

Arlington Family Connection

supporting children age six and under and those who care for them



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www.arlingtonfamilyconnection.org



Treehouse Project Stalled; New Tact Taken

by Bonnie Walsh

Soon after the Town of Arlington acquired the Symmes Hospital property in May 2002, debates began about the best use of the land. While most of the groups involved favored some blend of affordable and mixed income housing as well as commercial and market development, the Coalition for a Treehouse at Symmes (CATS) was formed to advocate the idea of using part of the space to make a full-scale Community Center. Like a childhood treehouse, they envisioned this Center as a place where citizens of all ages could go to “meet, eat and retreat”.

The group originally conceived the idea of a Treehouse in an effort to replace ‘Tot Stop’, a popular drop-in spot for the under six crowd that was located in the former Gibbs school before closing in 2002. After reviewing the results of the consultants survey of the community, the CATS

realized that all citizens of Arlington could benefit from a more comprehensive community center and expanded their plans accordingly. In addition to indoor and outdoor play spaces for the very young, they envisioned a full-scale Aquatic Center that would include a lap pool, a recreational pool, a therapy pool and a spray pool with slides and a wading area for toddlers. Plans also included a cafeteria and meeting area that everyone would use. Other ideas for the space included a welcome center, a Reading Area, a Teen Center, Conference facilities, an art gallery, an auditorium, walking trails and gardens.

Despite the extensively researched plans, which included proposals as to how the center could operate

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Three Lil’ Birds: New Kids Clothing Shop

by Jennifer Goebel

There’s a new place in town to shop for kids’ clothes, and a more family-friendly place you couldn’t imagine. Toddlers are instantly captivated by the kid-sized playhouse, and you can browse through the racks of gently-used clothes sizes 0-10, books, videos and baby items while keeping an easy eye on your little one(s). And, best of all, co-owners Ana Lockwood and Michelle Bulna are happy to have you stop in and hang out while your child plays – whether you buy anything or not.

Three Lil’ Birds, located at 1205 Mass. Ave. in Arlington (close to Arlington Heights), opened its doors in March. So far, says Ana, business has been remarkably good. When making that assessment, Ana is taking into account not just the bottom line, but also their success in integrating this business into their busy lives as parents.

Their children have been a driving force in setting up their business, says Ana, and even supplied the name. “Three Little Birds” is the name of

the Bob Marley song their kids learned at daycare and sung frequently at home – if the title doesn’t ring a bell, the refrain “every little thing gonna be all right” might. And the shortened *Lil’* was provided by Michelle’s son, who sang it that way.

Ana is originally from Brazil and is mother to Joey, 6, and Cassia, 5. Michelle, an Arlington accountant, is mother to Hugo, 5, and Megan 3. When Ana and Michelle met through their Cambridge daycare, they started talking about opening a business of their own.

The pair chose Arlington for the business because of the town’s growing population of families with young children and because Arlington already has the used-clothing culture, with Frida Bee in Arlington Center. Initially, the store was only open just a few mornings a week; they’ve gradually added more hours as their schedules allow.

In August, *Three Lil’ Birds* will expand its hours to Tuesday-Saturday 10 am-6 pm. To find out more or to to

schedule an appointment to sell clothes or baby items, call: (781) 648-1160.

Editor’s Note: Be sure to look for the Three Lil’ Birds coupon in the Aug. 13 issue of the Arlington Shopper. Mention that you’re an AFC member, and receive 10 percent off on your next purchase.

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News from the Membership Chair

by Melissa Spiers

Thanks to all of you who made this past year such a success. AFC has a strong and growing membership. As we embark on our membership renewal process and new member drive we look forward to welcoming many new members, as well as members who have provided vital support from the beginning. In addition to our annual parties and monthly outings, we are expanding our speaker series and developing community service projects so that we can involve our children in giving back to Arlington. We are also in the process of publishing a *Guide to Summer Programs*, due out in the fall, and are busy planning for our second *Options in Early Childhood Education* evening slated for October.

