

the Meadow Lark

informs the mind and tickles the heart

Summer / Fall 2007

SONGS FROM THE MEADOW

CFI Welcomes Teachers Melissa Frank and Mariana Leberknight

Melissa Frank



I am very excited to be a part of CFI again this year. I look forward to a year of new friends and familiar faces, of sharing stories and deep understanding, as well as the tough challenges of parenting, and balancing life's demands.

A bit about me:

I am a blessed person as I love my work. I have worked with young children and their parents since 1983. I have worked in various settings: including a parent co-op, a mixed age classroom, and in a more conventional preschool. I have a BA in English, an Early Childhood Education Teacher's Credential, as well as an Adult Education Credential.

I grew up in Northern New Mexico and have lived on the Peninsula for 20 years. I have two children, 19 & 16 years old. My joys are my children, close friends, family and pets. I love to hike and bike ride and I write poetry.

Mariana Leberknight



The Child and Family Institute has been a blessing in my life. The children and families have welcomed me and my family with open arms. I treasure time spent in the meadow playing with toddlers and sharing with mothers. These moments and special tea times are the highlight of my week.

I am the mother of four: Matthew age 19, Michelle

age 16, Mark age 14, and Megan age 8. I have enjoyed home schooling my children and being involved as a Scout Leader. I have a Bachelor of Arts in Religious Studies and a Masters of Education. I am delighted to have the opportunity to share how children learn and grow at CFI.



CFI Fall Program line-up includes: Tea Group, Dad's & Kids (ages 5-8), Dad's & Toddlers and Medow Maker (For specific dates and times see our Calendar Insert)

Research and Training
330 Ravenswood Avenue
Menlo Park, CA 94025



STAR RETREAT

December 11, 2007

9:15 am to 12:00 noon

"An Oasis Amidst the Holiday Business"

This is CFI's gift back to our Meadow Makers. Come, brush off the stress of the Holidays to Do List and take time to be with friends, reflect and refresh your spirit.

This morning is a "time out" gift to you.

Joseetta Quotes

I ask for this grace of simply delighting and being "me" graced, beloved and free.

Within the heart the law of life is written. Following this law, the child becomes a disciple of peace, joy and harmony

NON-PROFIT ORG.
U.S. POSTAGE
PAID
MENLO PARK, CA
94025
PERMIT NO. 140

OUTREACH

Outreach News, Summer 2007

Saturday, May 5th was CFI's 7th annual "Springs from the Heart" event. It was a beautiful afternoon and we gathered at 4:30 with our cars full of wonderful donations. The donations were gently used household items for families in the community who might benefit from them. We had two caravans of cars, one going to the St. Francis Center in Redwood City and the other to Family Connections in Menlo Park where we left our donations. We learned a little more about the agencies in our community, the services they provide and what we could do to help them in the future.

We then headed back to CFI for some amazing crafts and art projects for all the children, a delicious pasta dinner followed by dessert and story time. It was a fun filled afternoon for the whole family and a great way for each family to give something back to the community that we all share.



Both the St. Francis Center and Family Connections were most thankful for the more than generous donations. These donations and community support allow them to continue serving those in need. Thank you to all the families who joined us this year. We look forward to seeing you again next May for the 8th annual!!

We have many Outreach projects planned for the fall starting with our Back to School Supplies in September. We will be collecting school supplies for the students at St. Elizabeth Seton School. If you would like to pick up a few extra supplies while you are shopping for your own children, we will collect them during September and then deliver to the students.

CFI MEADOW CAMP



Meadow Makers



Meadow Makers Announce New Co-President, Susie Frimmel and Maile Creamer

The Child & Family Institute has always been supported by an auxiliary group of extraordinary women who love the spirit of CFI and want to see it continue. For many years, the CFI Auxiliary provided guidance, support and fundraising to CFI. Three years ago, many of the Auxiliary members "retired" to become associates, and a new group of women formed the Meadow Makers. While the Auxiliary Associates are still active supporters CFI and a vital part of our community, the Meadow Makers are now leading fundraising for CFI. When you meet the Associates, you can sense their deep friendships and strong sense of community and family. The Meadow Makers are hoping to continue these traditions!

