



BURLINGAME MOTHERS' CLUB

Newsletter

VOL. 21 • ISSUE 6 • MAR. 2008

The Second Time Around

< IN THIS ISSUE >

- 3
president's letter
- 4
meeting minutes
- 6
community events
- 7
outings & events
- 8
speaker series
- 9
new members
- 10
communications
outreach recap
- 11
on the menu
- 12
family matters
- 14
spotlight on
- 15
playgroup news
- 16
in-a-pinch
- 17
subclub news
- 19
classifieds

< BY JACQUELINE COOKE HAGGARTY AND DIANA SCHUMAKER >

My husband and I always wanted more than one child, and so we eventually became pregnant, again. As we await the arrival of our coveted second – who will be about 26 months younger than our first, I am fresh to revel in the wonder of pregnancy the second time around, not to mention marvel over how other brave moms do this more than twice. As I struggle again to grasp the sheer awesomeness of what the female body can do to preserve our species, I thought to share the joys, the woes and the hilarity of the second pregnancy.

And you thought you were tired before...

Baby number one (hereinafter, "Baby 1") was tiring. Given, anytime you go from being responsible for fueling only yourself to supporting yourself and nurturing a zygote-turned-embryo-turned-fetus, you are going to be tired. Pile atop that exhaustion the responsibilities and engagements of Baby 1, and it gets worse. And then, add on full-time employment, which a lot of the time, seems more like

150 percent time employment. Many of you can empathize, even as a stay-at-home mom. The way of the 8-hour day, "workin' nine-to-five," as Dolly Parton so contagiously sang, is long in the past for many, maybe most, of us.

When pregnant with Baby 1, you could get through your day, come home and crawl into bed and sleep for what sometimes would be the next twelve hours. With Baby 2 in utero, you get home from work and what awaits but one of the loves of your life, in persona, ready to play or be fed or bathed or changed.

No more lounging on the couch contemplating your nausea and watching mindless TV – instead, you're led around the house by your toddler to read a book, play with stuffed animals, play tackle, follow the "run-mommy-run" game command, or watch a TiVo'd episode of Sesame Street (which, albeit, is actually much more engaging than the intelligence-draining episode of Access Hollywood I would have watched while pregnant with Baby 1).

Nausea is maybe worse.

I have heard mixed things about

please continue on p.18 >



EDITORS

Jacqueline Cooke Haggarty,
Kimarie Matthews

GRAPHIC DESIGN & LAYOUT

Maria Elena Kammerer

ADVERTISING MANAGER

Stephanie LeMar-Datta

CALENDAR

Stacey Nawrocki

CLASSIFIED ADS

Stacy Nawrocki

POST PRODUCTION

Amy Naylor, Allyson Trevor

CONTRIBUTORS

Kirsten Adams, Erin Crocker, Tina Clarke Dur, Meg Galletti, Jacqueline Cooke Haggarty, Andrea Higuera-Ballard, Elizabeth Humber, Lori Jabaghourian, Danielle Kling, Felice Kong, Jennifer Lee, John D. Lee, Jeanne Leinwand, Erin Nantell-Pasero, Jenny Perez, Eve Saltman, Diana Schumaker, Katie Storey, Nancy Wall, Amy Welch

CIRCULATION: 1,219

DEADLINE FOR MAY ISSUE: 3/31/08

Community events, ideas for newsletter articles, questions, comments or complaints should be directed to the Editors at editor@burlingamemothers.org. Articles can be up to 1500 words. Great Expectations & Birth Announcements should be directed to the In-A-Pinch Coordinator at jap@burlingamemothers.org.

NEWSLETTERS ONLINE: Each newsletter is available on the BMC website by the 25th of the month PRIOR to that month's newsletter. For example, February's newsletter is posted on the website on JANUARY 25th.

BUSINESS ADS

To place a business ad, please email our Advertising Manager at advertising@burlingamemothers.org. There may be a short wait before we can accommodate new advertisers. Ads are limited to businesses serving mothers and/or young children.

NEWSLETTER CLASSIFIED ADS

To place a classified ad in the newsletter, please email our Communications Manager at communications@burlingamemothers.org.

CLASSIFIED AD RATES:

BMC members – Free; Non-members – \$35 for 100 words or less; \$1 for each additional line.

ONLINE COMMUNICATIONS

BMC members may submit items for email distribution. Email communications@burlingamemothers.org.

MOVING?

Be sure to keep both your email and postal mail addresses current with the BMC. Bulk mail is not forwarded, so if you move, you will not receive your newsletter unless you send your new address to computerliaison@burlingamemothers.org.

SPEAKER SERIES

The BMC Speaker Series is on the second Wednesday of the month. The exceptions are December (Holiday Party), July, and August (Ice Cream Social). Lap babies (0-5 months) are welcome.

USE OF MEMBERSHIP ROSTER

Per the BMC Bylaws, the membership roster is for member use only. The roster is not intended for use as a commercial mailing list or phone list for members or outside organizations.

MEMBERSHIP HOTLINE

635-6777

membership@burlingamemothers.org

BMC WEBSITE

www.burlingamemothers.org

To access the members-only section, use the following:
Username: *bmc* password: *2getsmart*

JOIN THE BMC EMAIL BULLETIN

Send your email address to computerliaison@burlingamemothers.org to receive BMC emails. If changing your email address, please send both your old and new email addresses so we can delete the old one.

BMC YAHOO! GROUP

Join the Yahoo! group to ask questions and share information with other BMC moms. To be added to the Yahoo! group, send a request to moderator@burlingamemothers.org.

Opinions expressed in this issue are those of each respective contributor. Acceptance of advertising does not constitute endorsements of any products by the BMC. The Editors reserve the right to accept or reject any content submitted to the newsletter. In accordance with BMC policy, please do not share member phone numbers and/or e-mail addresses with any person other than another member of the BMC. It is a violation of BMC policy to share, sell, provide or otherwise make available to another person or entity member phone numbers and/or e-mail addresses for a commercial purpose. The BMC exists to provide mothers of children from birth through age five with support, information, friendship and community. We are a member-led social, educational and support group and do not discriminate based on race, color, creed, gender, religion, marital status, age, national origin or ancestry, physical or mental disability, medical conditions, sexual orientation or any other consideration that is unlawful by federal, state or local laws.

**BMC Board
2007-2008**

PRESIDENT

president@burlingamemothers.org
Jennifer Lee

VICE PRESIDENTS

vp@burlingamemothers.org
Tina Clarke Dur, Jenny Perez

MEMBERSHIP COORDINATORS

membership@burlingamemothers.org
Paige Bacon, Debbie Crisp

SOCIAL COORDINATORS

social@burlingamemothers.org
Kirsten Adams, Nirmala Bandrapalli,
Susan Drucker Hunsaker,
Diana Schumaker, Deborah Tilson

TREASURER

treasurer@burlingamemothers.org
Nancy Huang

NEWSLETTER EDITORS

editor@burlingamemothers.org
Jacqueline Cooke Haggarty,
Kimarie Matthews

NEWSLETTER DESIGNER

publisher@burlingamemothers.org
Maria Elena Kammerer

ADVERTISING MANAGER

advertising@burlingamemothers.org
Stephanie LeMar-Datta

POST PRODUCTION

postproduction@burlingamemothers.org
Amy Naylor, Allyson Trevor

OUTINGS COORDINATORS

outings@burlingamemothers.org
Kim Bottoms, Felice Kong, Susan Benton

PLAYGROUP COORDINATORS

playgroups@burlingamemothers.org
Andrea Higuera-Ballard, Christine Murad

IN-A-PINCH COORDINATORS

iap@burlingamemothers.org
Naomi Cochran, Erin McBride Crocker,
Suzanne Lee, Kristen Phillips

OUTREACH COORDINATORS

outreach@burlingamemothers.org
Robbie Fang, Susie Hodges,
Erin Nantell-Pasero, Cariad Thronson

SECRETARY

secretary@burlingamemothers.org
Danielle Kling

SPEAKER COORDINATORS

speakers@burlingamemothers.org
Nancy Wall, Heather Kennedy

COMPUTER LIAISON

computerliaison@burlingamemothers.org
Jeanne Leinwand

COMMUNICATIONS MANAGERS

communications@burlingamemothers.org
Stacy Nawrocki, Katie Storey

WEBSITE MANAGERS

webmaster@burlingamemothers.org
Byung Choung, Jen Rice, Sara Palladino

FIRST TIME MOMS COORDINATOR

firsttimers@burlingamemothers.org
Linda Dugoni

WORKING MOMS COORDINATORS

workingmoms@burlingamemothers.org
Marni Gerber, Jennifer Nissenberg



"Dog Boot" Days

With the rainy season in full force, I dread the pileup of wet coats, boots and shoes at our front door – and even more the cranky, cooped up kids that just want to play outside. But during this dreary season, there is something special that always brings a smile to my face... my daughter's "dog boots." They have been a part of our rainy season gear lineup since Catherine was two. That's when she found an adorable pair of rain boots -- that look like dogs, hence the name -- and has insisted that she wear those same boots each year when the rain comes. No ladybugs, no princesses, no frogs – ONLY dog boots. We've owned every size between her first 5s to her current 10s. They are the hallmark of the rainy season in our house.

By the time March rolls around, the dog boots are well worn and we're all ready for the sun to start shining and to be back spending long days at the park. But sometimes the weather just doesn't agree and when that rain hangs on it can be tiresome. By March, I've usually run out of ideas for creative art projects, cooking experiments, etc., and I'm desperately searching for something fun, easy, and interesting to do with my children. If you're in the same boat, here are a few ideas that have worked for me...and I hope that they work for you, too.