News from the Board

by Margaret Potter

Justine Lynch is the treasurer of Arlington Family Connection and we are thrilled to have her on our board of directors. Justine is a graduate of Bentley College where she earned a BS in Business Management. She comes to us with a wealth of experience, including four years of retail banking and five years as a manager of accounts receivable at the Massachusetts Department of Revenue. Justine attended graduate school at Salem State College in secondary education and taught business for two years at Somerville High School. She is a newly elected Board of Trustee Member of the Cambridge House Condominium Association.

Justine has two children: Joseph, 4, and Anna, 3. She is currently a stay-at-home mom, a job she finds very rewarding and enriching. Justine has several hobbies, including dance which she taught to preschool-aged children while she was in college. She also enjoys reading and travelling.

Welcome Justine!

September Newsletter Deadline

Interested in writing for the AFC newsletter? The next deadline is Aug. 13 for articles, Aug. 20 for calendar items.

Email: betsy01@bellatlantic.net.

We value your input and look forward to hearing from you. If you have feedback about our community activities and future plans, please contact any board member. Our contact information is in every newsletter.

Our dues have increased to fully fund our newsletter and to support new initiatives. Remember that a membership to AFC is a thoughtful gift for a family with young children.

To renew your membership for 2003/2004 please send a check for \$20 to **Arlington Family Connection** at P.O. Box 150, Arlington, MA, 02476.

Thank you for your continued support.

Letters to the Editor:

I am Mom to 10-month-old Aidan and a big fan of AFC.

I recently learned something I found incredibly valuable and wanted to share with other AFC members. As you may know, due to budget cuts Arlington has eliminated public car seat safety inspections. The Everett Police offers free help with car seat installation to people from any town on Fridays from 10 am-1 pm, simply ask at the front desk. Everyone I met was very kind to us.

The address is 45 Elm Street in Everett. Take Route 16 East, past Babies R Us. Bear left onto South Ferry Street (landmark: Speedy Muffler). Turn right on to Elm Street (landmark: town park). The police station is on the right.

Debra Woog McGinty
East Arlington

Letters to the Editor *are encouraged and welcome.*
Please email: betsy01@bellatlantic.net.

For more information about AFC, please contact any of the following members of the Board of Directors:

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Arlington Family Connection
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Arlington, MA 02476
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Making Myself at Home

by Beth Soltzberg

After six months as a stay-at-home mom, I began to notice that when I got together with old friends I didn't talk about myself much anymore. An evening would leave me feeling like a Terri Gross-wannabe, having extensively interviewed my friends about their lives without offering any news of my own. This isn't because I'm shy; I love to talk about myself. Rather, my friends had stopped asking me questions.

At first I thought this was because they're unfamiliar with the type of work I do now. Since I spent several years in the professional world before having my son, I reasoned, I knew what to ask them: *How's that new project? Is your boss still working out his control issues?*

On closer inspection, however, this theory held as much water as a Play Doh teacup. What does a biologist or a teacher know of the world of accounting? But they still manage to ask each other the basic questions. I began to suspect that they thought my work as a stay-at-home mom was so mundane that they just weren't interested or perhaps wished to spare me the embarrassment of having to talk about it, the way one might avoid asking an unemployed friend how his solitaire championship is going.

Was I just being paranoid, I wondered? How did I know what my friends were really thinking? That's when the truth hit: Because I know what I'm thinking. Being a stay-at-home mom is the most challenging, rewarding work I've ever done - and I am embarrassed to talk about it.

Even among my at-home mom friends, there's an undercurrent of self-consciousness. When we share recipes, someone will inevitably comment, "Oh, look at us sharing recipes! This is so 1950s!" We somehow can't take our cooking and cleaning seriously, even though - hello - this is what we do every day, and it's useful, honest work.

Like most moms I hang out with, I didn't prepare for a life of cooking, cleaning, and kids. I prepared to inhabit the world of ideas. I went to graduate school. I absorbed the notion that on the ladder of success, intellectual achievement was at the top. The job market rewarded me with raises, nicer offices, and longer titles on my business cards.

Being an at-home mom is at the other end of this ladder. The tasks are repetitive, with few tangible products or measurable results. No finely honed skills of quantitative or qualitative analysis are required. While the option

to stay home is a luxury for many, the experience is strictly no-frills. A boss working out his control issues is no match for my 2-year-old. The work is unnoticed by the job market, not counted in the GDP. There are no performance reviews or office upgrades. You don't get sick leave. You don't even get to go to the bathroom with the door closed.

