When Nicole Kepnes and her husband, Mike, attended a wine and cheese event sponsored by the Venetia Valley Education Foundation last fall, they were armed with some tough questions to ask school families and administration. Would her daughter, Sophia, entering kindergarten in the 2010-11 school year, fit in with the predominantly Latino students? Would her daughter’s education be delayed because of the school’s low aggregate test scores?

“My husband and I left the party feeling so excited about how great all the families were who we met with. Many of them were like us—engaged and concerned parents who only want the best education for their children; people trying to bring up the neighborhood school,” said Nicole.

They decided they wanted to be part of the change. Venetia Valley School is in transition. For years, neighborhood families have been swayed by negative publicity and fear caused by the school’s performance against No Child Left Behind Act mandates. Private schools and district transfers have been attractive and feasible alternatives to attending Venetia Valley. Recently, however, the economy and an enrollment bubble have made those options less attainable. At the same time, there has also been a movement amongst neighborhood families to “bring back the community school” and all the attendant benefits: easy commutes, kids who play with each other on their own block, a sense of connection and pride, and an increase in home values. The Venetia Valley Education Foundation (VVEF), formed by a handful of concerned parents in May, 2008, has been at the forefront of this movement. The nonprofit group has spearheaded a positive public relations campaign and organized numerous community-building events.

Tori and Joel Berghoff closed on their home in the Santa Venetia neighborhood just days before the 2010-11 school year began and their son, Leo, would begin kindergarten. They had heard rumors about Venetia Valley School, but chose to be proactive and do their own research.

“We took a tour of the school before deciding to buy our house. We were very impressed with the teachers, classrooms and the general perception of the teachers. We talked to several people whose children attended the school and every single one of them loved the school and the teachers,” said Tori.

There are some undeniable selling points to Venetia Valley School. It is the only public school in the county to offer the choice of a dual-language program from kindergarten to fifth grade. The on-site Venetia Valley Children’s Center, run by the City of San Rafael, is an attractive and popular benefit for working families. There is an organic teaching garden on campus, with another one on the way. Being a K-8 school, Venetia Valley offers a smaller, close-knit middle school experience.

The school also has a new principal, Cindy Jacobetta, and an interim assistant principal, Patty Thompson, who have been creating excitement and enthusiasm among students and families with their focus on student achievement and their attention to creating a safe and positive learning environment at the school. Along with the teachers, they have committed to the academic vision for Venetia Valley School: All students will learn at high academic levels in a rigorous educational environment.

Several weeks into the school year, both Nicole and Tori feel lucky and appreciative of the community they have found.

“We are trying to make a difference by getting involved. There is a strong community here and many opportunities for involvement. My husband joined the Dads’ Club and he’s been enjoying weekend mountain

continued on pg 3
SAN RAFAEL MOTHERS' CLUB
PO Box 4003
San Rafael, CA 94913-4003
E-mail: srmoms@yahoo.com
www.srmoms.org

Please visit www.srmoms.org to become a member of the San Rafael Mothers’ Club (SRMC). Annual membership is $50 or two years for $85. Confidential scholarships for the annual dues are available. Please contact srmoms@yahoo.com to reach our Club Directors to answer any questions you may have or to receive additional information.

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SUBMISSION REQUIREMENTS
The newsletter deadline is the 10th of each month for the following month’s edition. Submissions are accepted via e-mail as an MS-Word attachment, in Times New Roman 10, to Amy Dunnigan, Editor in Chief at newsletterchief@hotmail.com.

HOW TO SUBMIT A DISPLAY AD
The deadline for submission of ads and artwork is the 10th of the month prior to publication (e.g. Feb 10 deadline for March issue). Ads submitted after the deadline will appear in the following month’s newsletter. Any display ad (by a member or non-member) must be pre-paid at the rates listed below. All display ads require a 3-month minimum run time. Please submit display ads to our Editor in Chief at newsletterchief@hotmail.com. We can only accept a jpg or pdf file at 300 dpi (resolution) or higher.

RATES:

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CLASSIFIED ADVERTISEMENTS
The classified ad deadline is the 10th of each month for the following month’s edition. Classified ads are limited to 50 words or less, text only, no graphics or business cards. The first month is free for SRMC members. Afterwards, there is a $5/month charge with a 3-month minimum run. Members can submit their classified ads to Darcie Ryan at darcie_ryan@yahoo.com. Note: Payment is expected prior to ad placement.

Welcome our new Directors!
Hi fellow SRMC Moms,

We are very excited about our roles as Co-Directors of the SRMC. Both of us have been involved with the Club long enough to know how it works, but like any new enthusiastic leaders, we want to make some changes to help make our Club better. For the last month, we have been brainstorming and implementing some of our ideas. We will be meeting monthly with the Steering Committee to make sure we are all on the same page and keep up on all aspects of the Club. We will no longer have a Volunteer and Non-Volunteer option when you renew or join for the first time. SRMC is a volunteer organization and we expect that everyone will do what they can to help out.

We don’t want volunteering to be a chore; we want this to be a way to give back to a Club, make new friends and give back to a great group that we all feel gives so much. On that note, these are examples of what you can do to get involved:

*organize a playgroup
*co-ordinate or help staff an event
*write or send in an article for the newsletter
*donate a raffle prize for one of our fundraisers (i.e. Spa Night!)
*make a meal or run an errand for a mom in need (sign up for In-a-Pinch)
*host a Coffee Morning or Afternoon Tea

Besides a ton more Club opportunities to make new friends, we will be holding fundraisers throughout the year. We hope you will participate in these events that will help us better serve our members. Previously, the Club has held free events that we no longer have the means to support. We will now be charging a nominal fee to cover the costs of most events.

We will be calling all new members of the Club to welcome them, answer any questions and offer any assistance. The In-a-Pinch program will be expanded through outreach to pregnant moms. Please let us know if you or another member is in need of the In-a-Pinch program, as we can’t know of every situation that may warrant help.

The Steering Committee is here to help you make connections and friendships that will last a lifetime. Whether through playgroups, Neighborhood Ambassador Programs, or events, our goal is to enrich your lives and the lives of your children by creating a community of like minds. Please join us in creating this community.

Amy Dunnigan
Lauren French
Co-Directors, SRMC
bike rides. I'm heading up the School Supply drive for our Fall Carnival, volunteering in the classroom and working on getting a grant for a new shade structure. School and community is what you make of it, and I'm glad we chose this one," said Nicole.

Tori added, "Knowing that we would be a part of a community whose members have the same goal of raising their children in a diverse, supportive, committed, nurturing environment was the dream come true for us. It feels like a village here. A place I don't just feel content but rather excited to raise my children."

Nicoe Klock, president of the VVEF, adds, "The important thing to know is that Venetia Valley is a great school. Parents in the community should take a tour, attend some events where they can meet students and school families, and get to know people. The school is getting better and better, and I believe people will regret it if they don't choose Venetia Valley."

Join these moms and many others at Santa Venetia Valley School's 3rd Annual Fall Carnival on Saturday, October 16, 11 am to 4 pm.