The goals of Meadow Makers are to bring moms together to provide support to CFI in the form of fund raising and guidance. We meet monthly either at CFI or at an offsite location. Typical meetings start off with Jane Tight, a professional life coach, leading us in a lively discussion. Some of the topics planned for next year include living a balanced life, sibling & family issues, spirituality, and nutrition and meal planning. Jane is also a wife, mother of four boys and a terrific role model. She is a CFI-gem and we are lucky to have her leading our talks. After our discussion, we will talk about upcoming Meadow Maker events or CFI issues.

In May, we had a wonderful New Member Coffee at the home of Roxanne Bozdog. We had several friends of Meadow Makers attend and we are very excited about these great women joining Meadow Makers. At the coffee Susie Frimmel announced that Maile Creamer will be the new co-president of Meadow Makers. Maile and her husband Dave live in Menlo Park with their two children, Lauren and Justin. In the fall, Lauren will be a second grader at Laurel and Justin will be in Junior Kindergarten at Trinity. Also at the meeting, the group thanked Rachel Perkocho for two amazing years of leadership. Rachel really helped the Meadow Makers get started a few years ago along with Jennifer Sandell. We have come a long way and we are grateful to Rachel for all of her hard work, dedication and creative ideas!

Here are some of the meetings and events we have planned for the coming year:

MEADOW MAKERS 2007-08 SCHEDULE

September 7th
6:00-7:30 pm
@Susie's house

September 13th
9:30-11:00 am @CFI

October 11th
7:00-8:30 pm
location tbd

November 8th
9:30-11:00 am @ CFI

November

December 11th
9:15 - 12:00 @ CFI

January 10th
7:00-8:30 pm
Maile's house

February 2nd

February 7th
9:30-11:00 am @ CFI

March 13th
9:30-11:00 am @ CFI

April 24th
7:00-8:30 pm
location tbd

May 8th
9:30-11:00 am @ CFI

Meadow Makers Cocktail Kick-off Party
Come swap summer stories and start the school year right!

Balance Wheel
Introduction of Jane's "Balance Wheel". Discuss ways to create harmony and balance in your own life. Learn what you need more or less of so you can enjoy your family, friends and feel fulfilled.

Guiding Our Growing Children
Ever wonder when is the right time to have the big talks with your children? Ever wonder what to say? Sports have changed over the years. How can we guide our children through organized athletics? When is the right time to get involved? What are healthy ways to teach your family lifelong fitness? Drinks & hors d'oeuvres will be served.

Wellness & Spirituality
How to plant the seeds in our kids that will guide them through life. How do you foster your children's spirituality and your family wellness?

Holiday Shopping Fundraiser

Star Retreat -- An Oasis Amidst the Holiday Business
This is CFI's gift back to our Meadow Makers. Come, brush off the stress of the Holidays to Do List and take time to be with friends, reflect and refresh your spirit. This morning is a "time out" gift to you.

Family Timeline
Develop a timeline to create a plan of what is coming in the next year and the next 10 years for your family. Sample wines for the upcoming Vintner's Night!

2nd Annual CFI Vintner's Night
Come enjoy a night of delicious wines, gourmet hors d'oeuvres and a silent auction.

Helping a Friend Through a Tough Time
How do you support your friends or family members when they are going through a difficult time? We will discuss ways to help those you love as they go through a challenging period.

Sibling Issues
How do you make each of your children feel special without creating jealousy? Do you feel like there is some rivalry in your house? Do you want to help your children get along better?

Eat Right & Stay Healthy
A guide to planning menus for families on the go!

New Member Coffee & Tea

Faith-Full Families

Written by Sarah Jones

Our family has loved being a part of Faith-Full Families, one of CFI's special programs that focuses on bringing families together to share quiet times of fun and blessings. Our Faith-Full Families group, which is one of a number that CFI hosts, is a group of really nice families that enjoy spending time with their kids. It is great to have the time together, parents and kids play and have fun without thinking about returning phone calls or emails.

While you are having fun, everyone learns great lessons about life and caring for other people and families and each other. The activities we participate in at the once-a-month gathering are always very memorable for everyone in the family. For example, the art projects are often focused around blessing and blessing people we care about and other families. It is great to see the kids continuing the blessing long after our Faith-Full Families Sunday. We have always participated in the Meadow programs and Faith-Full Families is a continuation of that, but with all the kids and DAD it deepens and enriches the experience for all. It is great to get "dad" involved. Our daughter Sawyer loves Faith-Full Families because it is like our "all together day." "We eat together, play together and have fun together." We know that everybody is working hard trying to fit it all in. And with our busy lives it is just a great time to slow down together - Faith-Full Families gives us that opportunity.