

# Journeys

The newsletter for Mothers First

July / August  
2009

## The Whole Truth

by Angie

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703.827.5922

[www.mothersfirst.org](http://www.mothersfirst.org)

I've been pretty lucky in my profession to be exposed to a myriad of different approaches and techniques that can be carried over into parenthood. I've edited books about such subjects as premature infants, special education, and mental health. So like many people I assume, before becoming a parent I thought I had some pretty good ideas and many of the answers to parenting's greatest questions.

I'm familiar with *Dr. Sears*, *Dr. Spock*, and *Dr. Seuss*.

I've read *Pushed*, *What to Expect When You're Expecting*, and *Pregnancy Sucks*.

I've worked alongside doulas, midwives, obstetricians, teachers, and psychologists.

In my professional circle, I know massage therapists, chiropractors, dance therapists, acupuncturists, reiki masters, psychodramatists, art therapists, and energy therapists. After putting all that into practice with my own children, I think I've learned a thing or two. Those are my credentials.

So after searching the world over and gathering all the information at my disposal, I've decided to share what I've learned. Get ready. I am about to impart to you, the Interweb, the greatest, overwhelming, universal truth about motherhood.

The greatest, overwhelming, universal truth about motherhood is: **There is no greatest, overwhelming, universal truth about motherhood.**

*\*sound of needle scratching on vinyl record\**

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## Organizational Contacts

*The use of names, phone numbers, and email addresses for uses other than Mothers First business or information is strictly forbidden.*

### BOARD OF DIRECTORS

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**Webmaster**

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[webmaster@mothersfirst.org](mailto:webmaster@mothersfirst.org)

## MISSION STATEMENT

Mothers First is a volunteer, nonprofit 501(c) organization dedicated to supporting women who choose to alter their careers to raise their children at home.

Mothers First creates communities which support and encourage women in their decisions to stay at home with their young children.

Mothers First gives women the opportunity to share information and resources and help them develop as mothers and individuals.

*For more information, call 703.827.5922 or visit [www.mothersfirst.org](http://www.mothersfirst.org)*

### Board Meeting Dates

The Mothers First Board would like to invite **all members** to the upcoming board meetings.

**July 24, 10am** (tentatively)  
hosted by Erin,  
RSVP for directions.

**August 28, 10am**  
hosted by Amy,  
RSVP for directions.

### *Journeys Staff*

**Editor**  
Amy

**Assistant Editor**  
Ann

**Contributing Writers**  
Angie  
Jennifer

# Mother's First Budget

## May 1, 2009 – April 30, 2010

<u>Category</u>	<u>Amount</u>	<u>Comments</u>
<b>Funding</b>		
Cash on Hand Beginning of Fiscal Year	\$5,488.97	
Membership Dues Anticipated	\$3,000.00	
<b>Funding Available</b>	<b>\$8,488.97</b>	
<b>Expenses</b>		
Administrative	\$1,097.53	Insurance/PO Box/State Registration/Bank Charges/Other Miscellaneous
Membership Services	\$675.00	Phones/Brochures/Business Cards and Related
Publicity	\$1,300.00	
Support Groups		Support Group Amounts = \$100 base + \$5.00 for each member active at beginning of the fiscal year, up to a \$200 cap.
Burke	\$180.00	
Centreville	\$195.00	
Great Falls	\$200.00	
Reston/Herndon	\$212.20	\$12.20 adjustment for prior year
Vienna	\$100.00	Inactive Group
Technology/Website	\$150.00	
Training/Lectures	\$200.00	
Annual Mom's Night Out/ Volunteer Appreciation	\$1,000.00	
<b>Total Expenses</b>	<b>\$5,309.73</b>	
<b>Funding Available end of Fiscal Year</b>	<b>\$3,179.24</b>	This amount will cover fixed costs (administrative, phone and website) for two years



What do our annual dues cover?

*(Continued from page 1)*

Yeah, you heard me right. Between all my studies and education, now combined with three pregnancies and four kids worth of experience, here's the great truth about motherhood I've learned: What works for you, works for you. And what works for you does not necessarily work for someone else. And guess what? You are the only one who can figure out what works for you. Guess what else? What works for you once with one kid might not even work for you again with another kid.

The truth about motherhood is there's no one right way to do it.