1. Head to a local children's museum.

We are fortunate to have so many great children's museums in our community. Coyote Point continues to be a fun outing for my children. I love it when my 15 month old and my 4 year old can have an equally fun time arranging and re-arranging the recycled bottle exhibit – brilliant! Recent upgrades to the museum, including the introduction of an intriguing magnet table and an egg incubator, make this an easy rainy day outing. The Palo Alto Junior Museum is another great option, with a wonderful array of kid-friendly exhibits that can keep my children engaged for a good 45 minutes. And in between rain showers, both museums have animal exhibits that are fun and educational for the kids.

2. Tour the international terminal at SFO.

A fellow mom suggested this idea to me and at first I was hesitant to give it a try. My husband thought it would be a fun outing, so one rainy afternoon he dragged me there with our two kids. They were right... it was so much fun! Where else can you get unlimited train rides, close-up views of airplanes and the trucks that are loading them, and endless rides on various types of escalators, all in one location for the mere price of \$2 per hour (and covered parking no less!)? They even have a great food court so you can build in time for a snack or lunch. Try it – you'll see.

This now tops my list of rainy afternoon outings.

3. Hit the gym.

If the health club you belong to has basketball or tennis courts, put on your sweats, load the kids in the car and hit the courts for a workout. In the early afternoon, when the gym is typically quiet, many places will let you dribble and dunk on the court to your heart's content. We'll often head to the gym for a family workout, then shower, put on pjs and have dinner out so that bedtime is a breeze. Another great exercise option is a local indoor kids' gym such as Pump it Up or Safari Run. They are springing up all over and many offer free-play time where kids can burn off some steam.

When all else fails, we dress warm, put on waterproof jackets and Catherine's dog boots and head out to find some puddles. It won't be long before my little explorers won't want me to tag along on their adventures, so I try hard to remember to savor those moments, even when we're all soaking wet.

Have fun in March!

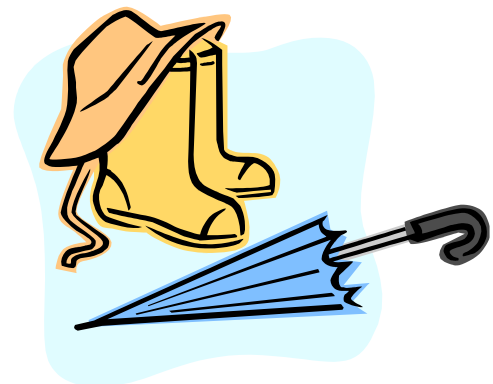


Photo courtesy of Classic Kids

Annual BMC Preschool Fair

< COMPILED BY DANIELLE KLING >

The Burlingame Mothers' Club Preschool Fair was a big success. Hundreds of BMC members attended this popular event held on January 9th at the Lions Club. Guests came to gather information on more than twenty-five preschools in Burlingame, Millbrae, San Mateo, Foster City, Hillsborough, and Palo Alto. Representatives and parents were on hand from each of the participating schools to answer questions and provide specifics on their programs. The BMC provided a helpful matrix outlining the schools' hours, teaching philosophies and program details. (This file is available for download on our website at www.burlingamemothers.org).

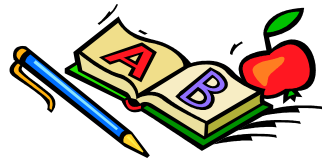
The process of choosing a preschool can be overwhelming. Stories abound of parents registering for preschool waiting lists while they are still pregnant! Rest-assured, most programs are not like this. However, it's never too early to start thinking about which preschool will be best for you and your child.

Preschool Teaching Philosophies

Aside from the logistical aspects of a program, hours, days, time commitments required of parents ("co-ops"), and starting age, perhaps the most important differentiating factor among preschools is the teaching philosophy. Here is a brief description of some of the teaching philosophies you can find in area preschools. These definitions come from information available online through Parents Press, Scholastic, Wikipedia and Parent Center. Please note that the schools are categorized based on information available in their informational materials. Each school may employ philosophies in addition to those with which they are identified in this article.

Academic

Academic programs focus on preparation for kindergarten and elementary school, with early reading and an introduction to pencil-and paper math. The preschool day is structured, often with separate times for "work" and "play."



Some academic schools in our area:

Carey School
St. Matthews Episcopal Day School
West Hillsborough School

Constructivist

A Constructivist teacher is more of a facilitator and provides children with the training they need to initiate their own learning experience. The environment is democratic

and social. Children are encouraged to work in groups. Thus, there is a heavy focus on developing communication skills.

A Constructivist school in our area:

The Nueva School

Developmental

Developmental programs focus on a child's developmental stage and the teacher structures a curriculum based on the child's level of physical, cognitive, emotional and social development. These programs feature both structured and unstructured activities, and use a "hands-on" approach to allow the child to play in groups or alone. The program typically does not teach academics, but strives to prepare the child to learn once in kindergarten.

Some developmental schools in our area:

First Presbyterian Church Nursery School
Learning Links
Nurture and Nature Early Childhood Education Center
Palcare
Papillon Preschool
Peninsula Jewish Community Center
Peninsula Temple Shalom Preschool
St. Paul's Nursery School

Foreign Language

These are programs that introduce or teach in a world language, such as Japanese, French, Spanish or Chinese. They may incorporate one or several of the other non-foreign language preschool philosophies.



Some foreign language schools in our area:

Pacific Rim International School
International School of the Peninsula

Montessori

Developed in the early 20th century by Dr. Maria Montessori, these programs emphasize initiative, independence, development of self-esteem and confidence by allowing children to work through a series of structured learning activities at their own pace. These programs use special materials to encourage the use of all senses in learning. The "teacher" in a Montessori classroom is often referred to as a "guide." This guide may present a lesson to the class as a whole, but then the task is undertaken individually or in small groups while the guide works with subsets of the class to encourage the children to explore and achieve at their own pace. A child can then focus on what she is most interested in and may receive specific

“Annual BMC Preschool Fair”

encouragement to try something she might otherwise be afraid to try. The Montessori setting promotes a child's sense of ownership over her environment, to foster feelings of responsibility and accountability in the child.

Some Montessori schools in our area:

Bright Beginnings Montessori Preschool
Burlingame Montessori
Centennial Montessori School
Glen Oaks Montessori
Highland Montessori School
Morning Glory Montessori
Tulane Children's House

Parent Cooperative “Co-ops”

Two key distinguishing features of a cooperative program are: 1) the school operates as a non-profit, reducing the financial cost of attendance, but requiring parents to perform a job related to the school's operation; and 2) parent participation routinely and actively in the classroom. The basic philosophy is that children and parents go to school together with guidance from a qualified teacher. The teacher plans the curriculum and also helps to educate the parents about teaching and parenting methods. Parents also can influence and contribute to the program's curriculum.

Some cooperative schools in our area:

A Child's Way
Bunker Hill Nursery School
Little Wonders
St. Paul's Nursery School
United Methodist Co-op Nursery School

Play-Based

A play-based program is planned to meet the interests and abilities of each age level as they learn through play. Spontaneous, voluntary, self-directed play provides children with a cognitive, physical, and social understanding of the world around them. Although it may appear to us that children are “just playing,” for children, play is the hardest work they do as they grow and develop.

Some play-based schools in our area:

Millbrae Nursery School
North Hillsborough School
Serendipity School
South Hillsborough School



Religious

There are many preschools sponsored by churches, synagogues or other religious organizations. They may incorporate much religious training, very little, or none at all, and likely incorporate one or several of the nonreligious preschool philosophies.

Some religious schools in our area:

First Presbyterian Church Nursery School
Peninsula Jewish Community Center
Peninsula Temple Shalom Preschool
St. Matthews Episcopal Day School
United Methodist Co-op Nursery School

There are a number of other preschool philosophies including Waldorf, Bank Street, Reggio Emilia and High/Scope. Because none of the preschools attending our preschool fair emphasize any of these philosophies, they have not been described here.

Last chance to get Santa photos from the Christmas party!



Mark Robinson, the photographer at the BMC holiday party in December, took incredible photos of many BMC kids and Santa. He has graciously extended the deadline to order photos at his website through March 14, 2008. He is offering a special discount to BMC families: the first 8x10 color print you order is only \$3.01 (including shipping)! In addition, he lowered the price substantially on individual hi-resolution image downloads.

To find your child's photo with Santa, go to:

- www.markrobinson.com
- Click on “Burlingame Mother's Club” link
- password is: “santa”

Mark can also be contacted directly at:

Mark Robinson Photography, Inc.
P.O. Box 2596
Menlo Park, CA 94026
(415) 652-7763

Community Events

< BY AMY WELCH >



Lady Washington & Hawaiian Chieftain

Month of March

San Francisco, Oakland, Redwood City

For all those pirate and battle ship fans out there, here's your opportunity to board the Hawaiian Chieftain, or take a tour aboard the Lady Washington, which appeared in the Disney movie, Pirates of the Caribbean. Bring lots of film, warm clothes, water, and sunscreen. The March locations will include:

March 1-5, San Francisco

March 6-23, Oakland

March 24-31, Redwood City

Call 1-800-200-5239 or go to www.ladywashington.org for more information. \$40-\$75.

Push! Stop! Go!

Daily until May 11, 2008

10:00am - 5:00pm

Lawrence Hall of Science, Berkeley

If it's speed your kids love, then zoom on over to the Lawrence Hall of Science! With twenty hands-on activities including virtual simulations, hands-on exhibits and real-deal accounts from pilots and race car drivers. Design a rollercoaster, make a penny go 270 mph, build and race a car, and create a sonic boom. \$2.50-\$10.