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**SRMC EVENTS**

**Sunday, October 10, 10:30 am to noon**
SRMC Nicasio Pumpkin Patch Day
Join some of your fellow members for hay rides and good times. Musician Tim Cain will be part of the festivities and is playing everyone's favorites at 11 am. Look for the SRMC banner near the picnic tables. We'll help keep you hydrated after all the searching for the great(est) pumpkin. Prospective members welcome, so spread the word and we'll see you there!

**Tuesday, October 12, 5:30 pm to 7:30 pm**
SRMC New Member Witching Hour Welcome Party!
Bring your kids and meet other new members of the SRMC! Whether you are a new member or just feel like you want to re-connect with the group. RSVP to the lovely host by October 11. 479-7907 or jenniferharrismarks@gmail.com

**Saturday, October 30, 10 am to noon**
SRMC Halloween Parade
Join your fellow Club members at this annual favorite. Kids parade their costumes and enjoy the festivities of this special event. Remember the kids will all have plenty of sugar on Halloween, so if you bring a snack to share, please consider something healthy. Contact Amberly, amberlymiller@hotmail.com, for volunteer opportunities.

**SAVE THE DATE!**
**Friday, December 8, for SRMC's Annual Holiday Party!**
This is a great event to offer your help, even if it's just bringing a dish to share, so contact Shanna, shanna1940@aol.com, for volunteer opportunities.

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'TIS THE SEASON FOR PUMPKINS AND GHOULS

Pumpkin Patch Summary
off the wonderful site www.marinmommies.com

Marin County

Nicasio Valley Farms Pumpkin Patch
(Lafranchi Pumpkin Patch), 5300 Nicasio Valley Rd (1/4 mile north of Nicasio square), Nicasio, 662-9100
Open daily October 2-31, 10 am - 6 pm
The only real pick-it-off-the-vine pumpkin patch in Marin County, Nicasio Valley Farms Pumpkin Patch offers organic pumpkins, hay rides, farm animals, jumpy houses, a farm stand, Nicasio Valley Cheese Company (Thursdays-Sundays) and Big Ned’s BBQ on the weekends. Popular children’s recording artist Tim Cain performs October 4, 10, 18, and 25. Local 4-H-ers show off their animals on October 11. Marin Agricultural Land Trust (MALT) Day is October 17 from 10 am - 4 pm, with kids’ games and contests, wood-fired pizza by the Baker, Mexican food by Delicias de Marin, beer from Iron Springs Brewery, and educational booths.

Godmothers of Timothy Murphy School Pumpkin Patch
St. Vincent’s Field, at the Marinwood/St. Vincent’s exit off Hwy 101, Marinwood, 785-3264
Open daily October 2-30 from 10 am - 5:30 pm
Bounce houses, hay pile, face painting, snack shack, picnic area. Groups welcome.

Ian’s Pumpkin Patch at Bon Aire Center
Bon Aire Shopping Center, Sir Francis Drake Blvd, Greenbrae Shopping center pumpkin patch with bounce house and slide.

Ian’s Lazy Days Pumpkin Patch
690 Redwood Highway (at Marin Backyard play structures site), Mill Valley
A pumpkin patch with bounce houses and play structures. Off Hwy 101.

Kevin’s Strawberry Villa Pumpkin Patch
100 Shoreline Highway, Mill Valley
A pumpkin patch with bounce houses and inflatable space shuttle slide. Right off 101 near the Highway 1 exit.

Sonoma County

Adobe Pumpkin Farm
2478 East Washington St., Petaluma, (707) 763-6416
www.adobepumpkinfarm.com
Open daily September 24 through October 31, 10 am - dusk
Gift shop, 6-acre corn maze, pumpkin picking, farm animals, haunted houses (the haunted DeMille Manor plus a smaller haunted barn for younger kids), food, coffee, flowers, vegetables, a Halloween barn with tons of Halloween decorations, a Christmas shop, and more. This year, the Pumpkin Fairy Godmother rises out of the pumpkin patch every weekend to tell stories, visit, and sprinkle fairy dust on your pumpkins! Other weekend events and attractions include a train ride; food like BBQ, tacos, funnel cakes, kettle corn, and caramel apples; and the Adobe farmers market. You can hold your birthday party here, too.

Peterson’s Farm
636 Gossage Ave (off Petaluma Blvd N), Petaluma, (707) 765-4582
www.petersonsfarm.com
Open daily in October, 10 am-6 pm
Voted Best Local Farm in 2006 by Petaluma Magazine. Peterson’s offers several varieties of pumpkins as well as tomatoes, honey, and free range eggs. There are farm animals to visit and a picnic area. School and group tours available by appointment. All farm products are pesticide and herbicide free. This is one of our favorite pumpkin patches!

Peter Pumpkin Patch
Spring Hill Jersey Farm
4235 Spring Hill Rd (off Bodega Ave), Petaluma
(707) 762-3446, www.springhillcheese.com
Open daily in October, 9 am - dusk
Another one of our favorite pumpkin patches. Pick your own pumpkin, dig for potatoes, take a tractor ride, visit farm animals, taste homemade ice cream and Spring Hill cheese, milk a cow, and get lost in the hay maze. Peter Pumpkin Patch also offers fresh fruits and vegetables and picnic baskets. Free parking. This is a wonderful and fun pumpkin patch on a real working farm. Don’t miss the homemade pumpkin ice cream!

Petaluma Pumpkin Patch and Amazing Corn Maze
550 Stony Point Rd, Petaluma
www.petalumapumpkinpatch.com
Opening day October 1, Sunday-Thursday, 10 am - 6 pm, Friday and Saturday, 10 am - 10 pm. Closes 1 hour earlier after end of daylight savings time. This is the one you see off of 101 on your way out of Petaluma. Over 50 varieties of pumpkins, squash, and gourds, as well as a 4-acre amazing corn maze (admission $5, 5 and under free; $9 on Friday and Saturday nights 6-10 pm), farm animals, pony rides, face painting, jumpy houses and inflatables, covered snack area, school tours. Special events include a firemen’s pancake breakfast, 4H bake sales, catering by the Pasta King, square dancers, pony rides, inflatables and jumpies, and more.

Tara Firma Farms
3796 I Street Ext, Petaluma
Open through Halloween, daily, 10 am - 5 pm, (707) 765-1202
www.tarafirmafarms.com
Sustainable working family farm (working at becoming certified organic) has hundreds of pumpkins (include some very large specimens) and raises pigs, chickens, cows, and fresh produce, too. On I Street Extension in western Petaluma.

Tolay Fall Festival
Tolay Lake Regional Park, Lakeville Hwy at Cannon Ln., Petaluma
(707) 565-2041
www.sonomacounty.org/parks/pk_tolay_fallfestival.htm
October 14-17 and 21-24, 9am - 3pm Thursday and Friday, 11 am - 5pm Saturday and Sunday
The 5th annual Tolay Fall Festival takes place over two long weekends in October at the site of the old Cardoza Ranch off Lakeville Highway, which was famous for its pumpkin patch.
In addition to pumpkins and fall decorative items for sale, activities include a Native American village, the Nighttime Creatures Barn with Creepy Crawly Critters Room, nature hikes, a giant straw maze, a hands-on children’s area and kiddy corral, and hay rides. Festival admission is $3 for ages 13 and up, $1 for children 12 and under; parking is $6 per car or free with a Sonoma County Regional Parks Park Pass. School field trips may be scheduled.

