies)	Rachel Dougherty	rachedougherty@gmail.com
8/15-12/15	Fridays	Varies	Maya Gingold	Maya@tiny-kisses.com
8/15-10/15	Weekends	TBD	Emma	emma.wesolowski@gmail.com
4/15-8/15	Tuesdays	2pm	Jessica Paradise	jparadise1128@gmail.com
1/15-4/15	Wednesdays	Mornings	Stephanie	shurder@hotmail.com
10/14-12/14	Varies	Varies	Victoria Olson	olsonv@gmail.com
6/14-9/14 (Inactive)	Tuesdays	Varies	Heather Lugassy	thor615cacti@yahoo.com
1/14-3/14	1 <sup>st</sup> and 3 <sup>rd</sup> Sundays	Mornings (9:00 or 10:00 am)	Heather	heatherlund37@gmail.com
9/13-12/13	Varies	Varies	Adrienne	ahangel@dons.usfca.edu
6/13-9/13	Varies	Varies	Janna	jmorbitz@comcast.net
2012 Kids (Inactive)	Varies	Afternoons	Rose	rosemarijbyrne@gmail.com
2011 Kids (Inactive)	Thursdays	3 - 5:00pm	Nina	ninavigarino@gmail.com

## Playgroups

**Playgroup FAQ's:** What is a playgroup? NMC Playgroups are groups of similar age child(ren) and their Moms (& sometimes Dads too!) that meet up about once a week at parks, coffee shops or members' homes to socialize and introduce the kiddos to new friends. Baby playgroups are a great way for new moms to meet other new moms...Never too young for a Playgroup!

**How do I join a Playgroup?** We would love to help you form a new playgroup or introduce you to an existing one. Please email the NMC Playgroup Coordinators at [nmcplaygroups@hotmail.com](mailto:nmcplaygroups@hotmail.com) if you would like help setting up a new playgroup or have any questions.

If you are interested in joining one of the above playgroups, please email the contact for the group directly. (See the list of playgroups on the next page!) Thanks and happy playing!

If you are a playgroup leader of an open playgroup and would like to be listed in the newsletter, or any changes need to be made above, please contact [nmcplaygroups@hotmail.com](mailto:nmcplaygroups@hotmail.com).

### Play Groups Can Meet at Sing Dance Play studio

NMC playgroups are invited to use the Sing Dance Play studio for playgroup meetings during prearranged times when the studio isn't in for other purposes and when staff are available (see our calendar at <http://singdanceplay.org/index.htm> .) Contact Elina at [singdanceplaydirector@gmail.com](mailto:singdanceplaydirector@gmail.com) to request to be put on the schedule. There is a nominal fee of \$15 per hour to cover a staff person's time to be present and unlock and lock the door.





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## Moms' Night Out recap: Rolling Hills Club

As always, Rolling Hills rolled out the red carpet for us. We arrived to a beautiful spread of wine, water and small bites. After catching up with friends we toured the amazing club and learning about all it has to offer. One lucky mom won a short-term membership to the club and two others won spa gift cards. All of us were winners though as we had a nice relaxing evening and went home with water bottles, 5 day passes and huge new membership discounts. Hope to see you all at the Rolling Hills pool this summer!