Pinnocchio

Saturdays & Sundays, March 1-16, 2008

1:00pm and 3:30pm

Fort Mason, San Francisco

Join in the fun of this classic tale about a marionette named Pinnocchio and his "father" Jepeto, who both wish the precocious puppet could be a real live boy as they adventure through the perils of Pleasure Island, the Marionette Theatre and lots of slapstick fun. Tickets are \$6-\$9.

Secret of the Cardboard Rocket

Saturdays, March 1 & 15, 2008

6:00pm

The Planetarium at De Anza College
21250 Stevens Creek Blvd., Cupertino

Climb aboard a magical cardboard rocket with two young adventurers, Marcus and Bonnie, and experience a breathtaking, up-close look at each of our solar system's planets with guidance from "Astronomy Book" - a character personified by a wise, kind old man. It's not until the end of the adventure when you find out what the true secret of the rocket is - something that makes this apparently impossible trip to the edges of

the universe and back become possible. Show format: high definition 360 degree full dome video and taped audio narration. Age level: kindergarten - 2nd grade. Tickets are \$7 adults / \$6 children 12 and under. Call 408-864-8814 for more information.

Birdwatching

Saturday, March 15, 2008

8:30am - 10:00am

Happy Hollow Zoo, San Jose

Kids learn about different kinds of birds that live in our area and make their very own bird book to take home, offered by Don Edwards of the San Francisco Bay National Wildlife Refuge. Afterwards, go take a spin on King Neptune's Carousel, the Granny Bug Ride, and Danny the Dragon, before you visit the Very Crooked House and The Maze. Reservations for bird-watching are required, call Vanessa at 408-277-3065. General admission \$6, under 2yrs/FREE.



Baby Loves Disco

Saturday, March 15, 2008

2:00pm - 5:00pm

Ruby Skye

420 Mason Street, San Francisco

Need a break from the typical playgroup scene, parks and other keep 'em busy activities between naptime and dinnertime? This is a really fun afternoon disco party with real DJ's spinning 70's & 80's tunes for kiddies--a room complete with bubbles, baskets of instruments, a chill-out room (with tents, books and puzzles), diaper changing stations, a full spread of healthy snacks (provided by Whole Foods) and dancing. \$15 per person.

St. Patrick's Day Parade

Saturday, March 15, 2008

11:30am

2nd & Market to Civic Center

Plaza, San Francisco

This annual event showcases Irish culture through music, dance, arts and crafts, children's activities, cultural competitions, food and other festivities. Call 650-359-0270 or go to www.sfstpatricksdaysparade.com for more information. FREE.



Burlingame Breakfast & Egg Hunt

Saturday, March 22, 2008

7:30am - 11:00am

Washington Park, Burlingame

This annual favorite is a really



fun event with a pancake breakfast sponsored by the Burlingame Lion's Club, a visit from the Easter Bunny and Lion, and egg hunts for delicious Preston's chocolate eggs by age groups. Breakfast begins at 7:30am, with the first egg hunt starting at 9:00am. Breakfast is nominal and the egg hunt is free.

Easter Parade & Spring Festival

Sunday, March 23, 2008

10:00am - 5:00pm

Union Street from Gough to Fillmore, San Francisco

This annual event brings families from around the Bay Area to participate in lots of kid-related activities before and after the 2pm parade including face painting, pony rides, games, jumpers, train rides, entertainers, yummy food and fantastic music. FREE.



Quinteto Latino

Friday, March 28, 2008

7:00pm

Kohl Mansion

2750 Adeline Drive, Burlingame

Another wonderful family concert at Kohl Mansion, featuring Latin American rhythms through the flute, oboe, clarinet, French horn, and bassoon, deftly performed by this talented group. \$5-\$35.

Tom Chapin

Sunday, March 30, 2008

1:00pm and 4:00pm

Foothill College Theater

12345 S. El Monte Road, Los Altos Hills

This Grammy award-winning artist entertains young and old alike with his enchanting songs and interplay with the audience. Don't miss out on this wonderful performance. \$12 per person. You'll need eight quarters for parking too.

Dan Zanes & Friends

Sunday, March 30, 2008

11:00am & 2:00pm

Herbst Theater

401 Van Ness Avenue, San Francisco

This fabulous kids-rock legend is back in town! Dan Zanes entertains kids with his great, un-goopy tunes for kids in a style that appeals to parents too. \$15 children, \$25 adults.

Amy Welch lives in Burlingame with her husband and children, and is a principal at www.myburlingame.com, a locally focused, family-oriented, community website where you'll find fun, weekly, family activities.

Moms' Shopping Event at Gumshoe – 30% Off!

Sunday, March 9, 2008

9:00am - 11:00am

275 Primrose Road, Burlingame

Attention moms! This is an event you won't want to miss...and just in time for Easter or your spring break travels. Join us for an exclusive BMC shopping spree at Gumshoe where you'll receive a first-of-its-kind discount of 30% off ALL shoe purchases and accessories! Find fabulous brands to outfit your kids' feet, including Ecco, Naturino, Puma, Ugg, Jumping Jacks, See Kai Run, Morgan & Milo, Skechers, GEOX, and more. Enjoy a continental breakfast while you shop with personal attention from the store's helpful staff. Lastly, as an added bonus, you are invited to pre-shop with your kids March 6-8 to secure the styles and sizes you want. RSVP to outings@burlingamemothers.org.

Tiny Treks Class

Thursday, March 13, 2008

9:30am - 11:00am

Twin Pines Park, Belmont

Join other BMC kids and moms for a free class with Tiny Treks! During this class, the kids will take a nature hike in the park, explore a creek, participate in songs and movement activities, and enjoy stories and a snack. Tiny Treks explores the beautiful San Francisco Bay Area hills, beaches and parks in its fun summer and school-year programs. The class is recommended for children ages 18 months and up (infants in carriers or backpacks are welcome). Class is limited to 28 children. Please RSVP to outings@burlingamemothers.org.



The Bar Method – Back by Popular Demand!

Saturday, March 15, 2008

12:00pm – 1:00pm

Crystal Springs Shopping Village

Bldg. 128 (behind Starbucks), San Mateo

If you missed last year's event at The Bar Method, here's your second chance. And this year we've scheduled a class on a weekend, so more moms can attend! Come and try a class for free! The Bar Method exercises create a uniquely lean, firm, sculpted body by reshaping and elongating muscles while maintaining an intense pace that burns fat and increases stamina. The Bar Method creates noticeable changes in its students' bodies, sometimes after only several weeks of classes! Need I say more? For more information, go to www.barmethod.com/sm.htm. Space is limited. Please RSVP to outings@burlingamemothers.org.

Getting Baby to Sleep with Noelle Cochran and Lele Diamond

Wednesday, April 2, 2008

11:00am - 12:30pm

Burlingame Lions Club

990 Burlingame Ave, Burlingame

Back by popular demand! Noelle Cochran and Lele Diamond, specialists in infant and toddler mental health, will join us to provide tips on how to improve your baby's sleep and to give you an overview of your baby's psychological and emotional development in the first year of life. Please RSVP to fristimers@burlingamemothers.org. Lap babies are welcome and you do not need to be a first time mom to come to this informative meeting.



Photo Highlights - Outings



30 kids enjoyed making their own personalized pizzas at a private BMC event at Village Host!



Village Host owner, Mike, helping each child make a personalized pie!



Hanging out with friends while waiting for the pizzas to cook!

Mmmmm, Mmmmm ... my own PIZZA!





Speaker Series and First Time Mom events are held at the Burlingame Lions Club, 990 Burlingame Avenue, Burlingame

Parent Effectiveness Techniques with Barbara Whiteside

*Wednesday, March 12, 2008
7:00pm – 9:00pm
Burlingame Lions Club
990 Burlingame Avenue*

Mark your calendar for an exciting discussion led by Barbara Whiteside of Whiteside Workshops. Barbara will share her unique knowledge of techniques to be a more effective parent. As she says, "I believe that effective communication and understanding of the similarities and differences between ourselves and others is key in creating, improving and sustaining healthy and satisfying relationships." In addition to many speaking engagements, workshops and trainings, Barbara also consults on a private basis.

Refreshments Schedule

Refreshments at Speaker Series meetings are provided by playgroups. Please contact the Playgroup Coordinators at playgroups@burlingamemothers.org if you have any questions.

March 12 - "Happy Hour" (Deborah Crisp)
April 9 - "Working Moms" (Meaghan Schaefer)
May 14 - "Angels" (Jenny Perez)
and "Springtime 05" (Erin Lager)
June 11 - Irene Weisman
September 10 - "The Jambalayas" (Sheila Krakow)

Play Beyond the Comfort Zone with Carolee Fucigna and Mark Mabry

*Wednesday, April 9, 2008
7:00pm – 9:00pm
Burlingame Lions Club
990 Burlingame Avenue*

Have you ever wondered why your son insists on turning his pointer finger and thumb into a weapon? Or whether or not to allow him to tote around a toy gun? Have you wondered whether to ban weapon play all together?

Or, have you been concerned by your little girl's preoccupation with Barbie's, princesses, and pink sparkly dresses?

Are these the playful acts of children destined to become vacant beauty queens or aggressive bullies?!

Carolee Fucigna and Mark Mabry, both alum teachers from Stanford's Bing Preschool, will invite you to consider these questions and more on April 9th at 7:00pm when they present at the BMC's monthly Speaker Series. Fucigna, currently a seven-year veteran of teaching Nueva School's Pre-K Program, and Mabry, the Admissions Director at Ring Mountain Day School in Mill Valley, have developed a presentation that invites parents to "take a hard look at personal beliefs around children's play" and then helps parents to "peel back the layers of their own thinking."

