

CHESAPEAKE MOMS CLUB: "ENRICHING THE LIVES OF OUR CHILDREN AND OURSELVES"

NEWSLETTER

JULY 2016

INSIDE ...

THE PREZ SAYS ... 2

MEET YOUR NEW BOARD ... 2

SUMMER BOREDOM BUSTERS ... 3, 6

LIFE HACK: GRATITUDE JOURNALING ... 4-5

COMIC RELIEF ... 7

JULY CALENDAR ... 8





GREETINGS FROM YOUR 2016/2017 CMC PRESIDENT!

I wanted to take a quick moment to introduce myself in this month's newsletter. Our club has grown so much in the last year I likely only know 20 percent of you wonderful mamas ... and I really hope to change that soon!!

I was off the grid at the beginning of the year adjusting to life with three, but now I'm back and ready to make this year great.

My family and I moved to Kent Island in June of 2012. My husband Sean and I both grew up in Anne Arundel County and lived in Annapolis when we first got married. When we were starting our family, we were looking for that community you dream about, where all the kids play and the parents hang out. You have bonfires and roast marshmallows late into the night and your days are spent outside exploring and meeting new people who then become old friends.

We looked all over and were left feeling "blah" until we came over "The Bridge". We knew almost instantly that this was "it"...it helped that we were looking at a house near a park and the high school, where you could see "community" in action. Moving here that summer almost felt like a dream, it felt like we were on vacation every day (even while still working). There was so much to see, do and explore.

When we first moved I was still working in Anne Arundel County. Before staying home full time I was a special educator. I began my career working in schools with grades K-2 and when I left I was providing in-home services for families of kids from birth to age 3. I loved my job but having kids these ages and working with kids these ages was a little exhausting. I plan to go back one day, but for now I'll do my best with the three charged to me daily :)

My three super active kiddos are Connor (6), Keira (4) and Everly (9 mos.) and yes, even the baby is super active. These kids love to swim, be outside and do just about anything with their friends. And I'm down for anything that makes them tired. This fall they will be in Kindergarten and First Grade at Kent Island Elementary. This house is going to get really quiet...but for now we'll make the most of the summer.

Through CMC myself, my kids and even The Hubs have made some amazing friends. Looking back I cannot believe we have only known some of these people for 3 or 4 years because I really feel



MEET YOUR NEW BOARD

- KELLY MARTIN - PRESIDENT*
- KELLY DAYTON - VICE PRESIDENT*
- CATE DEWOLF - VICE PRESIDENT*
- KERRY WEBER - TREASURER*
- KATHLEEN HIGGINBOTHAM - MEET-UP/
WEBSITE*
- LIZ DAROSA - MEMBERSHIP*
- STACEY CARLIN - CHARITIES*
- HEATHER SEARS - CHARITIES*
- AMANDA JENKINS - NEWSLETTER*
- ASHLEY O'BRIEN - SOCIAL MEDIA*
- RANDI CORCORAN - SUNSHINE COMMITTEE*
- ALEX KEUHN - BOOK CLUB*
- EMILY MALONE - MEMBER @ LARGE*

like they have been in our lives forever!!

I am so looking to a fantastic year as your CMC president!! I want to give back and support this amazing group of women who have given me so much. I want other Moms to see what a warm and welcoming group CMC is. I want other moms to have the opportunity to develop these lasting friendships that we SO desperately needs as Moms. We are blessed to live in an amazing place with so many great opportunities for us and our children, let's come together and explore and share. I look forward to meeting many of you soon!

XO, KELLY

40 SUMMERTIME INDOOR & OUTDOOR BOREDOM BUSTERS!



Letter from the Editor

"Moooooom! I'm bored!"

Yep, at DAY ONE into summer my kids were already on me for things to do. We have all taken on this Cruise Ship Coordinator role for the next few months, for better or for worse. Thankfully, our fearless leader Kels found some great Boredom Busters on thecraftingchicks.com. Read on for the whole list!

My hat is off to Cate & Carmia for taking the CMC newsletter to a whole new level of greatness last year. I want to continue putting together great content in keeping with CMC's mission, "Enriching the Lives of Our Children and Ourselves." With a little help from YOU here's hoping we can create something that builds our community & is helpful to us as Moms. Oh yeah and my favorite thing: LET'S LAUGH. No better medicine! (Well, except vodka....)