I recently - tentatively - told an old friend about some of the things I do on a typical day. She listened. Then she talked about her dissertation. It felt OK, like two human beings talking to each other about the work they do.

I was reminded that an authentic sense of pride needs to come from my own belief that what I do matters, not from others' interest and admiration. In fact, this is one of the lessons in which I am being schooled as an at-home mom with no one to evaluate my work but a 2-year-old who only once complimented me on my cooking (he was eating store-bought yogurt at the time).

When I look at my work, this is what I see. The work demands physical stamina. It requires inventiveness and patience. It calls for the ability to do seven things at once. It requires flexibility and humor when those seven things must be dropped because my son is painting the windowsill with his watercolors. It forces me to set my own quality standards, be my own supervisor and cheerleader. It entails the need to hold tight to my son and let go at the same time, causing my heart to perpetually break and then grow bigger.

Two years into it, I'm learning to deeply appreciate this work of the hands and the heart. And I'm trying to get over my fear of talking about it, even when I haven't been asked the proper questions. I'm still not sure if the friends I made before becoming a mother are interested in what I do. (You know the adage - just because you're paranoid doesn't mean that everyone isn't out to get you.) But I don't care. This work - making homes and raising children - is so important, and people who hang out with me are going to hear about it.

And yes, I do want that recipe for quick pineapple chicken surprise. But, hang on, first I've got to clean the windowsill.

Beth Soltzberg lives in Arlington Heights and has an almost 3-year-old son and is expecting in October. An edited version of this essay appeared in The Boston Globe on July 10, 2003.



Editorial policy

The **Arlington Family Connection** (AFC) newsletter is published monthly and is free with membership. Published articles reflect the views of the respective authors and do not necessarily represent the views of AFC. Childcare, healthcare and legal information is provided for informational purposes only. It is not intended as a substitute for medical or professional advice. Always consult your own healthcare provider for any decisions relating to your child's well being.

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The Natural Connection: *Congratulations! It's a Boy (Girl)*

by Dianna Dixon

Ever have one of those times when “everyone” you know is pregnant? True for me at the moment. So, let’s talk about homeopathy in pregnancy and labor.

First, a disclaimer of sorts: I am not a midwife. I do, however, know first-hand about how useful homeopathy can be throughout pregnancy and during the birth. I have prescribed at three births and for many more pregnancies.

As always, safety is a primary concern. So many conventional medicines are off-limits to pregnant women, and rightly so. A developing fetus is a vulnerable being. But as homeopathy is safe for adults and safe for tiny children, it is safe for a mother-to-be and a baby-to-be. And while conventional medications may be limited, the need for them continues: nausea, aches and pains, heartburn, varicosities, even run-of-the-mill colds.

This is a huge subject covered in entire books, such as Miranda Castro’s *Homeopathy for Pregnancy, Birth and Your Baby’s First Year*. (Anything by Miranda Castro can be recommended as a “first” homeopathy book; Dr. Andrew Lockie also writes very good guides to homeopathy, with a slightly more medical flavor.) It is also very nice to add a professional homeopath to the team assisting a pregnant woman to a happy, healthy delivery. But here are a few suggestions for some of the most common complaints during pregnancy and birth:

pregnancy

nausea (or so-called “morning sickness”)

Colchicum — when sight or smell of food causes nausea
Ipecac — for non-stop nausea and everything vomited up
Pulsatilla — for evening nausea that wears off during the night
Sepia — for nausea plus strong irritability or depression
Petrolatum — for nausea kept at bay with constant eating

indigestion/heartburn

Capsicum — for burning behind breastbone and great thirst
China — where flatulence/bloating accompany heartburn/indigestion
Nux vom — for heartburn with indigestion
Pulsatilla — for heartburn/indigestion worse after eating fatty foods
Sulphur — for heartburn made worse by milk/milk products, with a craving for sweets

water retention

Natrum mur — remedy of first resort
Apis — for puffiness in ankles/feet or fingers/hands, especially when red and warm
Lycopodium — for puffiness where skin is pale and clammy

varicosity

Pulsatilla — remedy of first resort
Carbo veg — for knotted painful veins
Hamamelis — for sore, bruised, sensitive veins

backache

Arnica — backache due to injury or strain
Kali carb — back feels weak and tired, dragging pains in middle/lower back
Pulsatilla — hard and tense feeling in lower abdomen, feeling worse in stuffy room

Homeopathy can help with many other complaints, including cervical incompetence, high blood pressure, urinary problems and so on.