Why do some types of play please us and other types concern us so? In an attempt to raise law-abiding, community-minded, politically-correct, socially well-adjusted, popular children that reflect well on our parenting skills and good judgment, do we make decisions to intervene in our child's play that stifles their need for a full exploration of the human experience?

Fucigna and Mabry, both education mavericks, want us to look at ourselves and get honest about our responses to children's play and begin looking at play from a child's perspective instead of our own. We all want to teach our children the right way to interact with others and the right way to be in the world. But perhaps in our eagerness to do this we over-involve ourselves in their play, giving them little chance for exploration or privacy.

"Every interaction might not be kind," she explains, "but that is okay. It is important to sometimes take a reflective stance instead of an interactive one. It can be very hard for parents to disengage", she says. But we should do more observing and studying of our children instead of simply interacting. In other words, being "tuned-in" to your children does not necessarily mean engaging with them all the time. She says, "Have the courage to observe and let it play out before intervening."

Other questions to be addressed are: When do you coach (in the moment or after)?, What are your children learning from their play?, Do your children have a world separate from adults?, What is the difference between "behavior" and "play" (and how do you distinguish)?, Should you allow your children to wrestle and/or engage in weapon play?, Do your children have an opportunity for dramatic play?

These questions and more will be addressed at April's monthly Speaker Series. Please join us for what's sure to be an enlightening discussion!

New Members

< COMPILED BY ELIZABETH HUMBER >

Zone: Baywood

Debbi Dougherty-Roth and Jason Roth live on Bunker Hill Drive in San Mateo with their two children, Jake (3) and Ryan (10 mos). Debbi received a BA in history from the University of Vermont. She has worked in marketing and market research in the magazine and newspaper industries and enjoys cooking, knitting and biking. Jason works in PR for Apple.

Queenie and Jimmy Hua live on Crown Court in San Mateo with their son, Ethan (3 mos).

Suzanne and John Lertora live on Overland Drive in San Mateo with their daughter, Gianna (2). The couple is expecting their second child in March, 2008. Suzanne holds a BS in business management from Santa Clara University. She is a bookkeeper and enjoys scrapbooking. John works for ITT.

Rhoda and Paul Meade live on Broadview Court in San Mateo with their two children, Heather (4) and Marcas (1). Rhoda completed her undergraduate and postgraduate degrees at University College Dublin in Ireland and has worked in finance at Charles Schwab. She enjoys swimming and hiking. Paul is an engineer.

Jessica and David Thompson live on Locust Street in San Mateo with their daughter, Abigail (5 mos). Jessica attended San Diego Mesa College and FIDM in San Diego. She holds a BA in fashion merchandise marketing and is the former owner of Lulu Boutique in San Mateo. She enjoys entertaining, shopping and reading. David owns a user experience design firm.

Susan Yao lives in San Mateo and is expecting her first child.

Zone: Foster City

Michelle and Whitman Kwok live on Carina Lane in Foster City with their two children, Aidan (4) and Zoe (11 mos). Michelle received a BA from Scripps College and an MD from New York Medical College. She is a physician and enjoys blogging and music. Whitman is a photographer.

Tyng Loh and Christopher Hines live on Mira Street in Foster City with their son, Trevor (4 mos). Tyng received a BA in molecular biophysics and biochemistry from Yale University, and a JD from Georgetown University. She is an attorney and enjoys Chinese calligraphy, piano and voice. Christopher is also an attorney.

Zone: Hillsborough

Junehee Cho is moving to Hillsborough from Washington this year with her two children, Brandon (3) and Oliver (11 mos). Junehee received a BA from Barnard College and an MBA from Harvard Business School. She does marketing for a hedge fund and enjoys golf and skiing. Her husband works in private equity.



Nancy Kedzierski and Gordon Chaffee live on Crockett Lane in Hillsborough with their daughter, Violet (2 mos). Nancy received a BA in psychology from UC Berkeley and her teaching credential in biology from Cal State Hayward. She is a former high school biology teacher and enjoys reading, walking and needlework. Gordon is a computer programmer and manager.

Alisa and Mark Menell live on West Santa Inez Avenue in Hillsborough. The couple is expecting their first child in July, 2008. Alisa received an MBA from UCLA and a BA in business administration from Central Michigan University. She is the director of marketing for Kaboodle and enjoys reading, wine, and skiing. Mark is a partner at a venture capital firm.

Zone: Hillsdale

Suki and Greg Brown live on Park Place in San Mateo with their daughter, Gianna (1). Suki was educated in England and has her own travel business in the UK and fashion/image consultancy in the USA. She enjoys reading, dancing, and fashion. Greg is a vice president of information technology at Nektar.

Carman Chan and Todd Emerson live on Rosilie Street in San Mateo with their daughter, Annika (3 mos). Carman received a BS in political science from Santa Clara University and works in the technology industry. She enjoys photography, card making and traveling. Todd is a director of engineering at Yahoo!.

Alison and Nathan Jones live on 26th Avenue in San Mateo with their daughter, Lily (2). The couple is expecting their second child in February, 2008. Alison received a BA from Providence College and an M.Ed. in special education from Boston College. She was formerly a learning center specialist working with children with special needs at an elementary school. Alison enjoys cooking,

running, and yoga. Nathan is a vice president of corporate development at Glue Mobile.

Zone: Lincoln

Courtney and Todd Ammos live on Paloma Avenue in Burlingame with their daughter, Reese and son Charles (both 4 mos). Courtney received a BA in communications from UC Berkeley. She has worked as an executive recruiter and enjoys hunting, equestrian jumping, and skiing. Todd is a hedge fund analyst.

Emily and Duff Beach are moving to Burlingame from San Francisco with their two children, Kate (3) and Matthew (9 mos). Emily received a BA in government and Spanish from University of Notre Dame. She has been an army officer as well as a professional musician. Emily enjoys playing guitar, singing, hiking and camping. Duff is an attorney.

Shiori and Kenneth Betzler live on Paloma Avenue in Burlingame with their daughter, Sayaka (4) and son Kazuki (3). Shiori graduated from the University of Washington with a BA in computer science. She is a software engineer at RealNetworks and enjoys dining out. Kenneth does marketing at Genentech.

Katie and Jon Herstein live on Drake Avenue in Burlingame with their son, Zachary (2 mos). Katie received a BA in English from West Virginia University and an MA in technical communication from North Carolina State University. She is a freelance technical writer and enjoys reading, film, and cooking. Jon is a software consultant.

Zone: McKinley

Marie and Todd Carper live on Howard Avenue in Burlingame with their son, Jack (7 mos). Marie was educated in France, where she received a master's degree in business. She formerly worked

in marketing at Compass Group PLC and enjoys reading, restaurant outings and traveling. Todd is a software engineer.

Kristen and Daron Evans live on Ralston Avenue in Burlingame with their children, Scarlett (2) and Anderson (4 mos). Kristen received a master's in English from the University of Georgia. She has worked in public relations for an internet start-up and enjoys cooking, reading, and horses. Daron works in biotech.

Kate Karriker-Jaffe and Chris Jaffe live on Floribunda Avenue in Burlingame with their daughter, Stella (2 mos). Kate holds a PhD in public health from the University of North Carolina at Chapel Hill. She does postdoctoral research with UC Berkeley's School of Public Health at the Alcohol Research Group in Emeryville and enjoys scuba diving, traveling and cycling. Chris is a design director at Yahoo!.

Sindy Lin Murray and John Murray live on Almer Road in Burlingame. The couple is expecting their first child in June, 2008. Sindy holds a BA in international business from the Haas School of Business at UC Berkeley, and an MFA in motion picture producing from the School of Cinema and Television at the University of Southern California. She is a senior account manager for Deutsch Design Works and enjoys photography. John works in real estate finance.

Danielle Thompson and Ron Clarke live on Willborough Place in Burlingame with their daughter, Shaya (1 month). Danielle was educated in Australia, where she received a master's in social work. She is an operations manager and enjoys playing golf and meeting people. Ron owns his own company.

Zone: Millbrae

Maria and Keith Benson live on Juanita Avenue in Millbrae with their daughter, Chloe (1). Maria attended Kingwood Community College and West Los Angeles College. She is a sales manager for Continental Airlines and enjoys reading, scuba diving and walking. Keith works as a sales manager in aviation.

Zone: Other

Janice and James Molinelli live in Pleasanton with their children, Jacob (3) and Olivia (1).

Zone: Park

Melissa and Sanjay Ketty live on Jefferson Court in San Mateo with their two children, Apolonia (2) and Konstantine (3 mos). Melissa received a BS in biology from Allegheny College in Pennsylvania and was formerly a senior clinical research scientist. She enjoys yoga, Pilates, and rooting for the Pittsburgh Steelers. Sanjay is the director of admissions at California Culinary Academy.

please continue on p.11 >

Yahoo! Group Round-Up

With over 1,100 members and messages up 80% vs. last year, the BMC Yahoo! Group has become an integral and dynamic part of the club. In order to maintain the integrity of the Yahoo! Group and to keep messages to a manageable level, it is critical that everyone abide by the BMC Yahoo! Group guidelines. Below is a reminder of two key rules that are especially important:

RULE #5: NO COMMERCIAL / CHARITABLE SOLICITATIONS

If your business or favorite charity stands to benefit from the email you send, then do not send it to the Yahoo! Group. This includes small, mom-owned businesses in our area, as well as trunk shows, photographers, caterers, etc. Instead, consider running a classified ad in the BMC Email Bulletin and the BMC Newsletter (6 free ads per year to members) by contacting communications@burlingamemothers.org. The exceptions to this rule are as follows:

- If another member requests information about services you provide on the Yahoo! Group, you may respond to that individual with information about yourself or your

business so that she can include it in the summary.

