

Arlington Family Connection

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



Volume III, Issue 4 ~ June 2004
www.arlingtonfamilyconnection.org



Ben Rudnick's Music Isn't Just for Kids

by Betsy Lawson

The Ben Rudnick and Friends concerts this summer at wonderful outdoor venues are likely to be packed with youngsters who know all the words to his catchy tunes such as "Sally Salamander," "I Need a Hand," and "Macaroni and Cheese." But quite a few parents may be caught singing along as well.

"I don't consider myself a children's musician," Rudnick says. "I'm a musician. Period."

The Arlington singer-songwriter has just released his third CD, titled *Blast Off!*, featuring acoustic music of guitar, mandolin, accordion, sax, and harmonica. Rudnick describes it as a CD to "make your family feel like you've done just that: rocketing on a musical adventure that'll have you laughing, dancing, and asking for a replay."

Yet, there are those who look down on so-called children's music as an inferior genre full of shrill voices and clichéd lyrics. Rudnick agrees there's a lot of "schlock" out there that isn't very sophisticated. As an alternative, he wants to make music that's both fun for kids and musically interesting for adults.

"The dads especially can be skeptical before a concert,"

Rudnick says. But often times, they'll come up after the show and say, "You guys can really play."

Always interested in music, Rudnick began playing seriously after his wife encouraged him to perform some songs at his daughter's fourth birthday party. He thoroughly enjoyed himself and started taking guitar lessons again. He began spending much of his free time writing music, often with the help of his daughter Emily for whom his first CD is named.

In time, Ben Rudnick and Friends began playing at libraries and town greens and advancing to small and mid-sized theaters. This summer he has a full schedule of concerts including three local favorites:

On Saturday, June 5, he'll play the Life Is Good Backyard Festival at Lederman Field on the Esplanade in Boston, which is a benefit for Project Joy. The jam-packed day will feature live music, classic picnic food, and a colorful array of throwback games to help you gear up for summer, including a whiffle ball home run contest, horseshoes, croquet, and more.

On Sunday, June 6, he'll be at the Children's Garden Celebration at the Elm Bank Horticultural Center in Wellesley (rain or shine). At an absolutely beautiful location, the event runs 12:30 to 4 p.m. In addition to

(Continued on page 3)

A New Holiday for New Parents

by Jenny Brown

Mother's Day is something that, well, is celebrated for my mother. And Father's Day means requisite calls home to my dad and grandfather. With stunned amazement, my husband, Adam, and I realized that, this year, these holidays applied to *us*. Maybe it was the sleep deprivation but after thirty-(cough) years of being free-wheeling, non-encumbered, happy-go-lucky folk who could travel to Paris on the whim of the moment (not that we

ever did, mind you, but we *could* have!), it was hard to accept that *we* were now Mom and Dad. Or, as my nine-month-old son would say, "Ba ba ba ba ba." (We'll take what we can get.)

Part of our problem is how do you celebrate Mother's and Father's Day when you don't feel like a parent? Sure, we have a baby. And we feed him and clothe him and change his poopy diapers. We play with him and tickle him and sing him silly songs to get him to eat his dinner. We take him to the swings and walk him in the Baby

(Continued on page 4)

Table of Contents

- Page 2 • AFC News & Notes
- Page 3 • Editorial Policy
• Spiritual Responsibility
- Page 4 • I'd Rather Have Dandelions
- Page 5 • Calendar
- Page 7 • AFC Membership Form
• Fall Soccer
- Page 8 • Save the Dates

News from the AFC Steering Committee

Make Some Kindergarten Connections!

If you have a child starting kindergarten in the fall and you are interested in meeting the families of other children entering kindergarten in your school district (or at your chosen private school), please contact the following people who have volunteered to coordinate get-togethers for your school. Get-togethers will be starting soon, while we have perfect playground weather!

- **Bishop:** Sarah Wilkinson, 781-648-4959 or swilkinson@aol.com
- **Brackett:** Kris Newton, 781-641-4211 or knewton@rcn.com
- **Dallin:** Laura Chapman, 781-643-4252 or chapmanlauraa@yahoo.com
- **Stratton:** Lisa Santoro, 617-312-2302 or lsantoro@world.std.com
- **Thompson:** Nina Fischer, 781-648-8533 or nina@matchups.com
- **Belmont Day School:** Margaret Potter, 781-641-0260 or mpotter@alum.wellesley.edu
- **St. Agnes:** Bettina Velona, 781-641-7478 or jebena69@aol.com

Join the AFC Steering Committee!