Seriously, if there were only one way to do child birth, discipline or medical care, there wouldn't be so many options to try. People would have tried a method, figured out it doesn't work and moved onto another one that does. God would have made each baby with a hollow place in its bottom where the manual is stored. But all these methods and theories must be working for *somebody*.

The only useful truth about motherhood worth knowing is that if you can't have an open mind and be flexible, you're pretty much making your existence much harder. That and you should try to have a sense of humor about it because otherwise there's an awful lot of hand wringing to be done. I'm guessing that's true about life in general too, but I'll have to check the manual.

*Angie is a mother of two (or three, or four, depending on how you keep score) who is very busy but still finds time to blog.*

## Memo from the Editor

Calendar of events, announcements, articles, and other newsletter items are **due** to the editors by **August 10th** for the Sept/Nov issue.

Do you have the writing bug? Please submit an article for the next issue!

A big thanks to the contributing authors! I cannot do this without you.

# Events in July and August

Jennifer

Northern Virginia hosts several local festivals in the summer months. These can be great opportunities to share quality family time while enjoying the warm weather.

**Arts in the Parks** – In July and August, there are free children concerts and shows every Saturday morning at 10am at Burke Lake Park, E. C. Lawrence, Lake Fairfax, and Mason District. This is a wonderful opportunity to expose the little ones to various orchestra instruments and puppet shows.

<http://www.fairfaxcounty.gov/parks/performances/downloads/09ArtsintheParksWeb.pdf>

**Reston Festival, Reston, July 11-12** – The Reston Festival strives to showcase the best local entertainment talent, artisans, businesses and community resources in celebration of the birthday of Reston. The Festival emphasizes the importance of volunteerism and community involvement by introducing Reston residents and businesses to a wide array of volunteer organizations in and around Reston. Stop by and see our Mothers First booth!

<http://www.restonfestival.com>

**Loudon County Fair, Leesburg, July 26-August 1** – Families can enjoy a fun-filled week of animal exhibits, carnival rides and shows, as well as agricultural and home economics displays.

<http://www.loudouncountyfair.com/>

**Friendship Firehouse Festival, Alexandria, August 1, 9am-2pm** – In addition to firehouse memorabilia, this festival features craft booths, displays by local merchants, live music - and the chance to meet a real Dalmatian! Alexandria's first volunteer firefighting organization, Friendship Fire Company, was established in 1774. The current firehouse was built in 1855 and features exhibits which interpret the history of firefighting in Alexandria and explain the evolving ceremonial and social functions of its members. One of the country's best collections of early firefighting equipment and related objects are held here.

<http://oha.alexandriava.gov/friendship/ff-festival-home.html>

**Manassas African-American Heritage Festival, August 1, 12-6pm** – Over the years the festival has grown to include more than 125 exhibitors, including arts and crafts dealers, retailers of African Wares, youth groups, colleges and school exhibits, Health Fair, Business and Job Expos, Classic Car Show and great food vendors. Admission to the Festival is free. Thanks to donations from local churches, all children's games at the Festival are free. Attendees are asked to bring can food items to be donated to local shelters. For additional information please call 703-369-2475.

<http://manassasafricanamericanheritagefestival.com/>



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**Fairfax County 4-H Fair, Herndon, August 1-2** – The Fairfax County 4-H Fair and Frying Pan Park Farm Show is for visitors of all ages. The tradition of the Fairfax County 4-H Fair began in 1948 and has continued to offer a multitude of 4-H exhibits, two days of horse shows, livestock and rabbit judging, dog and pet shows, food, kiddie rides, free entertainment, old-fashioned games, goat milking, a pie-eating contest, demonstrations, 4-H Fashion Show, crafters, and much, much more.

<http://www.4hfairfax.org/>

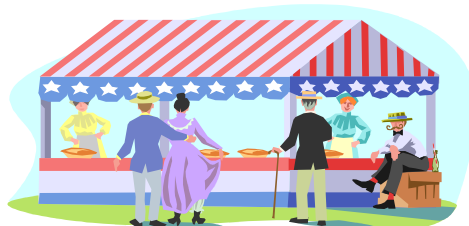
**Railroad Days, Alexandria, August 2, 11-5pm** – The Potomac Division of the National Model Railroad Association returns with working HO gauge trains and a state-of-the-art digital command system. New this year is a hands-on Thomas the Tank Engine area for toddlers. Also climbing on board for Railroad Days are Whistle Stop Hobbies to discuss the fun of miniature trains and Operation Lifesaver, a national railroad safety program headquartered in Alexandria. Free! 201 South Washington Street. 703.838.4994.