**Andersen’s Organic Fruit Stand and Pumpkin Patch**
4588 Bodega Ave., Petaluma, (707) 529-1279
Daily in October, noon - 6 pm
Pumpkins, gourds, corn maze, hayrides, mini train ride, and other activities for children. Large variety of certified organic vegetables and melons.

**Fisher Farm**
2870 Canfield Rd., Sebastopol, (707) 823-4817
Weekends, 9 am to dusk
Popular Sebastopol Christmas tree farm has a you-pick pumpkin patch in October.

**Pumpkin Patch (no name)**
Highway 101 at San Antonio Road
South of Petaluma, past the Marin County line
Pumpkin patch advertises discount pricing and has all kinds of jump houses and inflatables. Located on US 101 between Novato and Petaluma. Closest cross-street is San Antonio Road.

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**CRAFTS FOR KIDS**
from www.allfreecrafts.com

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**EGG CARTON BATS**

This easy Halloween craft project makes a great decoration for your home or classroom. Best of all, the supplies are inexpensive and the results satisfying.

Children who are old enough can cut the bat out of the egg carton themselves, but an adult will need to do this part for younger children. The younger crowd can still have fun with the painting!

**You will need:**
- egg carton (makes four bats)
- pair of goggle eyes for each bat, or draw your own white glue
- scissors
- black craft paint
- paint brush
- black or invisible thread, black yarn, or black elastic thread

**Instructions:**

1. Cut the egg carton into four pieces with each piece having three egg holder sections.

2. For each bat, cut out the wings by creating a scallop shape on the front of each of the two outside egg holder sections. Repeat on the back.

3. Paint the bats, inside and out, with black craft paint. Set aside to dry.

4. For each bat, make two small holes on the top of the middle section. A corn cob skewer is useful for this, but you could use the tip of your scissors. Insert thread, yarn or elastic thread into the holes and tie off.

5. Glue on the goggle eyes. If you don’t have any of these, you can draw a pair of eyes on a white piece of paper, cut out and glue in place.

6. Hang your bats as a Halloween decoration - it’s nice if you can hang them in front of a window to be seen from outside the house as well as inside your room.

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**PARENT & TODDLER PROGRAMS AT THE Osher Marin JCC**

**Yad B’Yad (Side by Side)**
18 months-3 years with parent
This unique program introduces young ones to a preschool environment with their parent/caretaker at their side. Includes art, language, music, movement, dramatic play, as well as Jewish holidays and traditions.

**FALL 2010 & WINTER 2011**

**Osher Marin JCC - San Rafael**
- Mon, Tue, Thur, Fri - 9:15-10:45am or 11am-12:30pm
- Wed - 9:15-10:45am

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- Mon, Tue, Wed - 9:15-10:45am or 11am-12:30pm
- Thur, Fri - 9:30-11am

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www.marinwaldorf.org

Sunday 17 October
10am ~ 4pm
**Welcome Wagon News**

**Anna Gregory**
Anna Gregory and Hillary Hartley live in the Sun Valley neighborhood and are the proud parents of Wyatt Hartley (10 months).

**Ann Lockhart**
Ann Lockhart and Ted Bender live in Fairfax and are the proud parents of Alton Bender (2 yrs) and Rivers Bender (9 months).

**Caroline Nordahl**
Caroline Nordahl and Kevin Wells live in Gerstle Park and are the proud parents of Adrian Wells (2 months).

**Eleanor Martineau**
Eleanor Martineau and Brian Scott live in the Sun Valley neighborhood and are the proud parents of Jesse Scott (5 yrs) and Freya Scott (3 yrs).

**Hattie Engel**
Hattie Engel is the proud parent of Mason Engel (2 yrs) and Wyatt Engel (4 months).

**Heather Wasserman**
Heather Wasserman lives in Novato and is the proud parent of Lily Mae Wasserman (3 yrs).

**Lindsay Bartsh**
Lindsay and Tony Bartsh live in Peacock Gap and are the proud parents of Owen Bartsh (3 months).

**Charlotte Doyle**
Charlotte and Jon Doyle live in Lucas Valley and are the proud parents of Grace Anne Doyle.

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- No outside food or drinks allowed except for cake, ice cream, & fruit/veggie trays

Play Date Nights
- For children Ages 3+ (exception for those who are potty-trained)
- Date & Time: Every Friday from 5 – 9 PM
- Only $10 per hour with a 3-hour minimum
- Includes dinner from Lococo’s Pizza, a beverage, and dessert

Drop-In Playtime
- Open Everyday from 10:00 AM – 6 PM – Rolling Session
- Only $5/20 minutes or purchase a 10-Session Jump Card for only $30
- Play Group Special: $11/child/hour and includes Organic Fruit Snack
- Must pre-pay for 11 children. No outside food or drinks allowed except for cake, ice cream, & fruit/veggie trays

General Info
- ALL JUMPERS AND PARENTS MUST HAVE SOCKS. NO EXCEPTIONS.
- Parents must be present at ALL times except for Play Date Nights.
- Arrive early to sign a waiver and receive a Safety Presentation.

We have Air Conditioning! Hope to see you soon!
Phys Ed: Can Exercise Make Kids Smarter?
by Gretchen Reynolds from www.NYTimes.com

In an experiment published last month, researchers recruited schoolchildren, ages 9 and 10, who lived near the Champaign-Urbana campus of the University of Illinois and asked them to run on a treadmill. The researchers were hoping to learn more about how fitness affects the immature human brain. Animal studies had already established that, when given access to running wheels, baby rodents bulked up their brains, enlarging certain areas and subsequently outperforming sedentary pups on rodent intelligence tests. But studies of the effect of exercise on the actual shape and function of children’s brains had not yet been tried.

So the researchers sorted the children, based on their treadmill runs, into highest-, lowest- and median-fit categories. Only the most- and least-fit groups continued in the study (to provide the greatest contrast). Both groups completed a series of cognitive challenges involving watching directional arrows on a computer screen and pushing certain keys in order to test how well the children filter out unnecessary information and attend to relevant cues. Finally, the children’s brains were scanned, using magnetic resonance imaging technology to measure the volume of specific areas.

Previous studies found that fitter kids generally scored better on such tests. And in this case, too, those children performed better on the tests. But the M.R.I.’s provided a clearer picture of how it might work. They showed that fit children had significantly larger basal ganglia, a key part of the brain that aids in maintaining attention and “executive control,” or the ability to coordinate actions and thoughts crisply. Since both groups of children had similar socioeconomic backgrounds, body mass index and other variables, the researchers concluded that being fit had enlarged that portion of their brains.