For more information about AFC, please contact any of the following Steering Committee members or join us at our next meeting, Thursday, June 24 at 7 pm. Contact anyone below for the meeting's location. All Steering Meetings are open and AFC members are encouraged to attend. We will be planning future events and discussing issues of interest to Arlington families. If you would like to get more involved with AFC, or if you have a special interest you would like to see us pursue, please come to a meeting!

Wendy Clarke, Clerk

Tel 781-648-2341

workingmoms@arlingtonfamilyconnection.org

Karen Donovan, Webmaster

Tel 781-777-1011

webmaster@arlingtonfamilyconnection.org

Justine Lynch, Treasurer

Tel 781-648-0006

treasurer@arlingtonfamilyconnection.org

Betsy Lawson, Newsletter

Tel 781-646-5812

newsletter@arlingtonfamilyconnection.org

Ruth Schmidt, Membership & e-Bulletin Board

Tel 781-643-2362

membership@arlingtonfamilyconnection.org

bulletinboard@arlingtonfamilyconnection.org

A Kindergarten Connection volunteer is still needed for the Hardy and Peirce schools. If you have a child entering either of these schools in the fall and would like to help other families meet one another, please consider being the contact person for your school. The job has traditionally involved organizing "meet at the playground" events for families, but it is not limited to that; do whatever you are interested in! For questions or to volunteer, please contact Ruth at outings@arlingtonfamilyconnection.org or 781-643-2362.

AFC Needs Your Help!

AFC Outings Coordinator



We need one or more members to fill a vacant position in the organization: volunteers are needed to arrange and lead outings both with and without children. Any commitment, from one outing to many, would be greatly appreciated so that this fun service can continue! For more information please

contact Ruth at 781-643-2362 or outings@arlingtonfamilyconnection.org.

AFC Volunteers Needed for Website Contributions

Take a look at our evolving website at www.arlingtonfamilyconnection.org. There have been a lot of new changes recently, including our redesigned home page with Upcoming Events and a very exciting redesigned Resources section. Our Resources section is currently organized by Parenting, Things to Do, Schools/Camps/Education, Toys/Books/Clothing, Health and Safety, and Other. It's a great opportunity to pull together interesting information that can be shared with the entire AFC community. HTML experience is not a requirement but could be helpful. In addition, it would be helpful to have some volunteer with some basic graphics design/editing experience. We need one or more members to help web director Karen Donovan collect material for and update the website. Contact Karen at 781-777-1011 or e-mail her at webmaster@arlingtonfamilyconnection.org.

Options in Early Childhood Education Booklet and Event Coordinators

We need one or more members to fill a vacant position in the organization: volunteers are needed to update, publish, and fill orders for AFC's extremely useful and popular booklet, *Options in Early Childhood Education*, a complete listing of Arlington's preschools and licensed family child care providers. We will also need members to organize, publicize, and run our annual Options event in the fall, at which parents can meet representatives from each of Arlington's preschools and many of the local family childcare providers. For more information please contact Ruth at 781-643-2362 or info@arlingtonfamilyconnection.org.

Thanks to This Month's Newsletter Team!

Jenny Brown, articles; Charlotte Pierce, layout
Amy Speare & Lillian Johnson, calendar

(Ben Rudnick, continued from page 1)

music, the event will feature a wide range of activities for children of all ages. Cost: \$6 adults, children under twelve free.

Then on June 30, 6pm, see Ben Rudnick & Friends courtesy of the Watertown Family Network at the Atrium School, 552 Main St, Watertown. There will be one set, and it's free! Shine/Out; Rain/In.

For more event information or to hear snippets from Rudnick's award-winning CDs *Emily Songs* (2000) and *Fun and Games* (2002), visit www.benrudnickandfriends.com.

Betsy Lawson is a freelance writer and mother of two living in Arlington Heights. She is also one of the volunteer editors of this newsletter. She welcomes your comments at betsy01@bellatlantic.net.

