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the Meadow Lark

informs the mind and tickles the heart

FALL 2011



CFI'S 25th ANNIVERSARY • CFI'S 25th ANNIVERSARY •
CFI's 25th ANNIVERSARY CELEBRATION
September 24th 2011
CFI'S 25th ANNIVERSARY • CFI'S 25th ANNIVERSARY •



FAVORITE QUOTES OF JOSETTA WALSH

You are renewed today with the flame placed in your heart from the beginning. Delight in it, let it dance in you.

Tanya Mangum Joins the CFI Office Staff!

My family and I returned to the Bay Area in 2006 after living in Montana for the last 17 years. My husband, James and I have 2 grown sons named Travis and Cory and a daughter named Ariel. Ariel had a great time working as an aide in the Summer in the Meadow Camp. She is a senior at Aragon high school this year and is busy applying to colleges this fall. In addition to working in the CFI office, I am also a volunteer for Assistant League. My hobbies include sewing, hiking, boating.



OCTOBER

- 1 Dads Play Date 9:30-11am
- 10 Meadow Makers 9:30-11am
Angus Hall
- 12 Board Meeting 7-9pm
- 20 Margaritas and Play Dough 7-9pm
- 28 Dads & Kids Spooky Stories 6:30-8:30pm

NOVEMBER

- 5 Dads Play Date 9:30-11am
- 9 Board Meeting 7-9pm
- 12 Dads Play Date 9:30-11am
- 23-27 Thanksgiving Break

DECEMBER

- 5 Star Retreat 9:30-11:30am
- 22-Jan 4 Christmas Break

calendar





MEADOW MAKERS

Co-Presidents: Nancy Evars & Ashley Honerkamp

It was so much fun to see so many of you at the CFI 25th Anniversary celebration. It will definitely be an exciting year ahead for CFI. We are looking forward to welcoming back our returning Meadow Makers and getting to know those of you who are just joining us this year. Thank you to all for your support of CFI and your dedication to this amazing organization! We are so blessed to have you all as part of our group.

We are very excited for the upcoming year. We will kick off the fall season with our annual Meadowtini party at the home of Susie Frimel on September 30th. This is a great way to see old Meadow Maker friends and meet some new ones!

We have a great schedule of topics for our upcoming year including some old favorites and a few new ones. The topics will include: organization, nurturing your relationships, preparing yourself and your family for accidents and natural disasters and nutritious snacks for kids. We will also have our fourth annual Evening with the Associates in January, which will be led by Jane Tight. The Evening with the Associates is an incredible forum that allows newer moms to get lots of helpful parenting advice from our wise Associates.



**Vintner's Night
2012**

5th Annual CFI Vintners' Night is coming February 4th!

We need the support of our CFI community to make our 6th Annual Vintners' Night a success!

Come with your spouse or some friends and enjoy delicious food and unique wines. It will be another memorable party with an exciting silent auction, hearty food, prizes and some amazing wines to sample and enjoy all while raising money to strengthen our institute.

Amy Coolican and Gretchen Thomas are already hard at work planning for Vintners' night 2012. We will be discussing ways to get involved at our first meeting on October 10th. We hope to see you there!

MEADOW MAKERS 2011-2012 SCHEDULE OF EVENTS

September 30 – Meadowtini Party
at Susie Frimel's Home

October 10 - Getting Organized! Facilitated by Maile Creamer and Jenn Miller.
Location – CFI. Time: 9:30-11:00am

November 14 - Nurturing Your Relationship facilitated by Jane Tight. Location – Ashley Honerkamp's Home. Time 7-8:30 pm

December ? – Cheeky Monkey Fundraiser
Time and Date TBD

December 5 – STAR Retreat
Location: CFI. Time 9:30-11:30am

January 23 – Evening with the Associates facilitated by Jane Tight. Time and Location TBD.

February 4 – Vintner's Night

February 13 - Accidents, Injuries and Natural Disasters: how to prepare yourself facilitated by Dr. Karli Cleary & Larry Kahle.
Location CFI. Time 9:30-11am.

March 12 - Newcomers' Tea What Meadow Maker's is all about. Celebrating the success of Vintner's night.
Location: CFI. Time 9:30-11am

April 23 – Healthy Snacks for our Kids Facilitated by Domanique Mathews and Petra Dowling. Location – Nancy Evars' Home.
Time 7-8:30pm. Announcement of new Presidents.

CREATING MORE WHITE SPACE

Written by Roxy Bozdog

Over the past 5 years I had convinced myself that all my good intentions and motives made it perfectly OK for my girls to have scheduled activities six out of seven days a week. It didn't matter that we had no "white space" on our calendar or that we had no time for spontaneity. Time and time again, our over-extended lifestyle kept us from scheduling that precious family time we so desperately needed.

We've all heard that unstructured play allows children to pursue their interests, express their personalities and learn how to structure their time. But the social pressures I placed upon myself had gotten us to 12 activities/week (between my 2 girls) and absolutely no time for anything that wasn't on our very rigid over-scheduled calendar. And forget that last minute phone call from a friend who got tickets for a great play or that once in a life time concert.

The statistics should have been compelling enough for me:

- 1) From 1981-1997 homework has tripled
- 2) Families' household conversations (talking together as a family with no other activities going on has declined from infrequent to non-existent on average
- 3) The time children spend in religious participation has declined by over 40%
- 4) The signs of stress, anxiety and depression are increasing among children

But it wasn't until a final CFI "EVENING AT THE HEARTH" last spring that I finally realized that things needed to change. I made a commitment that night that I would get back to a more balanced lifestyle, one with lots

of beautiful "white space." There were lots of tears (mostly mine) as we said "good-bye" to some very longstanding commitments and teachers. But I know we made the right decision for our family. Our oldest daughter started Middle school this year. On the first day of school she told us this was "The best day ever, because all I had to do today was homework" She has made many comments about her new schedule that reassure Chet and me that we made the right decision. Our decision continues to be a challenging one, given the social pressures that we all face to "do more" with all of the opportunities we are faced with. However, in the recent days following the death of Steve Jobs, I am reminded of his 2005 Stanford commencement speech, "You have to trust your gut, destiny, life and karma." This approach has never let me down and it has made all the difference in my life. I feel good about mine.

I found an article that had 3 great Tips on How to Balance Family Time:

- 1) Dedicate one Saturday a month as Family Day. Each member of the family agrees to give up ANY and ALL planned activities. Family members rotate choosing how the day is spent.
- 2) Have your children list out all of these weekly activities. Have THEM circle the two they really love the most. Eliminate the remaining activities and they are left with 2 things they really love to do.
- 3) Replace competitive team sports with Family Sports
- 4) Start a Family Book Club. Select a novel and take turns reading out loud as a family.