A quick review of the remedies above reveal that the homeopathic remedy *Pulsatilla* is very useful for many women with many ailments of pregnancy; this continues into the actual birth.

birth

Aconite — any sort of fear, panic, trembling/shaking during labor
Arsenicum — fear in labor; may be accompanied by vomiting
Caulophyllum — labor that seems “stuck” in the first phase; weak and unproductive contractions
Chamomilla — severe pains accompanied by anger, to the point of throwing things
Coffea — violent contractions where the woman is restless and irritable between contractions
Ignatia — hysterical states with tight neck and shoulders, possible faintness, may sigh or sob
Kali carb — backache labor (“posterior presentation”) where pain is better for rubbing or pressure
Pulsatilla — slow labor, weepy mother; likely to say “I give up” or “I can’t do this anymore”

Even if no remedies are used in pregnancy or birth, homeopathy can help a mother recover from anesthesia/epidural, heal ripped or cut tissues, repair damage to the coccyx and ease sore or cracked nipples, even mastitis.

Belladonna — hot and hard breasts with mastitis
Hypericum — disruption and pain to coccyx (“tail bone”)
Phosphorus — after-effects of anesthesia or pain killers
Pulsatilla — sore nipples accompanied by “baby blues”
Staphisagria — tissue damage due to tear or cut or caesarean
Sulphur — cracked nipples, sore and burning

One last thing - purchasing a homeopathic “birth kit” and studying it and then dispensing remedies for one’s laboring partner is a great way for dads to feel involved and useful at the birth. Many ready-made kits include all or most of the above-mentioned remedies.

* * * * *

Most health food stores (Bread & Circus, Wild Oats) and Harnetts in Harvard Square carry these remedies in the 6th or 30th potency; both are suitable for children, even tiny babies. Johnson Drugs in Waltham (781) 893-3870; www.johnsondrugs.com also does mail order. Follow the dosage information on the package.

Homeopathic remedies are gentle and safe with no side effects – perfect for children. As always, the information in this column is for education only and is not intended as medical advice.

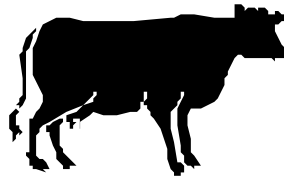
Dianna Dixon is a UK-trained and licensed homeopath practicing in Arlington.

Fun Places to go with Kids: Davis Farmland in Sterling

by Lisa M. Reale

Anyone looking for something to do on a weekend day? I went with a friend and our one-year-olds to Davis Farmland in Sterling, Mass., yesterday. I can't say enough good things about it! It was inexpensive—total for the day, tickets, lunch, ice cream—was around \$40 for the four of us.

They have farm animals walking around loose (well, of course there's a gate - but go in instead of looking through a fence) and you can pet them. They have the different animal areas well-labeled as "friendly", "most unpredictable", and in-between. You can pet the animals (a lot of farms won't let you touch). They had a hayride with a guide who pointed out animals along the way. They have a few different play areas, one *just* for kids under three, which our girls loved. And there is a huge, great spray pool.



It is the most family-friendly place I have *ever* seen. They had a nice changing area in every restroom, sinks at adult and kid heights, and kiddie toilets in some. There were boxes of baby wipes in the bathrooms and on every picnic table. Kids under two get in free.

The concession stand sells swim diapers and baby food. You can rent strollers or two-seated wagons (we had our strollers, and the girls were both asleep when we got there, but once they woke up, we wished we'd gotten a wagon) And every staff member we met was very friendly and

helpful.

For more information, visit www.davisfarmland.com or call (978) 422-6666.