Do We Have a Spiritual Responsibility?

by Bettina Velona



A year ago, when my four-year-old daughter Nina started asking questions like, "Mom, is God going to be OK in the thunderstorm?" I thought I was ready to provide the answers. I have been a spiritual seeker for most of my adult life, analyzing and asking questions about my Christian background, and after lots of soul-searching, I arrived at a belief system of my own. However, not being part of an organized religion made it

more difficult for me to address metaphysical matters with my daughter, and I was often tempted to avoid the subject. But I realized that as parents, we have a tremendous responsibility to provide our kids access to spirituality in a world that is increasingly spiritually void. If we neglect our children's spiritual development, their lives will lack a fundamental ingredient to being a well-rounded person, and society will suffer.

Many parents have moved away from the organized religions they grew up with. According to some estimates, approximately 40 percent of Americans don't belong to an organized religion. Like me, many people have individual belief systems that are often a synthesis of different religious beliefs.

At the same time, we live in a technologically advanced society with a strong focus on material possessions and outward appearance. The pervasive media make constant distraction and entertainment possible. Today's consumer-oriented and therapeutic culture satisfies many needs that were once met by religion. Instead of going to confession,

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. Copyright remains with the individual author for bylined articles. All other materials are copyright Arlington Family Connection, 2004. Permission is granted to reproduce articles for which copyright is held by AFC provided appropriate credit is given and no fee is charged. The AFC newsletter accepts submissions from AFC members on issues relevant to families with children six and under. The editorial board reserves the right to refuse submissions for any reason. Send editorial submissions to:

newsletter@arlingtonfamilyconnection.org; calendar listings to calendar@arlingtonfamilyconnection.org.

July Issue Deadlines

Calendar June 14; Articles June 16

we confess on talk shows; instead of going to the pastor for spiritual guidance, we see psychologists. We pacify ourselves with shopping and media consumption. Religion's traditional role as a resource for many human needs, such as giving meaning to our existence, offering transcendence, coping with pain, and imparting a value system, has for many decreased drastically.

I am concerned that with the aforementioned trends there is less focus on spirituality. In our busy lives, do we make enough time for the humbling experience of looking beyond ourselves? In the absence of silence in this world of constant distraction, do we put in the hard work of becoming self-aware? Through this quest, we arrive at truths about love, understanding, hope, faith, charity, and forgiveness that are common to all world religions. Spiritual practices such as silent reflection, mindfulness, meditation, or prayer provide us with an inner core of peace and calm that balances our lives and gives us a sense of joy, security, and ecstasy. They help us find eternal truths and meaning in our existence and beyond. The search for these answers is what unites us as human beings.

As parents, we need to be good role models and live spiritual lives. We also need to be sure about our own beliefs. I want to encourage people to make time in their lives for reflection and accessing their spiritual wells. Only then can we help our kids cultivate their own spirituality. They don't necessarily need a formulaic belief system but believable discussions about our attitudes toward life and

(Continued on page 4)

spiritual matters. We need to impart an awareness of something that transcends us and everything else in this world. We can read stories (religious or not) or have conversations with them that encourage discussion of this topic. There are many opportunities in daily life to talk about things that can't be explained. For example, when working in the garden, I might ask, "How does life come out of seeds?" By freely exploring those universal questions, we make a spiritual connection to our own life.

As for our family, we offer Nina as many possibilities to connect to her spirituality as we can. We explain our beliefs to her and at the same time leave it open for her to express her opinions. In a little while we might start a more structured approach that worked well with my husband's kids: a "religion talk" every Sunday, during which we will talk about different religions and universal themes like love, honesty, and courage.

I would love to hear from anyone who has feedback regarding this challenging topic. In the meantime, I hope you find some time to nurture your spirit. Let's remember: The spiritual is permanent, material things vanish. As Carl Jung said, "Who looks outside only dreams. Who looks inside awakens."

Bettina Velona has one daughter and is a freelance writer living in East Arlington. Please send any feedback or write Bettina for recommended books and other resources at jebena69@aol.com.

(*Mother's and Father's Day, continued from page 1*)

Bjorn. From the outside, we look like parents. But each night, before we go to bed, Adam and I look at each other and say, "How did we get here? How is it possible that this adorable little creature is all ours?" I still feel like a great big kid, only one who now has a little bitty kid to take care of.