If you have a great idea for the newsletter, contact me at amanda@marketiq.net. Can't wait to hear from you!

Sincerely, Amanda



ENRICHING OUR LIVES AS MOMS: GRATITUDE JOURNALING (FEEL BETTER RIGHT NOW!)

BY LIFE COACH CATHARINE ECTON

It's now been scientifically proven: **counting your blessings actually leads to a happy life.**

UC Davis psychologist Robert Emmons cites "scientific proof that when people regularly work on cultivating gratitude they experience a variety of measurable benefits - psychological, physical and social."

In one study, Emmons collected data from three groups of research subjects. One group made weekly entries in a gratitude journal, listing five things for which they were grateful. Another group kept a journal discussing five things that displeased them. A third group was asked to list five things that happened to them during the week, with no

prompting to add value judgements to them. After 10 weeks, subjects were questioned about their psychological and physical health. The study showed the gratitude group was 25 percent happier than the other participants. They also exercised more (!) and reported fewer health complaints. Amazing what a little gratitude will do!

The Gratitude Movement

When you train your brain to find the blessing in everything, you start to find joy in everything. It is hard to find blessings if you are always complaining. Accepting what is, and finding the good in it, reveals the many blessings that are sometimes hidden

in plain sight. After all, if we aren't grateful for what we have now, what makes us think we will be happy with more?

Most of us know this, yet continue to start our day with things other than gratitude. Our day starts in the opposite way: we hit the snooze alarm, hit the floor, hit the gym or hit the shower, sometimes begrudgingly, thinking about everything that needs to get done. Maybe we resent our obligations, or feel overwhelmed. It's counterintuitive, but personally when I start my day in a more contemplative state I'm actually able to accomplish **more**.

A Simple Way to Add Gratitude to Your Day

A gratitude journal is an easy way to build gratitude into your every day routine - and could get you on the way to feeling happier! Whether it's a few sentences, a word, phrase, or many paragraphs, there is no one format that you "must" follow. Just start! These gratitude journal writing prompts will help you get started.

Learn more at
www.catharineectoncoaching.com



GRATITUDE JOURNAL WRITING PROMPTS:

- Today I felt grateful for something. What was it?
- How am I fortunate?
- Whom do I appreciate?
- What material things am I thankful for?
- What unique abilities do I have?
- What do I love about my surroundings?
- What experiences can I be grateful for?
- What opportunities do I have?
- What have others done that I now benefit from?
- What challenges or difficulties am I having that I can appreciate?
- What can I be thankful for because it is different today than it was 1, 5 or 10 years ago?



MOTHER HEN'S SUMMER SURVIVAL 20 INDOOR BOREDOM BUSTERS

1. Color a picture
2. Play a board game
3. Read a Book
4. Paint a picture
5. Play-doh
6. Ice Cream Shop
7. Puzzle Time
8. Pop Popcorn
9. Watch a movie
10. Make a fort
11. Play 20 questions
12. Build with Legos or blocks
13. Make a Healthy Snack
14. Write a Letter
15. Keep it up with a balloon
16. Mystery Box
17. Charades
18. Card Games
19. Make a Treasure Hunt
20. Puppet Show

MOTHER HEN'S SUMMER SURVIVAL 20 OUTDOOR BOREDOM BUSTERS

1. Bike Ride
2. Sprinklers
3. Sidewalk Chalk
4. Go on a Bug Hunt
5. Spray Bottle Water Fight
6. Make a Picnic
7. Nature Walk
8. Slip n' Slide
9. Obstacle Course
10. Scavenger Hunt
11. Leaf Collection
12. Hopscotch
13. Play Catch
14. Jump Rope
15. Crab soccer with beach ball
16. Play tag
17. Frisbee
18. Hide and Seek
19. Blow Bubbles
20. Water balloon fun

HERE'S THE DEAL: CREATE "BOREDOM BUSTER JARS" FROM USED POPSICLE STICKS IN SMALL JARS (PICTURED ON PAGE 3). KIDS (OR MOM) CAN PICK A STICK WHENEVER THE NEED STRIKES!

IDEA COURTESY YOUR NEW CMC PREZ, KELLY MARTIN - MOTHER OF 3, ALL-AROUND GREAT PERSON AND EARLY CHILDHOOD EDUCATOR. YEP, I WANT HER IN MY CORNER THIS SUMMER!