- It is okay to sell any household items.
- You may list a garage sale.
- It is okay to inquire about nannies, housekeepers, or other household help.

RULE #3: CHECK THE ARCHIVES FIRST

Use the search box in the “messages” area before you post a question to see if it has already been asked. There is so much great information in there! This helps curb unnecessary list traffic, and is also more respectful of those members who have one or more times sent in recommendations to similar requests. You can even say in your email “I have checked the archives, but did not see an answer to this...”

A complete list of all rules is available at http://www.burlingamemothers.org/members/yahoo_group.html. If you are ever in doubt as to whether or not a message is appropriate, please feel free to contact moderator@burlingamemothers.org. Thank you to everyone for making the BMC Yahoo!Group such a valuable tool.

Outreach Recap

BMC's Holiday Outreach Effort for the Family Literacy Program a Success!

Thanks to the generosity of our members, the BMC collected three full boxes of new and gently used books at the holiday party in December for the Family Literacy Program. The program coordinator reported that the children and families were simply delighted with the books. The lead teacher of the program went through the books and picked out a special one for each child, wrapped it, and gave it to them during the program's holiday party. The teachers were thrilled to be able to do so, and the kids were ecstatic to receive a new book!

Additionally, all the funds from our Talbot's Shopping Nights—totaling \$168—will go towards the purchase of books for this initiative as well. A sincere thank you to all the members who made an effort to shop Talbot's during our fundraising window!



The BMC received this sweet handmade thank you card from one of the children who received a book as part of our book drive for the Family Literacy Program. To learn more about how the Family Service Agency helps those in need in our community, visit their website at www.familyserviceagency.org.



Aji Yoshi Ya

1190 Broadway
Burlingame, CA 94010
(650) 558-1683

During my first trip to the Bay Area in 1988, my friend's family took me out for Japanese food at Aji Yoshi Ya, on the corner of Broadway and Laguna. Many years later, I moved to Burlingame with my husband and infant daughter, walking distance from Aji Yoshi Ya. We ate there a couple of times, but the restaurant seemed in need of a fresh look and fresher fish. I yearned for good neighborhood sushi like I had in my single days in Pacific Heights. Then, in 2005, the restaurant was purchased by Jackie Miao and his wife. They closed the restaurant for several months and completely renovated the inside. When it reopened with a conspicuous blue roof, we gave it a try, and now we are regulars.

The menu includes traditional teppan style (grilled) meats, seafood entrees, and other meat entrees cooked teriyaki or tonkatsu (deep fried) style. Aji Yoshi Ya also serves noodle soups, donburi, a variety of soups, cold noodle dishes, and a large selection of sashimi and sushi, as well as various combination plates. There is also a large and varied appetizer selection.

Aji Yoshi Ya prides itself on its homemade sauces. We highly recommend the Butterfish Tataki, which is a tasty seared fish

served with a homemade ponzu sauce. The menu includes Salmon Tataki as well. One of our must-have items is the house salad served with a delicious tangy homemade salad dressing. Even my four year old orders salad when she goes to Aji Yoshi Ya. We also like the teriyaki dishes. Everything is served promptly and presented elegantly. The helpful wait staff don't mind splitting orders (including salads), and provide booster seats or high chairs upon request. If you can't eat at the restaurant, take out orders are another option, and it's easy to run in when you can park in the small private lot in the back of the restaurant (enter from Laguna).

The prices are reasonable. Appetizers range from \$4.95 to \$9.95. Six piece sushi rolls run from \$4.50 to \$12.95, while the entrees are from \$8.95 to \$17.95. Entrees generally come with miso soup, rice, and salad. The restaurant serves wine, beer, and eleven types of sake, as well as juices and sodas.

The excellent food, friendly service, and pleasant atmosphere make Aji Yoshi Ya a great destination for an evening meal with the whole family or for a casual date night.

continued from p.9 >

New Members

Margarita and Rafael Navarro live on Palm Avenue in San Mateo with their daughter, Paola (1). Margarita holds a BA in social sciences from San Jose State University, an MA in education from Stanford University and an MA in education leadership from UC Berkeley. She is a professional development coordinator for a high school district. Margarita enjoys traveling, event planning and movies. Rafael works in the auto racing industry.

Nichola and Martin Sudweeks live on Occidental Avenue in San Mateo with their son, Joshua (1 month). Nichola was educated in the UK and provides mentoring and coaching advice to marketing executives. She enjoys wine tasting, fine dining, swimming, and is working on her first novel.

Zone: Redwood City

Lara and Dean Ayoo live on Palm Avenue in Redwood City. The couple is

expecting their first child in April, 2008. Lara holds a BS in nursing from Seattle University and is an OB/GYN nurse at the Palo Alto Medical Foundation. She enjoys working out, photography and cooking. Dean is an assistant athletic director at Serra High School.

Zone: Roosevelt

Jasmin and Paul Limbrey live on Drake Avenue in Burlingame with their daughter, Zoe (10 mos). Jasmin received a bachelor degree from San Diego State University and has worked as a solution engineer. She enjoys photography and cooking. Paul does software sales.

Zone: South San Francisco

Jennifer King lives in South San Francisco and is expecting her first child in August, 2008. Jennifer received a BA in communications from the University of San Francisco and a master's in education

from the University of San Diego. She works in private equity and her husband works in commercial real estate.

Zone: Sunnybrae

Caron and Khurem Farooq live on South Fremont Street in San Mateo with their two daughters, Deenah (3) and Hana (2). Caron attended Sheffield University in England. She has a medical degree and has practiced family medicine. Caron enjoys movies, shopping, and dancing. Khurem works for Genentech.

Sarita and Cary Law live on Lorraine Avenue in San Mateo with their daughter, Lauren (3 mos). Sarita received a BS in business administration from San Francisco State University and works as a marketing manager. She enjoys shopping, eating, and tennis. Cary works in sales.

Stacy and Mark Ryan live on Aberdeen Drive in San Mateo with their daughter,

Magdalena (4 mos). Stacy has worked in accounting for a magazine publisher and is completing her bachelor degree in art history. She enjoys reading, traveling and movies. Mark is CFO for an internet marketing company.

Zone: Washington

Catherine Scaturo Bernard and Steve Bernard are moving from San Francisco to Carol Avenue in Burlingame with their daughter, Lillian (2).

Monica and Aaron Shoffa live on Bayswater Avenue in Burlingame. The couple is expecting their first child in July, 2008. Monica is a marketing director at Gap, Inc. and enjoys travel, walking, and shopping. Aaron works in software sales.

Funding Your Child's Education

< BY JOHN D. LEE >

As parents, many of you may be thinking about how to provide for your child's education. As a financial advisor, people often ask for my thoughts on this subject. There are many great strategies and investment options to prepare you for this important expense. Here is a step-by-step plan to help you get started.

Set a goal. As with any good financial strategy, everything starts with goal setting. Start by determining what type of school you would like your child to attend (e.g., Ivy League, private, public) and the average time to earn a degree from this type of institution. Also, you should determine whether you want to help your child with education costs beyond an undergraduate education, such as graduate school, law school or medical school. Once you've made that decision, gather information about costs associated with those types of schools. For example, in 2005-06, total annual expenses at UC Berkeley for an in-state student living off-campus were \$19,484, whereas the comparable expenses at Stanford were \$44,267.

You can find expense and other information on specific schools at www.nces.ed.gov/ipeds/cool/index.aspx. A good tool for estimating how much you'll need based on your choice of school and child's age can be found at www.cgi.money.cnn.com/tools/collegeplanner/collegeplanner.jsp. A good financial professional can help you put together a saving and investing strategy for college, as well.

Don't panic. Saving up the entire amount required before your child enters college can be daunting, so you may consider accumulating a portion of the total amount ahead of time and then using a combination of student loans, home equity loans, any scholarship/grant monies and/or income earned by you and your child during college, to supplement your savings.

Start early. Given the high cost of education, it's generally best to start saving as soon as your child is born. There are two main benefits to starting early:

- You give yourself more time to contribute to your education savings fund and, therefore, set aside more money.
- You can be more aggressive with your investment strategy by putting a greater portion of your investment in stocks, which tend to have more growth potential over the long run than bonds. While stocks generally have a higher expected return than bonds, they are also riskier. So as



you get closer to the date when you will need to pay for your child's education, you should reduce your exposure to stocks in order to reduce the risk of your investments losing value. Many 529 plans (discussed below) offer age-based investment portfolios that automatically adjust the ratio of stocks to bonds in your portfolio based on your child's age.

Take advantage of tax benefits. The government offers several tax-advantaged ways to save for education purposes, including the Coverdell Education Savings Accounts and 529 plans (both discussed below).

Use automatic investment programs to stay on track. Whether you choose a 529 plan, a Coverdell ESA, a brokerage account or any combination of these, it's a good idea to discipline yourself to contribute to the account on a regular basis. If available, set up an automatic direct deposit from a checking or savings account into the investment account. Include this monthly investment as part of your budget rather than trying to contribute "when you can."

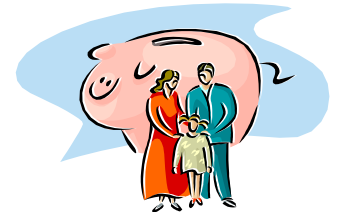
Don't stop saving for retirement. While any parent is willing to make sacrifices to provide for their kids, do not sacrifice your retirement savings to pay for college. Although there are numerous sources that will lend you and your child money to pay for college, financial institutions generally will not lend you money to pay for retirement. Continue to fund your retirement accounts, even if it means you must slightly under-fund your child's education savings.