Meanwhile, in a separate, newly completed study by many of the same researchers at the University of Illinois, a second group of 9- and 10-year-old children were also categorized by fitness levels and had their brains scanned, but they completed different tests, this time focusing on complex memory. Such thinking is associated with activity in the hippocampus, a structure in the brain’s medial temporal lobes. Sure enough, the M.R.I. scans revealed that the fittest children had heftier hippocampi.

The two studies did not directly overlap, but the researchers, in their separate reports, noted that the hippocampus and basal ganglia regions interact in the human brain, structurally and functionally. Together they allow some of the most intricate thinking. If exercise is responsible for increasing the size of these regions and strengthening the connection between them, being fit may “enhance neurocognition” in young people, the authors concluded.

These findings arrive at an important time. For budgetary and administrative reasons, school boards are curtailing physical education, while on their own, children grow increasingly sluggish. Recent statistics from the Centers for Disease Control and Prevention show that roughly a quarter of children participate in zero physical activity outside of school.

At the same time, evidence accumulates about the positive impact of even small amounts of aerobic activity. Past studies from the University of Illinois found that “just 20 minutes of walking” before a test raised children’s scores, even if the children were otherwise unfit or overweight, says Charles Hillman, a professor of kinesiology at the university and the senior author of many of the recent studies.

But it’s the neurological impact of sustained aerobic fitness in young people that is especially compelling. A memorable years-long Swedish study published last year found that, among more than a million 18-year-old boys who joined the army, better fitness was correlated with higher I.Q.’s, even among identical twins. The fitter the twin, the higher his I.Q. The fittest of them were also more likely to go on to lucrative careers than the least fit, rendering them less likely, you would hope, to live in their parents’ basements. No correlation was found between muscular strength and I.Q. scores. There’s no evidence that exercise leads to a higher I.Q., but the researchers suspect that aerobic exercise, not strength training, produces specific growth factors and proteins that stimulate the brain, said Georg Kuhn, a professor at the University of Gothenburg and the senior author of the study.

But for now, the takeaway is clear. “More aerobic exercise” for young people, Mr. Kuhn said. Mr. Hillman agreed. So get kids moving, he added, and preferably away from their Wiis.

A still-unpublished study from his lab compared the cognitive impact in young people of 20 minutes of running on a treadmill with 20 minutes of playing sports-style video games at a similar intensity. Running improved test scores immediately afterward. Playing video games did not.
Reason #5 Why Every Parent Needs An Estate Plan

Your mother-in-law, Barbara

• Offers you lots of free parenting advice
• Thinks the answer to all baby problems is “more solid foods”
• Most important values are family and carpeting
• Feels she would do a much better job than you

Are you sure the court won’t assign guardianship of your children to her?

FREE Guardianship & Estate Planning Educational Event

Thursday, October 14, 2010
6:00 pm
Mill Valley Community Center Forest Room 180 Camino Alto • Mill Valley

OR

Sunday, October 17, 2010
3:30 pm
Mill Valley Community Center Mountain View Room 180 Camino Alto • Mill Valley

Seating is limited. Register today at www.TheaLaw.com or call: 415-451-0123
*We strongly recommend both parents attend FREE CHILDCARE FOR EVENT!
Does Your Emergency Contact Information Need Updating?

Each year during school registration, parents are asked to identify people who are authorized to pick their child up from school if the parents can’t be reached. This is a great time for parents to revisit their overall plan for the care of their children in the event the family is separated during an emergency. The following are some things to consider when putting together your plan.

1. When you can’t reach your child temporarily – your emergency contact list.

In the event your child falls ill or there is a natural disaster or other emergency at the school, or if you don’t arrive to pick up your child for any reason, the school will call you. If school staff cannot reach you, school staff will try calling your emergency contacts until they find someone who can pick up your child. In choosing your emergency contacts, here are some issues to consider:

Will they be available and able to get to the school quickly? Parents often think of family members first when they consider who they would want taking care of their kids in an emergency, but if those family members are more than a few minutes away, travel frequently, or are often unreachable, they may not be the best choice. A better choice may be local friends, neighbors, or the parents of your child’s friends. A fellow local parent is a surer bet than your sister on the Peninsula during an emergency.

Is your pick-up person someone who your child is comfortable with, and who could keep your child overnight? If you are in an accident or there is a natural disaster, the person who picks your child up from school may need to keep your child overnight. In these circumstances, it will be a comfort to your child to be in a familiar environment.

Do your emergency contacts have both you and your spouse’s contact information? Make sure your emergency contacts know how to reach both you and your spouse, and have a telephone numbers for others who may know where you are (an assistant or co-worker at work, or your parent, sibling, or best friend...).

2. What if you and your spouse are in an accident and are hospitalized?

Once your child has been picked up by a friend or neighbor – what next? What if your emergency contact can’t keep you child for more than a night or two? Your emergency contacts should have the contact information for someone who can step in and take care of your child for a longer period of time. This is where your family and friends who live farther away come in. Ideally, this longer-term caregiver can stay in your home with your kids in order to give them some continuity and keep their normal routines going, if appropriate, during what will be a difficult time.

3. Tools to make your chosen caregivers’ job easier.

Now that you’ve decided who will care for your child during an emergency, it’s a good idea to give them some tools to make their jobs easier. As you may have gathered by now, I believe that it’s critically important for each person in your plan – you, your emergency contacts, your longer-term caregivers, and whomever you’ve nominated as guardian in your will – to know who the other caregivers are and to have their contact information. Second, there are a couple of legal documents that come into play.

Authorization for Consent to Medical Treatment. This form should be filled out for each of your children and given to your emergency contacts (and your children’s regular babysitters). As the name implies, it authorizes them obtain medical treatment for your child in the event your child is hurt or becomes ill in their care. You may also include your child’s medical and insurance information.

Affidavit of Caregiver. This form authorizes a family member who is living with your child (your longer-term caregiver) to not only obtain medical treatment for your child, but to also enroll your child in school.

4. If age appropriate, let your child know what the plan is.

Knowledge is power. If your child is a planner, let him or her know who the school will call if it cannot reach you. For some children it will be very comforting during an emergency to know that you planned for him or her to go home with someone else if necessary.

Although I know it’s difficult to imagine being separated from your child during an emergency, a little advance planning can make a scary and stressful time a little less so. Be a Prepared Mama!

Nadine Aarsheim is an estate planning attorney and mom based in Larkspur. Her practice focuses on planning for parents with young children. You can email her at Nadine@aarsheimlaw.com.