[http://oha.alexandriava.gov/calendar/event\\_view.php?Event\\_ID=382&back=/ly\\_calendar/?Division=ly&Old=1&Division=ly](http://oha.alexandriava.gov/calendar/event_view.php?Event_ID=382&back=/ly_calendar/?Division=ly&Old=1&Division=ly)

**Prince William County Fair, Manassas August 14 -22** – The 60th Annual Prince William County Fair returns for more spectacular fun as the largest county fair in the state of Virginia. With concerts, rides, games, and fun for the whole family, come see why smiling visitors return year after year for each day of the fair. Ticket price includes admission to fair, midway entertainment, exhibits and displays, barn shows, and grandstand events. Ride tickets must be purchased separately. Weekdays, 3 p.m. - 10 p.m.; Saturday and Sunday, 12 noon - 12 midnight. \$5 for ages 7-59; \$4 for ages 3-6; \$4 for 60+; children under 2 free.

<http://www.pwcfair.com/index.html>

**Arlington County Fair, Arlington, August 19-23** – The Arlington County Fair is a summer family event complete with carnival rides, live animal shows, musical entertainment, arts and craft exhibits, and a variety of international foods. Special highlights of the Arlington County Fair include pony rides, pig and goat races, and a petting zoo. Local crafters will display items such as needlework & apparel, dolls, photography, creative writing, flowers arrangements and ceramics. <http://arlingtoncountyfair.org>



#### ADVERTISEMENT

*While we appreciate the support of our advertisers, placement in this newsletter does not imply endorsement by the Mothers First organization or its Board members.*

#### **Individual Counseling, Imago Couples Therapy and “Well-Family” Consultations**

Licensed Professional Counselor and founding member of Mothers First offers preventive consultations as well as counseling to treat anxiety, depression, pregnancy loss or couples communication difficulties.  
Call Deborah Ross at 703.319.8440.

We need your "mom" power at  
Reston Festival!

**What?** Please **volunteer** to help man the Mothers First booth at the Reston Festival. <http://www.restonfestival.com>

**When?** Saturday and Sunday, July 11 and 12 from 10am to 6pm.

**Why?** This is a great way to recruit new members. Families from all over the area visit this festival. That means new members for your chapter too. New members means more funds for all chapters and better resources. Fresh faces, new friends, more support for YOU!

**What will I have to do?** Be a friendly face, pass out brochures, pass out raffle tickets to win prizes, **recruit** nice moms to join our group, etc. It will be very easy.

**How long?** A couple hours would be of GREAT help. Sign up with a friend to make the time go by even faster. You're welcome to bring your kids or have them see the festival with Dad.

Please send me a note to sign up for a time slot or for more information.

Thanks!  
-Amy



**RENEWALS** [www.mothersfirst.org](http://www.mothersfirst.org) via PayPal in Members Only section or mail check to Mothers First, P.O. Box 1526, Vienna, VA 22183. \$28 for 1 year, \$45 for 2 years.

**EMAIL CHANGES** For any email address changes or updates, please send an email to [emailadmin@mothersfirst.org](mailto:emailadmin@mothersfirst.org).

*The newsletter is online at the Members Only section of the Mothers First website!*

# ANNOUNCEMENTS



## CHANTILLY/CENTREVILLE

- Announcing a new program: Monthly story time followed up with a corresponding craft.
- Welcome new member: Shauna and family.
- Thank you Terri for your hard work as Book Club Coordinator.
- Thank you Pam for all your hard work as MNO Coordinator, everything you did was much appreciated.
- Thank you Kristine for stepping up as new MNO Coordinator.
- Thank you Shannon for stepping up as our new playground coordinator.
- Best wishes to Jill and family. We wish you all the best with your move and hope you keep in touch.