Tax-deferred Education Savings Accounts:

Coverdell Education Savings Accounts

Earnings in Coverdell Education Savings Accounts grow tax-deferred and distributions are tax-free when used for qualified post-secondary education expenses. Through 2010, tax-free withdrawals can also be taken on qualified primary and secondary education expenses (it is expected, though not guaranteed, that Congress will extend these benefits beyond 2010). For those considering private primary or secondary school for your kids, Coverdell ESAs can be a useful tool.

However, they have two significant limitations: 1) their ability to contribute phases out for incomes between \$190,000 - \$220,000 (for joint filers) and \$95,000-\$110,000 (for singles) and 2) the maximum annual contribution per child is \$2,000



continued from p.12 >

“Funding Your Child’s Education”

combined from all sources.

Because of this second limitation, a Coverdell alone is unlikely to be sufficient for all of your college savings needs. Clients who qualify for a Coverdell also should consider investing in a 529 plan. The key advantage of the Coverdell ESA is its usefulness in saving for pre-college education. Since Coverdell ESAs generally are held in brokerage accounts, you get a lot more investment options with these types of accounts than with 529 plans. Funds in a Coverdell ESA must be used by the time the beneficiary turns 30, otherwise the account will convert to a regular taxable investment account with a 10 percent penalty and income tax due.

529 College Savings Plans

A 529 college savings plan is a tax-advantaged investment program designed to help pay for qualified higher education costs. Earnings in 529 plans grow tax-deferred and distributions are tax-free when used for qualified post-secondary education expenses. Contributions to 529 plans are treated as gifts from a Federal tax perspective. Anyone qualifies for a 529 plan, regardless of income.

An individual may contribute up to \$12,000 per year for each student/beneficiary without incurring the gift tax. To get a jump-start, an individual may make up to five years’ worth of contributions -- or \$60,000 -- at one time, as long as they do not make any additional contributions for the remainder of the five years. Likewise, two parents (or grandparents) could collectively contribute as much as \$120,000 to a student’s 529 plan at one time. The maximum contribution to 529 plans varies by plan, but is typically \$200,000 or more.

Multiple accounts can be owned by different people for the same beneficiary, so 529 plans often are used by grandparents looking to reduce their estate, while ensuring the funds will be used for higher education expenses. This is one advantage of using 529s instead of a Uniform Gifts to Minors Act (UGMA) account where control of the account goes to the child when he or she turns 18 (or otherwise reaches the age of majority) and there are no restrictions on how the money can be spent.

Individual states sponsor most 529 plans, while qualified educational institutions sponsor others. You should focus your 529 plan search on those plans with the lowest costs and best investment options, regardless of the state sponsor. A financial or investment advisor should be able to assist you in finding the best plan for your needs. A good online resource for learning more about 529 plans is www.SavingForCollege.com.

Note that there is a 10 percent penalty for spending the proceeds on non-qualified expenses and you would be subject to paying income tax on any gains. However, if your child decides not to go to college or you decide you no longer want to pay for that particular child to go to college, you can change the beneficiary of a 529 plan account, thus keeping the 529 plan alive without incurring the penalty. Similar rules on penalties and beneficiary changes exist for Coverdell ESAs.

Bear in mind that participation in a 529 plan does not guarantee the contributions and investment returns will be adequate to cover higher education expenses. Contributors to a 529 plan assume an investment risk, including the potential for loss of principal and penalties for non-educational withdrawals.

While a good education is not cheap, there is little doubt that it can reap enormous benefits for your child’s future. In the words of Sir Claus Moser, “Education costs money, but so does ignorance.”

John D. Lee is a financial advisor with SGC Financial & Insurance Services in San Mateo. John and his wife Karen live in Alameda with their 3.5-year-old son, Archie. Archie is passionate about basketball and John hopes this passion will soon develop into skills that allow him to cut back on the 529 contributions. John specializes in helping families achieve their goals through comprehensive financial planning, investment management, and insurance. John is a Registered Representative of Securian Financial Services, Inc., a Securities Dealer, member FINRA/SIPC and a Registered Investment Advisor. SGC Financial & Insurance Services is independently owned and operated. He can be reached at John.Lee@sgc-financial.com or (650) 227-0366.

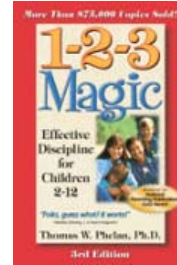


The Social Club



BMC moms kicked off their first monthly mixer for The Social Club. They enjoyed an evening of appetizers, cocktails and most importantly a mid-week break. For more information on this sub-club, please contact Lori Jabaghourian at lolosh@aol.com or (650) 302-1228.

March Selection:



1-2-3 Magic: Effective Discipline for Children 2-12

BY THOMAS W. PHELAN

BMC moms are swearing by the techniques in this book for disciplining headstrong toddlers and preschoolers.

Product ^{OF THE} Month

Wireless Control Pan/Tilt Camera 2.5 LCD Baby Color Monitor



www.4ucam.com/pantilt_n.html

This great baby monitor supports up to 3 cameras, is small, light and portable, and you can REMOTELY control the camera (move it to different viewing angles and turn the video feed on or off).

Submitted by BMC mom Judy Han

“Quote ^{OF THE} Month”

“Pretty much all the honest truth-telling there is in the world is done by children.”

~ Oliver Wendell Holmes

Site ^{OF THE} Month

www.drgreene.com

Dr. Greene used to practice pediatrics in San Mateo, but now devotes his time to managing a website focused on raising healthy kids.

Submitted by BMC mom Jennifer Vancini

Do you have a great product or website that you'd like to share? Do tell! Email editor@burlingamemothers.org with the info.

Time to Change Playgroup Reps!

February is here and that means it's time to switch playgroup representatives. Please email playgroups@burlingamemothers.org with your playgroup's name and your new representative's name, phone number, and email address. Thank you!

Volunteer to be a Kindergarten Playgroup Rep!

Is your child starting Kindergarten in the fall? Kindergarten Playgroups are a great opportunity for your child to meet others in his/her class before school starts! All we need is a playgroup representative for each school. Please contact us at playgroups@burlingamemothers.org to set up a playgroup for your school. Please include your name, email address, and the school you would like to represent.

Open Playgroups

To sign up for a playgroup, please come to a New Member Tea (if you haven't already attended one). The list of available playgroups is maintained by the playgroup coordinators. If there is not a group available that meets your needs, a new one can always be created. We ask that you do not post emails to the Yahoo! Group, or post classified ads to join or create a playgroup, but instead contact us directly at playgroups@burlingamemothers.org so that we can work with you individually to fill your requests.

Neighborhood Playgroups

Interested in meeting more moms in your neighborhood? Please visit the BMC website at www.burlingamemothers.org to find your neighborhood playgroup representative, who can tell you more about fun events in your neighborhood.

Playgroup Member Expecting a Baby?

If one of your playgroup members is expecting a baby, please have the playgroup representative contact BMC's In-A-Pinch program at iap@burlingamemothers.org to let them know.

Playgroup Representatives – Keep your pictures and ideas coming!

If your playgroup has recently done something fun, please send us a picture and a brief description to ahigueraballard@yahoo.com. We will feature your group in our playgroup news to inspire other playgroups with new ideas.



Playgroups! A Fun Outing Idea – Holiday Pizza Party!

The Wednesday Wigglers playgroup got together in December to celebrate the holidays and eat pizza. The group also held a special gift exchange, and each child received either a book or a puzzle.





The IAP team would like to warmly thank the following BMC members who provided at least one meal for their fellow moms:

- | | | |
|----------------------------|-----------------------------------|--------------------------------|
| <i>Laura Agarwal</i> | <i>Marni Gerber (2)</i> | <i>Jennifer Nissenberg</i> |
| <i>Deepika Ahuja</i> | <i>Beth Gelles</i> | <i>Felicia Ng (2)</i> |
| <i>Nini Argeris</i> | <i>Cathy Gugliemi (2)</i> | <i>Erin Nantell-Pasero (2)</i> |
| <i>Paige Bacon</i> | <i>Jacquie Cooke Haggarty</i> | <i>Kristen Phillips</i> |
| <i>Nirmala Bandrapalli</i> | <i>Christina Habelt</i> | <i>Suzanne Roche</i> |
| <i>Susan Benton (4)</i> | <i>Andrea Higuera-Ballard (3)</i> | <i>Cindy Rose</i> |
| <i>Betsy Berman (2)</i> | <i>Susie Hodges</i> | <i>Alicia Sanguinetti</i> |
| <i>Caroline Bowers</i> | <i>Marissa Huang</i> | <i>Lauren Schanker</i> |
| <i>Kirsten Braccia</i> | <i>Nancy Huang (2)</i> | <i>Laura Selig</i> |
| <i>Kerry Brown (2)</i> | <i>Elizabeth Humber</i> | <i>Louisa Shields (2)</i> |
| <i>Jennifer Buckley</i> | <i>Maria Kammerer</i> | <i>Katie Storey (2)</i> |
| <i>Anita Chan</i> | <i>Lisa Kearns (3)</i> | <i>Kristin Swift</i> |
| <i>Mei Chen</i> | <i>Jennifer Laborde (2)</i> | <i>Marija Tadin-Strapps</i> |
| <i>Mina Cima</i> | <i>Leanne Lash</i> | <i>Claire Thompson</i> |
| <i>Tina Clark-Dur (2)</i> | <i>Mara Langer</i> | <i>Janet Tierney</i> |
| <i>Erin Crocker</i> | <i>Jennifer Lee (2)</i> | <i>Cathleen Thomas</i> |
| <i>Julia Cutler</i> | <i>Suzanne Lee</i> | <i>Cariad Thronson</i> |
| <i>Katie Davis</i> | <i>Jeanne Leinwand</i> | <i>Sonja Tosetti</i> |
| <i>Kristin Dobbs</i> | <i>Adara Louis</i> | <i>Wenda Treu (2)</i> |
| <i>Leilani Dowd</i> | <i>Nicole Lum</i> | <i>Carol True</i> |
| <i>Lynette Dowling (2)</i> | <i>Patty Macy (3)</i> | <i>Tessa Tuttmann</i> |
| <i>Linda Dugoni</i> | <i>Kimarie Matthews</i> | <i>Michelle Vanryswyk</i> |
| <i>Megan Dyer (2)</i> | <i>Janice Moore</i> | <i>Celene Voyles</i> |
| <i>Michelle Ebersman</i> | <i>Jenny Moore</i> | <i>Alison Wagonfeld</i> |
| <i>Robbie Fang</i> | <i>Christina Murad</i> | <i>Mari Ines Woodsome</i> |