---

PREPARED MAMA
by Nadine Aarsheim
### October 2010

#### One Year
- Olivia Langley: 10/2
- Cole Merrick: 10/6
- Phoebe Bone: 10/11
- Ryan de Loryn: 10/18

#### Two Years
- Mason Stein: 10/5
- En-Yu Liu: 10/13
- John Ebersole: 10/24

#### Three Years
- Edmund Konklin: 10/2
- Sienna Kraft: 10/30

#### Four Years
- Olivia Kim: 10/28

#### Five Years
- Delaney Young: 10/3
- Kaitlyn McCarthy: 10/4
- Alison French: 10/25

#### Six Years
- Nathan Farrington: 10/15
- Cameryn Stewart: 10/25

#### Seven Years
- Hannah Morgan: 10/24

### Moms' Birthdays
- Tara Brooke: 10/1
- Kim Powell: 10/3
- Lauren French: 10/3
- April Bassett: 10/5
- Tori Berghoff: 10/7
- Jenny Tonyes: 10/8
- Lisa Dour: 10/8
- Sharon Connelly: 10/8
- Ginger Tai: 10/10
- Linda Bagneschi Dorrance: 10/14
- Alissandra Bello: 10/19
- Anna Gregory: 10/22
- Kara Mibach: 10/22
- Shanna Walker: 10/22
- Ilene Snyder: 10/24
- Jessie Hammer: 10/25
- Janey Kaplan: 10/26
- Lisa Brent: 10/28
- Julie Rootes: 10/29
- Michelle Knutson: 10/31

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### Nutritional Facts

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- www.musicforchildren.com
  - Ross, Mill Valley, San Rafael
  - Contact us for a FREE SAMPLE

**Nutrition Facts**
- Serving Size: 45 to 60 minutes per week
- Serves Per School Year 23" (September to May)
  - *Smaller Services Available*

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<th>Age Appropriate Classes</th>
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<td>New Themes Each Week</td>
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- Jim Maloney: (415) 302-7809
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- (415) 464-4864 Office
- Info@FrontPorchRealtyGroup.com
- www.FrontPorchRealtyGroup.com
What's for Dinner?
by Lauren French, SRMC Co-Director

Cran Oat Scones

2 cups flour          1/2 cup dried cranberries
1/2 cup oats          3/4 cup buttermilk
3 Tbs sugar           10 Tbs cold butter
3/4 tsp baking soda   1/4 tsp salt
3/4 tsp baking powder

Preheat oven to 375.
In a bowl, combine flour, oats, sugar, baking powder, soda and salt. Cut cold butter into dry ingredients until dough is crumbly. Fold in cranberries. Add buttermilk and stir lightly until dough forms a ball. Dough will be sticky.
On a lightly floured surface, pat dough into a large circle about 2” thick. Cut dough into wedges. With spatula, transfer wedges to baking sheet. Bake 22 minutes or until edges are lightly browned. Cool on wire rack.

This should make about 8 scones, but you can always make them a little smaller. Get creative and try other favorite dried fruits: blueberries, raisins, etc. Enjoy.

If you’ve got a family favorite, please send your recipe to newsletterchief@hotmail.com for consideration in the newsletter.

SRMC Recognizes National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals. {Insert any or all of the following bullets, depending on your goal.}

Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.

Hispanic women have fewer mammograms than Caucasian women and African American women.

Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.

Mammography use has increased for all groups except American Indians and Alaska Natives.

“If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further, up to 30 percent,” says {insert name and affiliation of local expert}.

“The key to mammography screening is that it be done routinely – once is not enough.”

For more information about NBCAM, please visit www.nbcam.org. For additional information, please call one of the following toll-free numbers: American Cancer Society,
(800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.

The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.
REDISCOVER NORTHGATE
THE CHILDREN’S PLACE CLAIRE’S
CRAZY 8 FOREVER 21 GAMESTOP
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VANS VICTORIA’S SECRET ZUMIEZ

* New Look. New Experience. And More Coming Soon!
Want to connect with other moms and families in the area with similar interests? Joining a mini-club is a great way to meet and socialize in a smaller setting than the monthly Moms Night Out. The SRMC has several great active mini-clubs, but clubs can also be formed by any member on any topic of interest or hobby. Avid skier? Nuts about knitting? Want to start a monthly girls poker night? Contact me for information on starting a new group, or joining an existing club.
Dani Lundbaek, Mini-Club Coordinator at divadani2000@yahoo.com or 846-0510

Hiking/Outdoors Club
by Becky Ordin

Monday, October 11, 9:30 am
Ridgewood Drive, San Rafael

This is a great family hike that accommodates a jogging stroller, carrier or allows young children to walk themselves. We can go as far as we are comfortable and this hike sits just above Sun Valley and offers sweeping views of Terra Linda. Take the Central San Rafael exit and head west on 4th Street toward San Anselmo.

Directions: Turn right on H Street, left on Forbes, right on Elizabeth Way, left on Oakwood and right on Ridgewood Drive. Go to the end of Ridgewood Drive and you will see the trial start. This hike is lead by Becky. 510-604-1273

Monday, October 25, 9:30 am
Blackies Pasture Trail, Tiburon

Versatile day use park along San Francisco Bay Trail. Has paved road alongside sand/gravel path winding along the bay from the north off Tiburon BLVD (Hwy 131) to Belvedere Island where it loops around ending in downtown Tiburon. Childrens playgrounds, modern restrooms, green grassy hills, a fitness par course, tennis courts off one side next to road, fun bayside or on the path skating, blading, or biking. Gardens, benches for breath taking views of San Francisco skyline, Sausalito, and bay.

Directions: To get to the start of the trail, take Highway 101 to the Belvedere/Tiburon exit. Follow Tiburon Blvd. to Blackie’s Pasture and park. This hike is lead by Becky. 510-604-1273

Book Club

SRMC Book Club Invites You!

Tuesday, October 19, 7 pm, Bonnie Seto will host a Parisian styled Halloween themed evening for Book Club’s discussion of The Elegance of a Hedgehog written by Muriel Barbery and translated by Alison Anderson. The story takes place in a small, exclusive apartment building in Paris, France and is narrated by Madam Renee Michel, a 54 year old concierge and one of the apartment's tenants, an introspective, smart 12 year old girl, Paloma Jose, who records in her journal provocative observations of life, family and her thoughts of suicide and arson. Class boundaries play a central theme in the novel and a major part of the philosophical observations shared by the main characters. When a wealthy and astute Japanese gentleman buys a vacant apartment in the building and presents “little tests” for Madam Michel and Paloma, details into their secret lives are revealed and they become even more endeared to the reader. If you can join us for this discussion, please RSVP to our host Bonnie Seto, 456-7072 or baseto8@comcast.net.

Book Club meets the third Tuesday of each month at 7 pm at rotating members’ homes. All adult SRMC members, and nursing babies, are welcome. Everyone attending is encouraged to bring an appetizer, dessert or beverage to share. Reading selections are made two months in advance by members in attendance. If you have questions or suggestions for Book Club please contact one of the two co-coordinators, Natalie Huggins, 472-1319, nataliehuggs@comcast.net or Amy Farrell, 479-2480, awf_4@yahoo.com.

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Come join the SRMC Running Club!

The Running Club meets every Saturday at 8 am for a group run. We are currently training for the Oakland Half-Marathon on March 27, 2011. All experience levels are welcome. Come join our group on Bigtent to find out run locations and view the training schedule. If you have any questions, please contact Melissa Havel at 499-1004 or meldwnb@hotmail.com.
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- Probate

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The SRMC would like to invite you to a Coffee Morning on Monday, October 18, at 9:30 am. Angela Parker will be hosting members and their children at her home. Please RSVP to angeladawnparker@yahoo.com for any other info.

This is a great way to meet other moms and let the kids have a fun playdate. Have friends interested in joining? Please extend an invite to them as well.