Lisa Reale works for Gentle Giant Moving Company and has a 13-month-old daughter.

It's a Drop in the Bucket

by Melissa Lucius

Sometimes I get so overwhelmed thinking about all the good habits I want to cultivate: flossing, reading the news, sit-ups, cooking healthful meals, calling friends more often, working in the garden, writing in a journal... so overwhelmed that I end up doing none of these things.

But a friend gave me some good advice once: *just do one thing.*

I really care about the environment and want my two daughters (ages 5-months and 3 years) to grow up in a world where they don't have to worry about rationing the water supply or getting sick from eating too many chemicals. I want to go out there and change the world and make a difference and fix everything in a grand and triumphant swoop, but sometimes it seems to take too much time and energy. I don't have ten hours a week to volunteer at the recycling center, and starting a compost bin sounds like a whole lot of work. But what if we all did just one small thing to save the earth? It would add up, especially if we made that one small thing into a habit.

I invite you to do just one (or more!) of the easy things on the list below, and make it a habit. Not all of them, but just one. It's a drop in the bucket, but the drops add up.

- * transport snacks in small tupperware containers instead of baggies. I shudder to think of all those ziplocs in the landfill. As an added bonus, the grapes/berries/bananas don't get squished on the way to the playground.

- * transport drinks in reusable bottles instead of taking along juice boxes. Just keep reusing those mini Poland Spring bottles, and forget about those drink boxes.

- * buy a set or two of beautiful cloth napkins and napkin rings (personalized?) and use them instead of paper napkins. You'll save a tree and be classy at the same time.

- * cancel your newspaper delivery service and read the news online. Who needs a huge stack of newspapers at the end of the week, even if you do recycle them.

- * bring office crates or paper bags to the grocery store. One of my favorite

games is reusing the heck out of a paper shopping bag until it rips or is otherwise unusable. Or purchase 3 or 4 canvas bags with handles and reuse those bags each time you shop.

- * I don't mean to offend anyone's sensibilities, but how about not flushing every single time? If Junior produces a trickle of peepee that hardly discolors the water and doesn't smell, why flush away 10 gallons of water?

- * diapers these days are really absorbent – consider keeping that diaper on for just an hour or two more. It doesn't mean you're a better parent if you change the baby's diaper at the first sign of wetness.

I'm not asking you to trade in your SUV for a more fuel efficient car, or to turn off the AC when it's 90 degrees (although these things would certainly have a positive impact). I'm just suggesting doing one small, easy thing. Remember, your kids are watching you! And I want to thank you in advance for doing this favor for our children and all generations to come.

On-going Activities

Groups

New Mothers' Drop-in Group: Thursdays, 10-11:30am, Calvary United Methodist Church, 300 Mass Ave. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family and Children's Services. Group runs through the summer. Info: (617) 558-1278.

New Mothers' Drop-in Group: alternating Tuesdays, 9:30-10:30am, Henry Bear's Park, 685 Mass Ave. This is a free, informal drop-in group for new mothers with infants. For more information, please call (781) 646-9400. This group runs through the summer.

Working Mothers' Group: This informal group provides mothers, who are also working, with a place to meet and talk. *Please note: this group will not run in July and August.* For more information about September meetings, email Pamela Harlem at pharlem@partners.org or call (781) 648-9034.

Older First-time Moms Group: third Wednesday of each month, 7-9pm, various Arlington locations. This is a social and support discussion group for first-time moms in their late 30s/40s in the Boston area. The group is free, but a \$1 donation is suggested. Call (781) 674-2029 for details. This group runs through the summer.

Grandparents Support Group: meets second Thursday of the month from 12-1:30pm for grandparents providing primary childcare for their grandchildren. Sponsored by the Arlington Youth Consultation Center. Call (781) 316-3250 for details and to pre-register. This group runs through the summer.

Arlington Fathers' Group: Tuesdays 7:30-9pm. Sponsored by Parents Helping Parents. This is a free support group for fathers who are feeling isolated, overwhelmed, or concerned about their anger toward their children. For exact location and more information, call (800) 882-1250. Group runs through the summer.