Expecting

Kimberly Harmsen
January 26, 2008

Jamie Merkel
Feb 29, 2008

Sarah Adams
March 20, 2008

Laura Selig
April 18, 2008

Jody Villa
May 8, 2008

Karen Parecki
May 30, 2008



Congratulations to the
In-A-Pinch raffle winner:
Claire Thompson

Births

Larry, Linda, Jack, Luke & Sophia
Dugoni
Emma Joanne
5 lbs., 10 oz; 17 inches
November 30, 2007

Christine Talbot and Eric Bond
Fisher Francis
8 lbs., 9 oz; 21 inches
November 24, 2007

Tia Kelly-Mandel & Matthew Mandel
Hannah Miriam
6 lbs., 9 oz; 20.5 inches
December 1, 2007

Caroline Cheu & Jason Chow
Eva Claire
5 lbs., 12 oz; 18.5 inches
December 4, 2007

Nelana and Mike Manzano
Kekoa Mai Kalani
7 lbs., 11 oz; 20.5 inches
December 14, 2007

Ida, Aaron, Rachel & Emily Gruber
Abigail Star
8 lbs., 3 oz; 20.5 inches
December 18, 2007

Jennifer, Derek and Grady Larson
Hadley Margaret
7 lbs., 19 inches
December 18, 2007

Felynn & Mark Haberecht
Natalie Corazon
6 lbs., 9 oz; 20 inches
December 25, 2007

Robyn Kamisher & Jason Gordon
Chase John
8 lbs., 12 oz; 21 inches
December 25, 2007

Gwen Campbell, John and Cameron
Merrells
Maxwell James
8 lbs., 4 oz; 20.75 inches
December 27, 2007

Melissa, Reza and Anneke Ansari
Haleh
8.5 lbs., 20.75 inches
December 29, 2007

Stacy Paz and Carl Herbert
Maeva Grace
6 lbs., 6 oz; 20 inches
December 29, 2007

Julie Liang, Greg & Lily Bettinelli
Oliver David
7 lbs., 7 oz; 19.5 inches
December 30, 2007

Ajanta & Chris Horan
Ellora Cait & Aidan Roy
5 lbs., 8 oz; 18.5 inches and 5 lbs., 1 oz; 18.5 inches
January 2, 2008

Marci Yamaguchi Hughes and Jake
Strider Hughes
Tyler Kunio
6 lbs., 13 oz; 20 inches
January 5, 2008

James & Kaye Slavet
Maxwell Samuel Slavet
8 lbs., 12 oz; 20.5 inches
January 13, 2008

Megan & Erik Pavelka
Zara Maria
7 lbs., 1 oz; 19 inches
January 13, 2008

Lisa & David Mendell
Max Spencer
7 lbs.; 20 inches
January 14, 2008



If you have not yet found a group to join within the BMC, sub clubs are a great way to get involved! The Mom's Owned Businesses subclub is meeting this month and the social club is off to a booming start! It is the perfect opportunity to meet some fabulous local moms in the absence of your children! (See below) If you don't see a subclub that pertains to your interests or talents, consider starting one. Chances are that one of our over 1300 members will be interested too! Just e-mail vp@burlingamemothers.org and we will help you get started.

The Social Club – NEW SUBCLUB!

The Social Club is a monthly mixer for BMC members. It's a perfect way to meet other moms in a casual and enjoyable atmosphere. These adult socials are hosted in the evenings by BMC moms at our homes. To be a member of the club, we ask that you do one of the following for each event you attend: (1) bring a bottle of wine, (2) bring an appetizer, (3) host an event at your home (optional), (4) help with a 10 minute clean-up (not the most exciting but definitely the most appreciated and it costs you nothing!) It's what the BMC is all about...support, information, friendship and community. So let's turn on the music, toast with a glass of wine and have a good time! Just contact Lori Jagachourian at lolosh@aol.com or (650) 302-1228.

Book Club

The book club meets at 7pm the 1st Monday of each month to discuss a book chosen at the previous meeting. Please contact Cinda Bailey at cinda_bailey@hotmail.com for more information.

Christian Mommies

This group is for women to socialize with other moms who share their Christian values. We will bring together our children of all ages, and discuss the challenges and joys of raising our children with a focus on Christian values. Please contact Marie Genc at mariemgl@yahoo.com for more information.

Dads Only - No Children

Does your husband need some time with the guys? Let him know about Dads' Night Out, a night out for BMC dads, held on the 3rd Thursday of the month. Please contact Ryan Davis at ryanmariodavis@yahoo.com to be notified of upcoming events, to get more information or to provide input.

Dads' Outings - With Children

Dads spend time with their children, meet new dads and give moms a break. Events are held every Saturday morning generally starting at 10am and lasting for 2-3 hours. Please contact Ryan Davis at ryanmariodavis@yahoo.com to be notified of upcoming events, get more information, or provide input. The schedule for each month is as follows:

- First Saturday - Pershing Park, Burlingame
- Second Saturday - Coyote Point Park (Magic Mountain Playground), San Mateo
- Third Saturday - Pershing Park, Burlingame
- Fourth Saturday - Family night - Bring your wife & kids out to family night

French Speaking Club

We are very excited to introduce a French speaking subclub to the BMC community. Our idea is to introduce our children to other French speaking children. We will read, sing, and communicate in French. This subclub is for French speaking families only. We meet every other Tuesday at 3:30. To join, please contact Mina Cima at minasouss@yahoo.com.

Generation Tap Club - Upcoming event! Get involved now!

The Generation Tap subclub is a fun way to spend time with your child and make a difference in our community. Our intergenerational events bring children together with seniors who have memory loss, during a shared musical activity. As a participant, a child discovers more about the community, society, and the environment in which he/she lives. Kids of all ages with a parent are welcome. For more information on how to participate or volunteer, please contact generationtap@gmail.com.

German Speaking

This sub club encourages our children to use the German language with their peers through play, songs and learning about the German culture. This group of native German speaking parents meets weekly. Please contact Ilka Hosking at ilka_mark@sbcglobal.net for more information.

International Mamas

Our goal is to meet with other international moms for the purpose of exchanging ideas related to multiculturalism, raising multilingual children and even adjusting to life in a foreign country (not necessarily from only non-English speaking countries). We meet every other Tuesday afternoon with our children from 3:30-5:30pm to enjoy some conversation. We also plan occasional moms' nights out without the kids. For more information please contact Sonja Borowski at sonjaborowski@yahoo.com.

Joy Luck Chinese

The idea is to have our kids grow up knowing a bunch of other Chinese speaking kids, so they will learn and use the language with their peers, maintain their Chinese heritage and culture. We will get together and speak only Mandarin or Cantonese (so knowledge of the language would be helpful). We'll sing some Chinese songs and just talk to each other and to our kids. Around major holidays (like Chinese New Year), we'll celebrate with a bigger event. Currently we're meeting every other week on Saturday mornings, rotating houses. Dads are welcome to too. Just email bmcyjLuck@gmail.com to join us!

Knitting Subclub – NEW MEETING TIMES!

Let's get together to share our projects and enjoy knitting and/or crochet. Beginners are encouraged to come! Our new meeting schedule is as follows:

- 1st Tuesday of the month: Yarn Paper Scissors, 1410B Burlingame Avenue.
- 3rd Thursday of the month: Starbucks, 1230 Broadway Avenue.

For more information, or to RSVP, contact Elspeth McKee at elspethm@gmail.com.

Miscarriage Support

If you would like to email, talk or share your experiences with other BMC moms, please contact vp@burlingamemothers.org to join this group of moms. Also, there is a pregnancy loss support group in San Mateo (at Mills Health Center): www.HANDSupport.org.

Moms-owned Businesses - Meeting coming up!

Are you a BMC mom who owns her own business? Perhaps you're thinking about starting a business and would like to talk to other moms who have taken the plunge? The next Moms-owned Business subclub will be meeting Tuesday, March 18th at 7:00pm. For more information or to join this subclub, please contact Kathy Ullrich at 650-458-8737 or Kathryn@ullrichassociates.com. And, don't forget to check out the moms-owned business directory on the BMC website!

Moms With Special Needs Kids

Do you have a child with a disability or special needs? Would you like to connect with other moms with similar concerns? We are a group of moms that can relate to the joys and challenges of raising a child with special needs. Contact Diane for more info at dmtack@rcn.com or call (650) 343-8693.