All of my new mom friends were somewhat befuddled as to what to do on their new holiday. Some shopped. Some went to brunch. Some took their own moms out. When given a choice of what to do, I did what great big kids everywhere like to do: I ran. I joined a couple hundred women and ran the Melrose Race for Women on Mother's Day morning. And you know what? When I ran across the finish line, and I saw Adam and Nathan cheering from the side (well, Adam cheered; Nathan chanted, of course, "ba-ba-ba-ba"), I thought, "Maybe I'll never feel like a parent *per se*. But whatever this feeling is, it's something truly amazing."

To all of you mothers—both new and experienced—I hope you had a spectacular day. And Dads, especially Nathan's kid-like but amazingly wonderful Dada, here's wishing you a magnificent Father's Day.

Jenny Brown is the mother of one, a freelance writer, and co-editor of the AFC newsletter. She welcomes your feedback at jennybrown@gmail.com.

I'd Rather Have a Few Dandelions...

By Melissa Lucious



"Mommy! Look at all those pretty yellow flowers in our yard! I'm going to collect a whole bunch!" says my four-year-old daughter Amanda. Well, they're not so pretty to me. All I see are nasty dandelions with a hundred spiky green leaves and the vision of me, on my knees, digging down and twisting them out by the root. After a half an hour of this, whenever I close my eyes, all I see are these pesky plants. How do they bloom literally overnight? The whole thing makes me want to just dump weed killer over the whole yard, and enjoy a beautiful, green carpet of grass all season long.

I told Amanda that there's something we can do to make sure the dandelions don't grow in the yard. We can put herbicides on the grass, and then no more dandelions! "Why don't we just do that?" she says (I was setting her up to ask this, of course). I told her that herbicides are chemicals, and like all chemicals, they do something we want, but they may do something we don't want at the same time. If we use herbicides, we won't have any more dandelions, but at the same time, she and her little sister may get sick after rolling around and playing in the yard.

Besides that, I told her, those herbicides (or pesticides used to control plants and insects) seep down into the ground, and eventually reach the water that we drink. We don't want to drink poison. Also, when herbicides kill weeds, they may also kill other plants, as well as animals that may be nibbling on the flowers and grass in our yard. And it's kind of crazy, but when you spray on the herbicides, it ends up making the weeds even stronger, so that you need even stronger chemicals next time. Where does that end?

Sure, if you were the only person in the world using herbicides and pesticides, it would hardly have an effect on the water, flora, and fauna of the earth. But what if everyone thinks this way? When you add it all up, it has a huge and devastating impact.

Kids are born with an inherent respect for nature. I want Amanda to see me "doing it the hard way" in the name of respecting nature. I want her to learn that the "quick fix" sometimes has big repercussions that will affect her and her children and her grandchildren. I want her to learn that nature is something to enjoy and to work with, but that it's not ours to control.

Besides, if I had a perfect carpet of green, I would miss out on all those dandelion bouquets!

Melissa has two daughters and is a project manager at a software-consulting company. Please send any feedback you have to mrlucious@netzero.net.

Calendar

Special Events for Families

The Pied Piper

Fri. June 4 & 11, 7:30pm; Sat. June 5 & 12 4pm; Sun. June 6 & 13 2:30pm. Concord Youth Theatre, 40 Stowe St., Concord. Ages 4 and up. Reserved seats, \$8 & \$12. Info: 978-371-1482; www.concordyouththeatre.org.

Henry Bear's Park Spring Children's Book Series. 685 Mass Ave., Arl. ("A") 781-646-9400; 361 Huron Ave., Cambridge ("C") 617-547-8424. Come meet some favorite local authors and illustrators! Bring the kids! Bring your books for signing!

Sat. June 5, 11:00am (A) - Scott Nash

Sat. June 19, 11:00am (C) - Timothy Basil Ering. For more info about the authors and their books, visit www.henrybear.com.

Harrington Spring Fair

Sun. June 6, 12-4pm (rain or shine). Harrington Elementary School Field, 146 Maple St., Lexington. Free for all ages, including rides and games, prizes, face painting and mouthwatering treats. Old favorites such as Giant Slide, Dunk Tank, Candyland and the Cake Walk are joined with new attractions including Silly Willy the clown who creates balloon sculptures, a Magic Show and a Juggling Act. Info: 781-861-2540.