We need moms to host a Coffee Morning / Afternoon Tea in November and beyond. Please email Lauren French at snkrdo@yahoo.com.

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**Oct 12**
**INNOVATION AND BALANCE:**
2010 INSPIRING TALES FROM ENTREPRENEUR MOMS
Jessica Herrin | founder, Stella & Dot
Lisa Quinn | Emmy award-winning TV host,
author of “Life’s Too Short To Fold Fitted Sheets”
Kristin Richmond | founder, Revolution Foods
Moderated by Lizzie Bermudez | broadcast
journalist and host, lizziebtv.com

**Nov 2**
**THE SCIENCE OF HAPPINESS**
2010 Christine Carter, Ph.D | sociologist, Executive Director
of UC Berkeley’s Greater Good Science Center, and author
of “Raising Happiness”

**Jan 11**
**THE STORY OF STUFF:**
2011 CREATING A SUSTAINABLE FUTURE
Jan 11 Annie Leonard | dynamic environmental activist, creator
of the viral video hit and new book “The Story of Stuff”

**Mar 8**
**FORTITUDE:**
2011 FIVE DEFINING VALUES FOR YOUR NEXT DECADES
Sarah Brokaw, LCSW, PCC | therapist, professional
coach, philanthropist, author

**May 10**
**WHO’S LOOKING AFTER YOUR BODY? THE FACTS,**
2011 THE FICTIONS & THE TOOLS TO TELL THE DIFFERENCE
Laurie Green, M.D | widely respected Bay Area
medical expert on women’s issues
**Babysitting Co-ops**

**SAN RAFAEL**
The Central San Rafael Babysitting Co-op is made up of a group of women who trade babysitting on a point system. Before a new member is able to babysit, she must attend a meeting so that the other members can meet her. She must have a safety check done on her home and these are scheduled at our meetings. We meet the third Monday night, every other month, at 8 pm. We rotate the jobs of secretary, leader, and hostess. We all feel that the Co-op has been an amazing resource in that you can relax since your child is in the hands of an experienced mother and excellent caregiver. Please contact the current Co-op leader if you are interested in finding out more. We are hoping to expand the Mothers’ Club Co-op services throughout San Rafael, so if there is currently not an active Co-op in your neighborhood, please consider being the one to start it! You will receive guidance from the groups with effective Co-ops in place. The current Central San Rafael Co-op leader is Shanna Walker. Please contact her at: Shanna1940@aol.com.

**TERRA LINDA**
Terra Linda Babysitting Co-op is forming! We will organize this Northern San Rafael Babysitting Co-op based on a ticket system (no point counting). We prefer gun-free houses and require basic information on emergency contacts. Please contact Carolyn Bopp at 479-1129 or cbopp@sbcglobal.net. For more information, contact Wendy Nuessle at wendy_hanson@yahoo.com or 531-7118.

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**Playgroups**

Playgroups offer so much! Let the kids have fun while you chat with other moms about child development, discipline strategies, family recipes and every other topic under the sun. Most of our established playgroups are based on our children's birthdays typically within 6 month increments). but we've also got a working moms group that meets on Saturdays. Currently we have groups for kids born from 2007 - 2010. We also are always trying to form new groups with expecting moms, so if you haven't even had a baby yet... there is a place for you! We are forming an International Moms playgroup and a group that meets in the afternoons for those moms who's naptimes or work schedules conflict with their specific playgroup. Some playgroups meet at parks, each other's houses, music or tumbling classes and for field trips like the Bay Area Discovery Museum in Sausalito. Please contact Amberly Miller at amberlymiller@hotmail.com for more information.

**In-A-Pinch**

In A Pinch (IAP) volunteers help out fellow SRMC moms by delivering meals and running simple errands, when needed. It's a great way to fulfill your two-hour volunteer requirement while also making someone's life much easier during a tough time.

For more information about getting help (for yourself or another mom-in-need) or being a volunteer, contact Lyssa Novitsky-Ribble at lnovitsky@yahoo.com or by phone 472-4473.

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Things to do around the Bay & Beyond!
Compiled by Nicole Kepnes

SPECIAL EVENTS

Weekends through October 10, 1 pm and 3:30 pm Pinocchio (Fort Mason Center, San Francisco) Travel to Pleasure Island and the Marionette Theatre, take a spine thrilling coach ride and join in all Pinocchio's adventures. Commedia dell Arte and plenty of slapstick fun round out this funny fable about the perils of growing up. Includes original music! www.ypt.org

Sunday, October 3, Princess Grace Benefit 3 pm - 4:30 pm Mill Valley Recreation Center; 180 Camino Alto Benefit concert and fundraiser to help Grace Ann's family provide much needed therapies to help enable her to walk. There will be among other treats: Princess Grace's Boutique - a very special beauty salon where little girls are transformed from head to toe into little princesses! Professional Princess Photographs, Silent Auction Bid and Princess Jumper & Games. Arrive dressed as ballerinas and princesses. Tickets: $15 in advance, $20 at the door. Saturday, October 2 and Sunday, October 3 – The 11th Annual World Vegetarian Day Festival. San Francisco County Fair Building. Tickets and more info: www.sfvs.org

Saturday, October 9, 9 am - 5 pm Octoberfest at Brookside School Lower Campus (San Anselmo) Come celebrate our neighbor town and community at Brookside's annual family festival! From games, bouncers and a haunted house to face-painting, raffle, silent auction, used book/DVD sale and Halloween costume, live music and food. Octoberfest has become a much-anticipated annual event loved by kids (and adults!) of all ages.

Saturday, October 9, 8 pm Pilobolus Dance Company Come celebrate this nontraditional dance troupe's 40th year by watching a great performance at Veterans Memorial Auditorium. 499-6800 or www.pilobolus.com

Saturday, October 9 and Sunday, October 10 – San Francisco Fleet Week, Pier 39, noon - 7 pm Fleet Week is the Bay Area's opportunity to pay tribute to the men and women of our nation's armed forces. This spectacular event on October 9 and 10 features a parade of ships, ship tours, military displays, an impressive air show including the Blue Angels, and more. Throughout the weekend, PIER 39 will host musical entertainment in the Entrance Plaza. On Saturday, October 9, enjoy a live military band performance from noon - 2 pm, followed by hits from the 80's with Pop Rocks from 4 pm to 7 pm. On Sunday, October 10, dance to a military band performance from 12 pm – 2 pm and then sing along with Wonderbread 5 from 4 pm to 7 pm. Don't forget to check out all the great military exhibits that will be on display throughout the day in PIER 39's East and West parks.

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Welcome Party! Bring your kids and meet other new members of the SRMC! Whether you are a new member or just feel like you want to re-connect with the group. RSVP to the lovely host by October 11. 479-7907 or jenniferhammarks@gmail.com

Saturday, October 16 and Sunday, October 17, Goblin Jamboree Fundraiser, Bay Area Discovery Museum 10 am - 4 pm Children and their families are invited to come in costume and explore the Bay Area Discovery Museum, transformed into a haunted wonderland complete with games, attractions and live entertainment. Ride a spooky train or real ponies, enroll in the witches’ school, visit the petting zoo and enjoy a full brew of games, activities and live entertainment. Tickets are available at the door. All activities are included. Members $13; General $15. Children under age 1 are free.