Movie Subclub

The movie sub club attends an early evening movie at the Century 12 Theatre in downtown San Mateo. The group generally meets the 3rd Wednesday of the month. We have a lot of fun treating ourselves to a midweek movie and enjoying a night out without the kids. We welcome new members, so please email Agapi Burkard at agapiburkard@yahoo.com for more information or to be added to the email list.

Single Moms Subclub

As we all know, being a parent is one of the most rewarding, but challenging roles we'll ever play. Being a single mom adds a whole separate set of complexities and adventures. Join us for discussions, playdates, socializing, moms nights/days out, speakers, etc. Monthly meetings take place on alternating 1st and 2nd Saturdays of the month. We also have monthly coffee gatherings and playgroups scheduled. If you are interested, please contact Maggie Pollock at maggiespollock@hotmail.com for more information.

South Asian Multi-Cultural Club (SAMC)

This club is for anyone interested in South Asia (India, Nepal, Pakistan, Bangladesh, Bhutan, Sri Lanka, and Maldives). We get together to stay connected and broaden our kids' exposure to languages, traditions, festivals, music, and more from our diverse cultures. Our playdates are on Tuesdays and Thursdays around 4:30pm at a local park and a once a month social gathering on Saturday. To join us, please contact Gayathri Goutam at gayathri_goutam@yahoo.com.

“The Second Time Around”

the grade of nausea the second time around from moms of two or more. For some, the nausea is multiple times worse, regardless of the relentless deployment of tricks learned from the first pregnancy. For others, they are able to successfully fend off nausea by, for example, carb-loading early.

But what to do if you ultimately have to puke? With Baby 1, it was easier to indulge the urge by simply staying in the bathroom for 20 minutes (or longer) when you felt like you were going to lose your lunch. Now, you have a curious observer who follows you everywhere taking in the scene. Closing the bathroom door on your toddler seems mean, but it also seems somewhat abusive to let her watch, as surely it’s a bit scary and strange to see mommy puking into the “potty”.

Explaining the baby in the belly.

Showing the belly when it was nothing but mushy (this, in part, another glorious physical relic of Baby 1), to Baby 1, a then 22 month old, seemed a bit premature. So, I started explaining to our toddler the concept of “Baby” once the bump manifested, which, mind you, happened notably earlier than it did with Baby 1. Some toddlers take to this idea immediately, especially since they still have their own toddler belly bump due to undeveloped abdominal muscles (due in part to the failure of mommy’s only semi-structured toddler Ab Blast class...we can all relate, Baby 1). Baby 1 may pull up her shirt, point to her belly and say “Baby.” Be forewarned, this lesson is not without risks. The same toddler may go up to a man at the grocery store and point to his belly (the man looking a bit more with child than mommy does at the time) and say, “Baby.” If this happens, apologies must flow – Ann Landers would have said so – and of course, you must gently reprimand the toddler in front of the gentleman who, hopefully, takes Baby 1’s keen observation in stride. Privately, you may not be too disappointed that it seems perfectly reasonable to a toddler to think women and men could have babies. If only!

Other toddlers may be confused by the strangeness of the bulging belly. They may go from trying to hug, kiss and pick up other babies (like the one you’ve explained to be residing in your belly) to the more nonchalant position of “been there, done that.” In time, the toddler will likely become intrigued with the belly as it grows, pulling up mommy’s shirt to see how his baby sibling is doing and liberally rub the belly. There is no end to the number of “oh my gosh, that’s so cute!” comments you’ll get when your toddler does this. Your toddler also may find that the belly bulge triples nicely as a book rest when reading with mommy and a head rest when watching his favorite movie.

Getting equipped to get out of the house with two.

With two kids less than three years apart, you’re destined to be in the market for a double stroller. There’s no shortage of types available including the side-by-side, the “tandem” (both kids seated, one behind the other, or facing each other), the “sit-n-stand” (younger child sits, older child can stand on the spot behind the seat, or also has the option to sit), the sport stroller with a double seat (where the younger child sits directly behind and slightly under the older child). As you evaluate and look at your choices, you will conclude that you are still going to need a jogger to get back in shape – so you better get the double jogger, the light weight double “sit-n-stand” stroller to navigate any future travels involving the airport, and a regular double stroller for everyday adventures. Voila, you now have something like five strollers in the house, depending upon how geared up you got for Baby 1. It’s no wonder strollers are everywhere on our Yahoo! group and Craigslist!

And the diaper bag – you’re still just one person on the go, but now you have to pack for two (three, including you). Two sizes of diapers, two beverages (if you’re not nursing), two extra outfits, two jackets. Your only saving grace is that baby wipes are not age-specific... only one of those.

Wait, it’s already month seven?

The most striking aspect of being pregnant with another child in your life already is how quickly the time passes. With Baby 1, you read “What to Expect When You’re Expecting” and assorted other pregnancy books that explain the week by week development of your child on a daily basis. On any given day with Baby 1, you could tell any passer-by what body part was developing or what sensory or brain development was ongoing.

With Baby 2, you are referring back to “What to Expect When You’re Expecting” only as you go into the ninth month to make sure everything seemed to go okay during the first eight, and to confirm what are starting to become more vivid memories of labor and delivery. It is a triumph with your second to know how big your baby is during any given month...and for the most part, the best answer is – “Well, it’s big and small enough to fit in there” (gracious pointing to belly). And a special day if you know precisely how far along you are, excepting doctor prenatal visit days where your doctor invariably asks, “Can you believe you’re in the ___ week already?” You politely say yes, so she thinks you’re a good mother and know what’s going on with your fetus’ development, but privately you think, “oh linsert expletivel, I have so much stuff to do in the next ___ months.”



“The Second Time Around”

How quickly the time passes also presents the most challenging part of the pregnancy. With only one child, all of your attentions have been dedicated to making everything as perfect as you can for this little person. Once the second time around begins, your attentions become split and you have less time for Baby 1. Getting yourself to the point where you feel like this is “okay” and actually good for Baby 1 is difficult. Your husband may feel the same way, too. It’s momentarily sad to think about how Baby 1 will never have the two of you all to themselves for extended periods of time again. Ever! But for those of you who grew up with brothers and sisters, you know how special that sibling relationship can be.

Less worrying.

Perhaps the best part of the second time around, other than the anticipation and joy of having another child as wonderful and joyful as your first, is the benefit of experience. Though every pregnancy is different, the journey to delivery with Baby 2 is generally less stressful on a personal level, as every little feeling, indicator or movement does not trigger alarm bells as each of them did the first time around. You actually may find yourself for a moment forgetting that you are pregnant due to the juggling act with all that is going on at this busy time of life; you remember quickly, though, when stuck in rush hour traffic on 101 with the opportunity to get in the carpool lane... “Yes, officer, I know it may only look like one from out there, but there are two people in this car. And, I’ll be on my way now.”

Your worries of the first pregnancy now look more like guilt around how Baby 2 may get shortchanged – will I get Baby 2’s baby book purchased, let alone started, before she is born? How ever will I finish Baby 1’s baby book? Then suddenly, you become resourceful: sorting, taping, gluing or maybe just organizing all the pictures, notes and momentos in the book or in a box and noting to yourself “to be completed

at some later date.” And, if by later date you mean, “when the kids are off to college,” you certainly wouldn’t be the first with that definition.

Is labor really easier the second time around?

Doctors, friends and family have told me labor is typically easier the second time...only time will tell. And this time, the trip to the hospital and the stay there look a bit like a mini vacation!

Happy multiplying!

Diana Schumaker lives in San Mateo with her husband, William, and her son, Lucas (2). Since the writing of this article, the Schumakers welcomed Baby Lindsay to the world. Diana notes that labor and delivery were in fact easier the second time.



Jacque Cooke Haggarty lives in Burlingame with her husband, James, and their daughter, Cora, all of whom await the arrival of the family’s newest expected member in June. Jacque is co-editor of the BMC Newsletter and an attorney.



Classifieds

10 EASY STEPS TO ELIMINATE YOUR FINANCIAL ANXIETY

Do you worry about money? As mothers, we face new and sometimes overwhelming financial challenges. Eliminating financial anxiety is easier than you think! Request your copy of “10 EASY STEPS TO ELIMINATE YOUR FINANCIAL ANXIETY,” a free report available to all expectant and new parents from VitaVie Financial Planning. Go to www.newparentfinances.com/bmg to register. Kristin Harad, the owner of VitaVie, is a CERTIFIED FINANCIAL PLANNER™ professional, coach, and mother who specializes in working with growing families to eradicate money stress and feel financial relief. (415) 409-6402

KNITTING SUMMER CAMP BY KIDS KNITWORK IN BURLINGAME

Children create wearable/giftable projects while learning increasingly difficult knitting skills, such as cast-on, knit and purl stitches, bind-off, understanding patterns and knitting abbreviations, and more. Other fiber art techniques integrated into the curriculum are fingerknitting, braiding, pom-pom and tassel making, etc... Early Bird registration and BMC member discounts available. Visit www.KidsKnitwork.com for more info, email info@kidsknitwork.com or call 650-346-4303. Larisa Yagolnitsier is Kids Knitwork owner, BMC mom, and “Fun with Yarn” instructor at Burlingame schools. Knitting and Fiber Art Parties are also offered.



BURLINGAME MOTHER'S CLUB
P.O. Box 27
BURLINGAME, CA 94011-0027

Presorted
Standard
U.S. Postage
PAID
Burlingame, CA
Permit No. 3

POSTMASTER: TIME SENSITIVE MATERIAL. PLEASE DELIVER BY MARCH 1



SAVE THE DATE!

BMC Spring Fling!

Saturday, April 5, 2008

10:30am - 12:30pm

**San Mateo Public Library
Oak Room**