Special Library Events

Note: Robbins Library is now closed on Saturdays during the summer.

Robbins Library Family Picnic Concert Series
Bring a blanket and a picnic and enjoy music under the stars. Concerts are on Robbins House Lawn (in Community Room if it rains unless otherwise noted) Provided by the Russell Fund. Thursdays, 6:15- 7:15pm, August 7 & 14.

Pajama Story Times at Fox Library
Wednesdays evenings at 7pm in August for 2 1/2-5-years-old. Call (781) 316-3234 or visit www.robbins library.org.

Sing-alongs

Sing-along with Diane Taraz Second and fourth Fridays of the month, 10-10:30am, Calvary United Methodist Church, 300 Mass Ave, admission \$1. For more information, see www.dianetaraz.com.

Storytimes

Storytime at Henry Bear's Park 685 Mass Ave, Thursdays 11 am. Call (781) 646-9400 for more information.

Free Summer Concerts

Arlington Chamber of Commerce is sponsoring concerts on the lawn of the Jefferson Cutter House in Arlington Center, at Mass. Ave. and Rt. 60 on Thursday nights throughout the summer. Aug. 7: Town and School Employees Appreciation Night Chris and Meredith Thompson acoustic duo, featuring flute, guitar, percussion and harmonies Aug. 14: Community Newspaper Co. Parent & Kids Night Troupe Baden'ya Drum and dance from Mali, West Africa.

Concerts presented by the Arlington Chamber of Commerce, along with Citizens Bank, *The Arlington Advocate* and Community Newspaper Co. With generous support from Bombay Classic Indian Cuisine, Bowes Pennell & Thompson, GMAC Real Estate, The Regent Theatre. Info: (781) 643-4600.

Movies

Movies at the Capitol Theater for caregivers with babies. Movies chosen weekly. Showtimes Mondays between 1-2pm, depending on the movie. Admission \$4.50. To join the email list, please contact Michelle Krawchuck at amichuk@mindspring.com.

Know of a great event around town and want to share it with other AFC members?

Send your calendar listing to: betsy01@bellatlantic.net by August 20 to make the September issue.

Happy summer!

AFC Volunteer Opportunities

Have you enjoyed some of the recent AFC trips and activities, or wished you could have but they were not at times or places convenient for you? AFC's **Activities Committee** is seeking input from members on future activities and trips that we can do with or without children. We also need fun-loving members to join the committee and help organize and lead such trips. (Very small time-commitment involved.) Please contact Ruth Schmidt at 781-643-2362 or ruthschmidt@att.net.

We are looking for a few people to work with Melissa Spiers on the **Membership Committee**. One position is related to database management so if anyone has computer skills and would like to spend an hour or two a week on AFC-related business please contact Melissa. We also need one or two people who would like to get out and talk to people. The goal is to talk to all the Arlington preschools, pediatric offices, new moms' groups, etc., about what AFC has to offer families with young children. Melissa can be reached at (781) 777-1363 or mspiers@rcn.com. Thank you!

Starting Stratton or Dallin Kindergarten this Fall?

To meet other families whose children will be starting **Stratton** kindergarten in the fall, please join us for any of the following Friday playground dates at 10:30am, weather dependent.

- | | |
|------|---------------------------|
| 8/1 | The Reservoir |
| 8/8 | Menotomy Rocks Park |
| 8/15 | Sprinkler Park - Thompson |
| 8/22 | Robbins Farm Park |

Info: Melissa Spiers at mspiers@attbi.com.

To meet other families whose children will be starting **Dallin** kindergarten in the fall, please join us all Fridays in August at 10am at the Dallin playground, weather dependent. In case of rain or extreme hot weather, the plan may change to meet at Panera or Au Bon Pain.

Info: Cathy DiFonzo at cathydifonzo@hotmail.com.

New Direction for Treehouse Organizers

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within the revenue-neutral mandate required by the Town, in the late winter of 2003 the Symmes Advisory Committee decided to recommend use of the anticipated space for medical-related facilities. While there is still the chance that the Community Center could be situated within the Symmes property in the event that the medical directive cannot be fulfilled, this blow to the campaign greatly diminished the chances of development going forward as originally anticipated. While parking concerns were cited as one reason for the Town's decision, another large setback to the CATS campaign was the lack of interested parties at the center-related meetings. CATS believes there was as substantial support for their vision, but that the interested parties—namely, parents of toddlers or other community members that would benefit from the center—

could not or did not make their presence and desires heard as loudly as the more vocal medical facilities supporters.