## GREAT FALLS

- Congratulations to Ellie and John on the birth of their daughter.
- Welcome to our new member Elin

## RESTON/HERNDON

Annual summer family picnic will be in August. Husbands and siblings welcome. Date TBD. Thank you Amber for hosting!!!

## ADVERTISE IN *JOURNEYS*

**\*New prices! Half the cost!\***

You can advertise your small business in *Journeys* at great Member Rates. In addition to member discounts, you can receive additional discounts for one year of advertising.

*\*10% discount given for a year contract, 6 issues. [Rate x 6]*

Size	Measurement	Member Rates	
		Member Rate Per Issue	10% Discount Rate Per Issue*
Classified	Six Lines	\$13.50	\$12.00
Business Card	3.25" W x 2.5" L	\$20.50	\$18.50
Quarter Page	3.25" W x 4.5" L	\$27.00	\$24.50
Half Page	6.5 " W x 4.5" L	\$45.00	\$40.50
Full Page	6.5 " W x 9.0 " L	\$67.50	\$61.00

# Mothers First Support Group Events July - August

*Personal information has been removed for non-member copy.*

## BURKE/FAIRFAX

**Leader:** Ann

**Meetings:** 10:15am - 11:45 on the first, second, and fourth Tuesdays  
Kings Park Library, 9000 Burke Lake Road, Burke.  
Please bring quiet toys to share.

**Topics:** *July 7* – Menu planning 101  
*July 14* – What’s new on the internet  
*July 28* – Regional travel – the hidden gems  
*August 4* – Clearing the clutter  
*August 11* – What to do with those photos  
*August 25* – Fall Fun

**Field Trips:** Coordinator – Maria

*July 1* – Free movie at Kingstowne Center 10:00 “Space Chimps”  
5910 Kingstowne Towne Center, Alexandria, VA  
*July 8* – Free movie at Tysons Corner Center 10:00 “Tale of Despereaux”  
Tyson Corner 16, 7850E Tyson corner Center (rts 123 &7) McLean VA  
*July 9* – Water Mine Swimming Hole 10:00 - 1:00  
1400 Lake Fairfax Dr, Reston VA  
\$: under 2 - free, \$11.25 - Under 48" tall, \$13.50 - Over 48" tall  
*July 10* – Hui Hula and Steve songs, 10:00 - 1:00  
Wolftrap 1645 Trap road, Vienna, VA  
\$10 for both performances, Pack a picnic lunch!  
*July 15* – “Horton Hears a Who” 10:00 - noon  
Tysons Corner Center in the new wing - arrive early. these movies sell out.  
\$1 ticket  
*July 18* – Bob Brown Puppets, 10:00 - 11:00  
Mason district park, 6621 Columbia Pike, Annandale  
*July 20* – Hayes Park 10:00 - 1:00  
1516 North Lincoln Street, Arlington VA A SPRINKLER PARK!  
*July 25* – Clowning Around, 10:00 - 11:00  
Mason district park, 6621 Columbia Pike, Annandale  
*July 27* – Pirate Cove Waterpark 10:30 - 1:30  
6501 Pohick Bay Drive, Lorton, Virginia 22079  
under 2 - Free, 3 - 11 yrs old \$6.00, 12 - 54 yrs old \$7.00  
  
*August 6* – Rocknocerous and Bob Brown puppets 10:00 - 1:00  
Wolftrap 1645 Trap road, Vienna, VA  
\$10 for both performances, Pack a picnic lunch!  
*August 10* – Swimming at Woods Pool 10:00 - 1:00  
10100 Wards Grove Circle, Burke VA  
*August 12* – Mad Science 10:30 - 11:30  
Fairfax Corner, bring gear for the water fountains



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*August 18* – Atlantis Water Park (Bull Run) 10:00 - 2:00

7700 Bull Run Dr, Centreville, VA 20121

Individual (48" or More Height) \$8.00

Individual ( Less Than 48" Height) \$6.75

*August 20* – Kids in Motion 10:00 - noon

310 Noble Pond Way, Woodbridge, Va 22193

\$5.00 for kids under 4, \$8.00 for kids 4 and up

*August 26* – Animal Ambassadors 10:30 - 11:30

Fairfax Corner, bring gear for the water fountains

**Mother's Night Out:** Coordinator – Tammy

*July 17* – Robbie Schaefer Concert (folk/ pop) 7:30 - 9:30

Royal Lake park, 5344 Gainsborough Dr. Fairfax

Bring a dessert to share. Great for the whole family!

