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the Meadow Lark

informs the mind and tickles the heart

Spring 2011



FAVORITE QUOTES OF JOSETTA WALSH

*"Someday all children of the realm
will know they are the delight of
the Creator's creation that they are
a rainbow splendor person."*

-- Joan Baez

JUNE

21, 22, 23 Summer Camp
9am - 12 noon
28, 29, 30 Summer Camp
9am - 12 noon

JULY

5, 6, 7 Summer Camp
9am - 12 noon
12, 13, 14 Summer Camp
9am - 12 noon
19, 20, 21 Summer Camp
9am - 12 noon

SEPTEMBER

1 Staff Retreat
13 Toddler Orientation
T/TH (mom's only) 9:30-10:30am
Tuesday afternoon class begins
14 Toddler Orientation
Wed/Fri (mom's only) 9:30-10:30am
Wednesday afternoon class begins
15 Thursday afternoon class begins
Week of 20th: Morning classes begin
24 CFI 25th Anniversary Party

calendar



JOIN US • SAVE THE DATE •
**CFI's 25th
Anniversary
Celebration
September 24th
3pm**
JOIN US • SAVE THE DATE •





MEADOW MAKERS

Co-Presidents: Nancy Evars, Stephanie Rudd & Ashley Honerkamp

Tending the Meadow

by Kristin Geiser

*The meadow sat empty except for the grass
And lovely wild flowers watching time pass.*

--John Greenley

2011 started out on a very high note with our 5th Annual Vintners Night! What a fantastic event! Everything from the Silent Auction, jewelry raffle and wine grab to the delicious wine and food were enjoyed by all! Special thanks to our co-chairs, Laurie Scott and Amy Coolican for organizing this phenomenal party for CFI!

Outreach continues to be a focus for the Meadow Makers. In February we had a Valentine's Day Party for a third grade class at the Flood School in East Palo Alto. We will have school supply drives for this third grade class at each of our upcoming meetings.

Meadow Makers continues to grow, and we encourage current Meadow Makers to invite friends to join. Our New Member Tea took place Monday, March 14 from 9:30 to 11:00am at CFI. Our topic was Summer Fun: great camps ideas, family outings, fun activities at home and unscheduled playtime.

Our April meeting was on Thursday, April 28 from 7:00 to 8:30pm at Ashley Honerkamp's home. We were very excited that Amanda Haas could join us and lead a talk on family menu planning. Amanda is an incredible chef and author of a very popular blog called "One Family One Meal", www.onefamilyonemeal.com. Here is a blurb from the website: "One Family One Meal was founded on the belief that families do not need to feed children separate, pared down meals every night. The kitchen and dining room table can be the foundation for bringing families together to share healthy, nourishing meals. One Family One Meal simplifies cooking for busy parents by providing family-friendly recipes, menu plans, and customizable shopping and budgeting tools. By following the One Family One Meal program, your family can save hundreds of dollars every year."

We would like to say thank you and good bye to Stephanie for her wonderful leadership these last 2 years as our Meadow Maker Co President. She has been such a positive influence and she is leaving us in good hands with Nancy and Ashley continuing on.

Thank you all so much for a wonderful year. Enjoy the summer and we will see you next fall!

- Stephanie, Nancy and Ashley



And how time does pass! Many of the original Meadow Makers are finding themselves in a new season. Our "meadows" are filled with flowers nearly as tall – or taller – than we are... tweens, teens, and college students fill our homes. How do we find our heart voices during this stage of life? With her usual insight and wisdom, Kris noticed that we were not around the meadow as much as we used to be... and she warmly invited us to reconnect to one another and to CFI.

On March 24th, about twenty women gathered together to launch Meadow Tenders, a group committed to joining Meadow Makers and the Associates to offer hands, hearts, and financial resources to support and sustain CFI's wonderful work. Our time together opened with a toast and Kris' wonderful reminder that the beauty of the meadow – the place where everyone and everything belongs – is just as important for families with older children as it is for those with little ones. Beloved teachers Melissa and Rebecca then prompted a lively time of sharing how families are trying to create opportunities to connect and grow together during this season when work and pre-teen/teen activities are abundant. We have so much to learn from one another! What a relief it was to be reminded that we are surrounded by good friends during this part of the journey, and to be encouraged to relax a bit and to navigate this time with joy. Thank you, Kris, for inviting us to gather – and for continuing to bless our families. Thank you, too, to Susie Frimel, Maile Creamer, and Jenn Miller for helping to host our first evening together. We will gather together again in the fall, and we would love for you to join us! For more information, to be included on the mailing list for Meadow Tenders, or to help with our fall event, please contact Maile Creamer at mailec@mac.com.

A few tips that came out of our conversation:

- There are many ways to connect as a family – find ways that work for you and let go of any guilt that you are doing it "wrong." For example, while family dinners are wonderful

opportunities for families to connect, they are not the only place – and in fact, it can create a lot of stress for families with evening work/activity commitments. Find a rhythm that works well for your family. Saturday breakfasts are a great time to be together!

- Find opportunities for your children to engage in authentic tasks (e.g., allow them to pack their own bag for vacations, ask them to run into the grocery store to pick up an item or two, invite them to cook meals).

- Cultivate the habit of gratitude. Speak openly and often about what you are feeling grateful for. If you invite stories of "roses and thorns" or "highs and lows" during family conversations, be sure to invite at least three "roses" for every one "thorn." Research has found that we actually need to reflect more on the blessings in our life than the challenges if we are to cultivate a real sense of gratitude.

- When it comes to technology, keep two things in mind: (1) our children will imitate our behavior, so before you challenge your child's habits around technology, reflect on your own. Consider a family docking station where all phones sit the minute you walk in the door. We do not need our phones at the table during dinner/home-work time, nor do we need to check them or answer them when we are home together as a family. Phones (particularly those with texting and internet access) need not be in bedrooms. (2) Focus on the root habit you are trying to help your child develop (e.g., making and keeping clear agreements) rather than focusing on the technology itself. (3) Not everyone has a phone. Navigate technology in a way that makes sense for you and your family. Support and encourage friends who are doing it differently than you.

Enjoy! Continue to find ways to observe, enjoy, and delight in your children! And reconnect with one another... we all need encouragement as we tend the meadow.