Saturday, October 16, 11 am - 4 pm Venetia Valley 3rd Annual Fall Festival Help raise money to buy much needed school supplies. Enjoy delicious home made food, children's games/bounce houses, baked goods, raffle prizes and more. Admission is FREE! Saturday, October 16 and Sunday, October 17 Half Moon Bay Pumpkin Festival This is the festival that makes publications nationally. It's a great time for the whole family and one they won't forget for years to come. www.halfmoonbaychamber.org or 650-726-9652

Sunday, October 17, 11am - Free Children's Musical Theatre Workshop San Francisco Children's Musical Theater (SFCMT) Artistic Director

continued on pg 19
John Bisceglie and his team teach the basics of musical theater in this fun and exciting 2 hour free workshop. The course covers audition tips, acting, improvisation, characterization, projection, dialects, theater games, group singing/dancing and more. The workshop will conclude with a free 30 minute showcase for family and friends! Ages 5-21 welcome. Hurry, space is limited! Register: www.sfcmt.com

**Sunday, October 17** RCP Tiburon Mile Open Water Swim Get mighty cold in the water or stay cozy warm from the shore as approximately 600 athletes compete for a $10,000 first prize. The race begins at Angel Island and finishes in Tiburon. www.rcptiburonmil.com

**Saturday, October 23, 9:30 am - noon** Family Adventure on the Schooner Seawave. Spend your Saturday morning navigating the bay, hoisting sails, singing sea chantes, and learning a bit about bay ecology. Headlands Institute has partnered with Call of the Sea to create this unique 2.5 hour experience filled with breathtaking views and one-of-a-kind memories. *All ages are welcome. Life jackets provided. Sail departs from the dock outside Bay Model, Sausalito. $25/

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**SRMC Fundraiser! Featuring your child's artwork!**

Hello SRMC Members,

The SRMC is starting fundraising to build up our revenues so we can have more great events. Our first fundraiser is through a great company www.kidsartinc.com. Our kids draw on a card, we write a check and send it to the company and they create note cards- 20 for $20, party invitations- 8 for $16, stickers- 25 for $8, stickers with lines-24 for $6, notepads- $10 or gift tags-12 for $12, with our child's artwork on it. We have some samples as well as blank cardstock needed for drawing on and would like to use our Playgroups, Neighborhood Ambassadors and Subgroups as ways of getting these cards out to our members. If you haven't already picked up your blank card, we will be bringing the cards to our Pumpkin Patch, Coffee Morning, New Member Get Togethers and other events in October. We will need to get all orders and cards to Amy Dunnigan or Lauren French by October 22nd so we can get our completed orders back in time for the holidays. Kids love seeing their artwork re-printed on notecards and stickers and grandparents, caregivers and aunts love receiving them! Thanks for all you already do to help support the San Rafael Mothers' Club.

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sandomenico.org

Boys & girls pre-k through 8
Girls day & boarding 9-12

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victuals. The Haunted Pirate Manor at Falkirk with The Undead Music Review will run October 28–31. Tickets for the Haunt are $10 at the door; but patrons may visit The Pirates Barrel Inn and listen to Undead Entertainments for Free! All ages welcome; haunted house geared toward 10 years and older. www.falkirkculturalcenter.org

Friday, October 29, 5 pm - 8 pm
Halloween Harvest Festival (Marinwood Community Center)
Pumpkin carving and decorating, Halloween bounce house, trick-or-treat bag decorating, cookie decorating, face painting, and candied apples! Food will also be available for purchase. Tickets: $10 per person (all inclusive). 479-0775

Saturday, October 30, 10 am to noon
SRMC Halloween Parade
Join your fellow Club members at this annual favorite. We will have old-fashioned games and more while kids parade their costumes and enjoy the festivities of this special event. Remember the kids will all have plenty of sugar on Halloween, so if you bring a snack to share, please consider something healthy. Contact Amberly, amberlymiller@hotmail.com, for volunteer opportunities.

Sunday, October 31, 10 am - 4 pm
Boo at the Zoo (San Francisco)
Come walk the Haunted Nature Trail, explore your way out of the Rainforest Maze Adventure, trick-or-treat throughout the Zoo and more. Check out Puppet Art Theater and Witch Hazelnut’s spooky stories, make some scary crafts and even see some “creepy” critters during this “spook”tacular event. Plus, you won’t want to miss seeing the Zoo’s animals enjoy some special treats of their own during the Pumpkin "Stomp ’n Chomp." The Zoo requests that trick-or-treaters not wear rubber masks as they may frighten the animals. All activities are free with paid Zoo admission. www.sfzoo.org.

Sunday, October 31, 11 am - SFJAZZ Family Matinee
Fun and educational, Family Matinees provide a window into the exciting world of live jazz. One hour in length, each matinee features live performance, audience participation, Q&A and amazing music. Designed for elementary school students, our Family Matinees are open to music fans of all ages. Providing the heartbeat and outlining the harmony, the best bassists lift improvisers to unexpected heights. During the bass matinee, families see and hear the jazz bass in action, and learn the importance of the walking bass line. Tickets: $15/general admission, $10/adults with children, $5 children/seniors. Contact sfjazz.org to purchase tickets.

ONGOING ACTIVITIES

BOOKSTORE STORYTIMES

Every Tuesday
Pottery Barn Kids Book Club. The Village at Corte Madera. Story time is 11-11:30 am. Kids of all ages are invited to join us every Tuesday for a story time reading. Members receive an official book club card at their first story time and a special gift after attending five story times. 927-3558

Every Wednesday & Saturday
Barnes and Noble Children’s Story time at 11 am in their Corte Madera Store. 927-9016

Every Tuesday
Border’s Children’s Story time at 11am. Bring your children to a wonderful story hour featuring stories read by Marie. Located at 588 W. Francisco Blvd. 454-1400.