*August 13* – dessert night 7:30 - 10:00

Ann's house, feel free to bring a dessert to share (but, you don't have to)

**Yahoo Group:** <http://groups.yahoo.com/group/mothersfirstburke/> or  
[mothersfirstburke@yahogroups.com](mailto:mothersfirstburke@yahogroups.com)



## GREAT FALLS

**Leader(s):** Krista  
Patty

**Meetings:** Join us for summer playtime at the Grange at 10AM on July 7<sup>th</sup> and August 4<sup>th</sup>.  
Contact Kathy, for more information.

**Field Trips:** **\*\*Volunteers still needed. Please contact a group leader if interested. A well organized folder with information and suggestions is available.\*\***

**Playgroups:** *Tuesdays at 10AM* – Contact Diane, for more information. **\*\*Please contact Diane if you are interested in volunteering to organize this group.\*\***  
*Fridays at 10AM* – Contact Diane, for more information. **\*\*Please contact Diane if you are interested in volunteering to organize this group.\*\***

**Moms' Night Out:** Join us for fun summer evenings out on the town!

*July 22* – Meet at 6:30 for dinner and a movie – details to follow

*August 22* – Drinks and dinner in DC – leave GF at 6:30 – details to follow

Contact Jacqueline, Cristina, or Brandy for more information.

**Book Club:** Typically meets at 8pm on the first Monday of the month – \*at hostess' discretion.\*  
Contact Laura, for more information.

*July 6* – *Still Alice* by Lisa Genova, hosted by Cristina

*August 3* – TBD, hosted by Caroline

**Dads' Night Out:** Email Matt, to be added to the email distribution list for upcoming events.

**Mother's Support Contact:** Errand Angels – If a Mothers First family is experiencing special circumstances and in need of assistance, please contact Linda, to lend a helping hand.

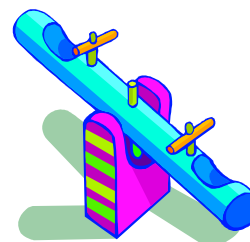
**Yahoo Group:** <http://groups.yahoo.com/group/greatfallsmoms> or [greatfallsmoms@yahogroups.com](mailto:greatfallsmoms@yahogroups.com)

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## **CHANTILLY/CENTREVILLE**

- Leader(s):** Erin  
Stephanie
- Meetings:** 10:15 - 11:30am, first and third Thursdays  
Centreville Regional Library, 14200 Saint Germain Dr, Centreville.  
Please bring quiet toys to share.
- Topics:** *July 2* – Open Chat Forum (Meeting Room 1)  
*July 16* – Kid Friendly Restaurants: Do you know any local restaurants that sponsors Kids Nights or special meal deals? (Meeting Room 2)  
*August 6* – Bring and Share your Favorite Summer Recipe. (Meeting Room 1)  
*August 20* – Getting your child and family ready for the school year. (Meeting Room 2)
- Field Trips:** Coordinator – Nickie  
*Tuesday, July 7* – Free kid's movie at Regal Fairfax Towne Center, 10:00am  
*Friday, July 17* – Morning exercise walk and Atlantis Waterpark at Bull Run Park  
*Tuesday, July 21* – Wolf Trap Theatre in the Woods performance, 10:00am  
*Monday, July 27* – Kings Dominion road trip  
*Wednesday, July 29* – Mr. Knick Knack at Fairfax Corner Little Tots Series, 10:30am
- Monday, August 3* – Rocknoceros at Clifton Town Meeting Hall, 10:30am  
*Thursday, August 13* – Signal Bay waterpark, 11:00am  
*Tuesday, August 18* – Bowling at AMF Centreville, 10:30am  
*Wednesday, August 26* – Music in the Field and Farmer's Market at Frying Pan Park
- Playgroups:** Coordinator – Shannon  
*July 8* – hosted by Evelyn  
*July 23* – at the pool, hosted by Nickie  
*August 10* – hosted by Erin, 10:30am-1pm, bring a lunch  
Playgroup host needed weeks of July 13th-17th, August 3rd-7th, August 24th-28th  
Contact Shannon if interested.
- Tiny Tot Playgroup (NEW!!):** *Friday, July 10* – hosted by Heather  
*Friday July 31* – host TBD  
*Tuesday, August 11* – host TBD  
*Tuesday, August 25* – hosted by Erin K.
- Moms' Night Out:** Coordinator Kristine  
*July 9* – Sakura Japanese Steak & Seafood House, Fairfax 7:30pm  
*July 21* – Mini Golf Night - place TBD 7:00pm  
*August 3* – Rosemary Thyme, Centreville 7:30pm  
*August 19* – Movie Night - place TBD 7:30pm
- Book Club:** **\*\*Volunteer Coordinator Needed.\*\***
- Kid Book/Craft Club:** Coordinator – Shawna  
3pm, every third Monday  
Centreville Public Library  
*July 20* – *One Hundred Hungry Ants* by Elinor J. Pinczes  
Activity: Make your own picnic collage for your hungry ants.  
*August 17* – *Whales Passing* by Eve Bunting  
Activity: Make your own ocean in the bottle.
- Mother's Support Contact:** Please contact Shannon, if you are a mom in need of assistance or know a fellow member in need of assistance.
- Yahoo Group:** [http://groups.yahoo.com/group/chantilly\\_centrevillemothers1st/](http://groups.yahoo.com/group/chantilly_centrevillemothers1st/) or [chantilly\\_centrevillemothers1st@yahoogroups.com](mailto:chantilly_centrevillemothers1st@yahoogroups.com)