Currently the CATS group is trying to relocate their envisioned center to an alternative location in Arlington. With the loss of the view at the Symmes site, they will reorganize as the Arlington Treehouse Corporation (ATC). The name for the new concept is still under discussion. They are organizing their research, consulting with other towns that have similar centers, and working with the Parks and Recreation department to reform their vision. Despite the lack of abundant free space, they still hope to create a facility that could benefit every segment of the Arlington population.

If you are interested in getting involved with ATC, please contact julielucey@comcast.net.

Kindergarten Connections

If you have a child starting kindergarten in the fall and are interested in meeting other families in your school district this summer, please contact the following people:

Bishop: Jerri Newman (781) 641-9933 or jerrinewman@verizon.net

Brackett: Helene Newburg guaitch@yahoo.com

Dallin: Cathy DiFonzo (781) 648-9443 or cathydifonzo@hotmail.com (see playground schedule page 6)

Hardy: Chris Foster (781) 646-9927 or fostercm@hotmail.com

Peirce: Lori Rogers-Stokes rogersstokes@hotmail.com

Stratton: Melissa Spiers mspiers@rcn.com (see playground schedule page 6)

Thompson: Beth Billings (781) 648-6270 or bethbil@yahoo.com

AFC Membership Form

If you're interested in becoming part of an active, growing network of parents, professionals and other community members who care for young children, then membership in Arlington Family Connection (AFC) is for you. AFC offers educational seminars, social events, a web site, playgroups, a monthly newsletter and a guide to local preschools. To become a member, complete the form below, and send it in along with your check for \$20 to cover your annual membership fee. All memberships renew in September. Join in July or August and your membership will run through September 2004.

Please make checks payable to:
Arlington Family Connection
PO Box 150
Arlington, MA 02476

Please print clearly. Date: _____

I am a: Parent: _____ Grandparent: _____
Educator: _____ Health Care Provider: _____
Child Care Provider: _____ Other: _____

Name: _____

Spouse/Partner's Name: _____

Address: _____

E-mail: _____

Phone: _____

Please list your children (if applicable)

Name	Gender	Date of Birth
------	--------	---------------

School District (circle one): Bishop Brackett Dallin
Hardy Peirce Stratton Thompson

Would you like to be on an AFC committee?
(check all that apply)

Play groups _____ Publicity _____ Speaker Series _____
Newsletter _____ Fundraising _____ Social Events _____
Resource Booklet _____ New Parent Outreach _____
Activities _____ Community Service _____
Other _____

This membership is a gift from: _____

To celebrate: _____

Save the Dates!

Friday, August 8, 5pm Family Fun at Spy Pond Park

Bring your family to enjoy pizza and fun at Spy Pond Park sponsored by Arlington Family Connection.

This is a perfect opportunity to renew your AFC membership. All memberships renew in September for \$20/year or \$50/3 years. Thank you for your continued support.

Please call or email to let us know you'll come! Call (781) 648-4314 or info@arlingtonfamilyconnection.org.

This event is free to AFC members and those interested in membership.

(Rain date: Friday, Aug. 15).



Tuesday, August 19, 4-7pm AFC meets at the Thompson School Playground and Spray Pool

Pack up all the kids, a picnic dinner, swimsuits, and anything with wheels (bikes, trikes, scooters, skates). Remember to bring helmets too! AFC will provide popsicles to cap off this fun evening. Cancelled in the event of rain. For info, contact Ruth Schmidt at: ruthschmidt@att.net or (781) 643-2362.

(This event was rescheduled from its July date due to rain.)



Please update your email address with AFC!

Are you getting regular reminders by email of the fun outings that AFC organizes each month? If not, please send a note to ruthschmidt@att.net so that we can update our address book. If you do not have email and would like a reminder by phone, please call Ruth at (781) 643-2362.

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