COMIC RELIEF: 16 CLICKBAIT HEADLINES THAT SUM UP MOTHERHOOD

BY RACHAEL PAVLIK OF SCARYMOMMY.COM

“CLICKBAIT IS THE ONLINE EQUIVALENT OF YOUR GRANGRAN’S CANDY DISH — AN EYE-CATCHING ARRAY OF COLORFULLY WRAPPED TREATS THAT UPON CONSUMPTION ACTUALLY TASTE ... HORRIBLE. I KNOW THIS TO BE TRUE, AND YET I FIND MYSELF GOING BACK FOR MORE. WAIT, WHAT? I MEAN, I MYSELF WOULD NEVER STOOP SO LOW. SURE, I COULD WRITE A PIECE LIKE, ‘AN OPEN LETTER TO HARAMBE THE GORILLA FROM A TIGER MOM WEARING A CHEWBACCA MASK,’ BUT THAT WOULD BE PANDERING AND WRONG — SO WRONG (UNLESS I THINK IT WILL GO VIRAL AND THEN I WILL TOTALLY WRITE THAT GARBAGE ALL DAY LONG).”

- WTF IS YOUR PROBLEM, MACKENZIE?! A Letter to My Neighbor’s Weird Kid
- Spice Up Your Marriage by Nagging in a French Accent
- 10 Quick Toddler Meals Your Dog Will Enjoy Eating Off the Floor
- Which Wine Pairs Well With Which Shape Sippy Cup?
- Our Pet Turtle Shelley’s Untimely Passing Was a Blessing, Not a Tragedy
- Stop Trying to Make Kombucha Happen

- Ming-Ming on *Wonder Pets* Needs a G.D. Speech Pathologist (This Is Sewious!)
- 5 Non-Bitchy Ways to Get Your Tupperware Back From an Acquaintance
- Are You a Sanctimonious Twatwaffle? (A Quiz)
- 10 Genuine-Sounding Compliments You Can Give Your Friend’s A**hole Toddler
- Unpopular Opinion: Box Wine Is Not All That Great
- It Happened to Me: I Was Banned From a Trampoline Park for Bouncing Braless and “Scaring the Children”

- An Open Letter to the Skank at SoulCycle Who Is Flirting With My Husband Right Now

- I Served My Family Rotisserie Chicken for 8 Days Straight. What Happened Next Will Shock You!



Sometimes a mom just needs a 5 minute break

*Tell me you don't want to read every one of these! I would click on that sh*t so fast. You would too.*

◀ July 2016 ▶

SUN	MON	TUE	WED	THU	FRI	SAT
					1 7:00 AM Fox 5 CMC Appearance RSVP Now	2
3	4 8:00 AM Kid's Fishing Derby RSVP Now	5 10:00 AM CBEC Creepy Crawlers RSVP Now	6 9:00 PM Tuckahoe Tire Park Meetup and Picnic RSVP Now	7 4:00 PM Paddleboard / Kayak MNO Your RSVP: Yes	8	9 8:00 AM KI Beach Clean Ups RSVP Now
10	11 10:00 AM Queenstown Park Meetup RSVP Now	12	13 12:00 PM Lunch at the Jetty RSVP Now	14 4:00 PM Bubbles & Chalk RSVP Now	15	16 6:00 PM NEW Member Mixer - Pool Party @ Liz's RSVP Now
17	18 8:00 AM Field Trip to Killens Pond RSVP Now	19 9:00 AM Bike, Walk, Play RSVP Now	20	21 7:00 PM Mom's Night Out RSVP Now	22 6:00 PM Sundowners RSVP Now	23
24 6:00 PM KI Fireman's Carnival RSVP Now	25 9:00 AM Picnic, Hike & Swim RSVP Now	26	27	28	29 10:00 AM Ferry Point Meetup & Swim RSVP Now	30 9:00 PM KI Fireman's Carnival Fireworks RSVP Now
31	<p style="text-align: center;">Don't miss our featured CMC activity for July! The New Member Mixer isn't just for newbies: it's a chance for all of us to kick back, relax & enjoy each other's company. Bring a friend who's been thinking about joining.</p>					

Back by popular demand: the printable CMC Calendar! Current as of late June.
 Events subject to change. (Hello, we are Moms of young kids.)
 Please check MeetUp.com for the latest in CMC events.