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## RESTON/HERNDON

- Leader(s):** Amy  
Shannon
- Meetings:** 10:15 - 11:30am, first and second Wednesdays  
Herndon Fortnightly Library, small conference room,  
768 Center Street, Herndon
- Topics:** *July 1* – **MEETING CANCELLED**  
*July 8* – Potty training hints.  
*August 5* – Share your child's favorite books/stories.  
*August 12* – Preparing for new baby.
- Field Trips:** *July 16* – \***Thursday**\* 10:30am Rocknoceros at the Herndon Farmers Market. Bring a picnic lunch.  
*July 29* – Water mine water park. 10am  
Adults \$13.50, children \$11.25, children 2 and under, free.  
<http://www.fairfaxcounty.gov/parks/watermine/>  
*August 19* – Frying Pan Farm Park. 10am Enjoy the farm, farmers market and playground. Bring a picnic lunch. <http://www.fairfaxcounty.gov/parks/fpp/>
- Playgroups:** 10am \*Unless otherwise noted\*  
*July 6* – hosted by Katie at the Ashburn dinosaur park, 43546 Partlow Road, Ashburn.  
*July 14* – Bring Your Own Trike to Zain's House! Hosted by Bethany. RSVP for lunch.  
*August 10* – hosted by Shannon, location TBD.
- Moms' Night Out:** *July 22* – 80's-style Ladies Pampering Get Together. Details to follow.  
Host TBD.  
*August 20* – Thursday 7pm, Dinner (restaurant TBD) and music by Iona (traditional pan Celtic) at Lake Anne.
- Reston Festival:** July 11 & 12 – Come support our Mothers First booth at Reston Festival.
- Mother's Support Contact:** Contact Bethany, if you are in need of assistance from other mothers or know of a fellow member who needs assistance, or for more information.
- Yahoo Group:** <http://groups.yahoo.com/group/Mothersfirstreston> or [Mothersfirstreston@yahogroups.com](mailto:Mothersfirstreston@yahogroups.com)



## VIENNA/MCLEAN

- Leaders:** \*\*\*Leader needed. Contact Renata if interested.\*\*\*
- Book Club:** Coordinator CeCi  
2nd Wednesday of the month, Amphora Restaurant, Vienna, 7:30pm, \*\*or as otherwise noted.\*\*  
*July 15* – *A Voyage Long and Strange: Rediscovering the New World* by Tony Horwitz. \*\*Wine and cheese/dessert at Ceci's.\*\* RSVP  
*August 12* – *Into the Wild* by Jon Krakauer
- Yahoo Group:** <http://groups.yahoo.com/group/ViennaMcLeanMoms> or [ViennaMcLeanMoms@yahogroups.com](mailto:ViennaMcLeanMoms@yahogroups.com)