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Smokey Bear & Woodsy Owl: Home Sweet Home was created by the Betty Brinn Children’s Museum in collaboration with the US Forest Service. Smokey Bear and Woodsy Owl are protected by Congressional law and are used with permission from the US Forest Service. All Rights Reserved. 16 USC 580p-4 & 18 USC 711a.
Every Sunday
Book Passage in Corte Madera. Sunday
Morning Story time with Christopher
Smith at 11 am. 51 Tamal Vista Blvd.
Corte Madera, 927-0960 or
www.bookpassage.com

LIBRARY STORYTIMES

San Rafael Downtown Library
1100 E St. & 5th St
Toddler (Birth - 3 years):
Wednesday 10:30 am - 11 am
Afternoon (3 - 6 years):
Tuesday 3:30 pm - 4 pm
San Rafael – Civic Center
3501 Civic Center Drive # 427
Toddler (2 - 3 years):
Wednesday 10:30 am - 11 am
Preschool (3+ years):
Wednesday 3:30 pm - 4 pm
Corte Madera Library
707 Meadowsweet Drive
Toddler (2 - 3 years): Sept-May
Wednesday 10 am - 10:30 am
Preschool (3 - 6 years):
Wednesday 11 am - 11:30 am
Afternoon (5-8 years):
Tuesday 3:30 pm - 4 pm
(Oct, Nov and Feb-April)
Fairfax Library
2097 Sir Francis Drake Blvd.
Preschool (3+ years):
Tuesday 11 am - 11:30 am
Preschool (3+ years):
Saturdays 11 am - 11:30 am
Novato Library
1720 Novato Blvd
Lapsit (18 - 36 mos):
Tuesday 10 am - 10:30 am
Lapsit (18 - 36 mos): (through May)
Wednesday 10 am - 10:30 am
Preschool (3+ years):
Wednesday 11 am - 11:30 am
Preschool (3+ years):
Saturday 11 am - 11:30 am
Spanish Language:
Saturday 10 am - 10:30 am
South Novato Library
6 Hamilton Landing, Suite 140A
Preschool (3 - 5 years):
Wednesday 11 am - 11:30 am

Sausalito Library
420 Litho St
Afternoon: Thursday 3:30 pm - 4 pm
Larkspur Library
Larkspur City Hall, First Floor, 400
Magnolia Ave
Toddler & Preschool Storytime:
Thursday 9:30 am
NO storytime on 8/27

Belvedere-Tiburon Library
1501 Tiburon Blvd.
Baby Bounce (Birth - 2 years):
Monday 10:30 am and 11 am
(Registration Required)
Toddler (2 - 3 years):
Tuesday 11 am
(Registration Required)
Preschool (3 - 5 years):
Tuesday 4 pm,
Lemonade Story Hour (7+ years):
Wednesday 4 pm
(Registration Required)

Mill Valley Public Library
375 Throckmorton Ave.
Preschool (3-5):
Wednesday 10:30 am and 11 am
Toddler (2-3):
Thursday 10:15 am
Lapsit (0-2):
Thursday 11:15 am
Family Story Time
Saturday 11 am
Dial-A-Story 499-6051
Listen to a new story each week on
your telephone!

CLASSES

Prenatal Yoga with Stacie -ongoing
Fridays Community Class
Fridays 10 am ongoing weekly at the
Parents Center.
All levels. $50 for 4 classes ( use within
2 months) or $15 drop in. Sliding scale if
needed. www.sunlightyoga.com for more
info.

MUSEUM FREE DAYS

Asian Art Museum
First Sunday of the month
Japanese Tea Garden (MWF 9 - 10 am)
First Tuesday of the month

Palace of the Legion of Honor;
Conservatory of Flowers (Golden Gate
Park); M.H. de Young Museum;
First Wednesday of the month
The Exploratorium; California Academy of
Sciences (SF residents only); SF Zoo (SF
residents only)
Second Sunday of each month
Oakland Museum
Always Free
San Francisco Botanical Garden at
Strebing Arboretum

DAY TRIPS & ON-THE-ROAD STOPS

Lindsay Wildlife Museum (Walnut
Creek)
www.lindsaywildlife.org or 925-935-
1978
Chabot Space & Science Center
(Berkeley)
www.gotchabot.org or
510-891-4966.
Audubon Canyon Ranch (Bolinas)
www.egret.org or 866-9244
Mrs. Grossman’s Sticker Factory
(Petaluma)
www.mrsgrossmans.com
The Conservatory of Flowers (SF)
www.conservatoryofflowers.org
Six Flags Marine World (Vallejo)
www.sixflags.com
The Oakland Zoo (Oakland)
www.oaklandzoo.org
The San Francisco Zoo (SF)
www.sfzoo.org
Children’s Fairyland (Oakland)
www.fairyland.org
Coyote Point Museum (San Mateo)
www.coyoteptmuseum.org
The Monterey Bay Aquarium
www.mbayaq.org
The Hilltop Mall (Richmond)
has a large indoor play area
Jelly Belly Factory (Vacaville)
www.jellybelly.com
The Jungle Fun & Adventure
(Concord & San Jose)
www.thejunglefun.com
Safari Run (San Mateo)
www.safarirun.com
Waterworld (Concord)
www.waterworldcalifornia.com

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WANTED: A Few Good Volunteers!

Are you a parent looking for a fun volunteer opportunity maybe to remind yourself of the things you can do besides nurture, change diapers, feed, clean and play with the children? As our SRMC kids are getting older, more openings are becoming available. Moms typically move on to volunteering at their children's school(s) close to age 5 and we've got a few good moms we're losing.

SRMC has openings and we're sure there must be an opening for you!

Secretary
Help keep SRMC's Steering Committee and our Club organized. Attend our monthly meetings and have fun with us.

Display Advertising Coordinator
Work with our wonderful advertisers and help bring in Advertising revenue for SRMC so we can continue to produce our terrific newsletter and throw our fun annual family events. Please contact Amy at newsletterchief@hotmail.com to apply!

In The News
Are you the mom who alerts her playgroup, family and friends about current issues involving our kids? Then become SRMC's In the News person and share your wealth with the entire Club! This person is responsible for accurately reporting news to the Newsletter Chief on or before the 10th of each month for the following month's newsletter issue. Please contact Amy at newsletterchief@hotmail.com to apply!

October 23 from 10 am - 11:30 am at the Corte Madera Rec Center
Foreclosure Options and Short Sale Seminar
Free Information for Struggling Homeowners featuring the widely publicized, Hannah Fliegel of the Foreclosure Options Network
Know your options; make conscious decisions
RSVP: 415-847-6519

Mature Baby-sitter available to care for your baby or toddler. Great references. Many years of experience working in Marin, CPR/First Aid training. Please call 415-492-1875 for more information.

Classifieds
2010 SRMC STEERING COMMITTEE

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PEACOCK GAP/GLENWOOD  OPEN
GERSTLE PARK  OPEN
SUN VALLEY  OPEN
WEST MARIN  OPEN

OCTOBER 2010
San Rafael Mothers Club

P.O. Box 4003
San Rafael, CA 94913-4003

Saturday, October 30, 10 am to noon

SMC Halloween Parade

Join your fellow club members at this annual favorite. Kids parade their costumes and enjoy the rest of the special event. Remember the kids will all have plenty of sugar on Halloween, so if you bring a snack to share, please consider something healthy! Contact Amberly amel@fourmills.com for volunteer opportunities.

Wednesday, October 12, 5:30 pm to 7:30 pm

SMC New Member Welcoming Hour Welcome Party

Bring your kids and meet other new members of the SMC! Whether you are a new member or just feel like you want to re-warm and see what we’re all about, the SMC Booster near the picnic tables will help keep you hydrated after all the running around! The SMC Booster is welcoming new members. So spread the word and we’ll see you there!

Sunday, October 10, 10:30 am to noon

SMC Nicasso Pumpkin Patch Day

Join some of your fellow members for hay rides and good times! The Nicasso Pumpkin Patch will be a feature of the festivities at 11 am. Look for your fellow club members at the petting farm and celebrate the fun of the season with the kids of the community!