Scooper Bowl XXII

June 8-10, 11:30am-6 pm, Boston City Hall Plaza. All you can eat ice cream! \$7/adult, \$3/ages 3-10, Free/under 2. Proceeds benefit The Jimmy Fund. Info: 800-52-JIMMY, www.scooperbowl.org.

Flag Day Story Hour

Thurs. June 10, 10:30am. National Heritage Museum. 33 Marrett Rd. (Route 2A), Lexington. Read *Betsy Ross* and *Red, White and Blue* and make your own flags to wave. Space is limited. Ages 2-4. \$3/child. Info: 781-861-6559, www.monh.org

19th Annual Art in the Park

Sat. June 12, 10am-5pm (rain or shine). Decordova Museum, 51 Sandy Pond Rd., Lincoln. A unique family event featuring children's performers, musical groups, art activities, food concessions, and the area's largest outdoor art exhibition and sale. \$10/adult, \$6/child, Free/under 2. Info: 781-259-8355, www.decordova.org.

Magical World of Make-Believe

June 16 to August 27, Robbins & Fox Libraries Summer Reading Program with a "fantasy" theme. Sign up at any time, and read for fun anything you enjoy! All ages of readers and "listeners" are encouraged to register for the program, collect a reading chart, colorful bookmark, and take part. The goal is to read or listen for at least one hour per week for the 10 weeks of summer. Everyone who completes the chart may choose a free book plus other small



Puddlestompers Returns to Arlington

PHOTO: Teacher, naturalist, Arlington resident, and Friends of Menotomy Rocks Park board member Ellen Reed helps classmates and AFC members Lillian and Sasha find seeds in Menotomy Rocks Park.

After a brief hiatus and the efforts of the AFC and some enthusiastic Puddlestompers students and parents, the nature course for ages two through five is again being taught in Arlington. Sessions continue all year; though in an indoor drop-in format in the depths of winter. Puddlestompers donates a portion of the tuition to local conservation and open-space organizations. For information, visit www.puddlestompers.com or call director Rachel Rock at (781) 449-0776; or send e-mail to info@puddlestompers.com.

prizes. As you read, mark your progress by adding wizards and fairies to the magical library land. Info: 781-316-3234.

Summer Reading Program opening Fair at the Fox Library

Wed. June 16, 4-8pm. Kick-off the summer reading program with crafts, face painting and other entertainments. Free. Info: 781-316-3198.

Fantasy Fair to kick-off the Summer Reading Program at Robbins Library

Thurs. June 17, times approximate, all events free: 2:30-8:30pm, Do-It-Yourself Crafts 3-4pm, face painting & balloon hats 7-8pm, Face Painter Susan Haverson 7:30-8:30pm;

Strolling Magician Chris Britt Info: 781-316-3234.

Habitat Summer Solstice Celebration

Fri. June 18, 6-8pm and Sun. June 20, 9:30-11:30am. Habitat, 10 Juniper Rd., Belmont. Celebrate the beginning of summer with us! We'll make rattles and sun sticks to use in a ceremony to welcome the season. Learn about solstice traditions of long ago as we visit the birch grove to hear why the birch tree was part of these celebrations. Snack provided. Ages 3-10. Registration is required. \$8/members, \$10/non-members. Info: 617-489-5050, www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat.

Verrill Farm Strawberry Festival

Sat. June 19, 12-4pm. Verrill Farm, 11 Wheeler Rd., Concord. Enjoy real Homemade Strawberry Shortcake, hot dogs, hamburgers, and beverages. Live music by Adam Dewey and Crazy Creek and children's entertainment by Dan Grady's Marvelous Marionette Medley - 30 min. shows at 12:30pm and 1:45pm. Info: 978-369-4494; www.verrillfarm.com.

Drumlin Farm Strawberry Festival

Sun. June 20, 11am-4pm. Drumlin Farm, 208 S. Great Rd., Lincoln. Come pick your own berries to take home. Learn about sustainable agriculture. Meet some wild critters who also enjoy strawberries. Savor some fresh strawberry shortcake (yum!). Churn ice cream the old-fashioned way. A great treat for Fathers' Day! \$10/adult mem., \$12/adult non-mem.; \$8/child mem., \$10/child non-mem. Registration required. Info: 781-259-2200, www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm.

The Boston Pog Party: A Hedgehog Gathering

Sat. June 26, 12:30pm. Calvary Church, 300 Mass Ave, Arl. Hedgehog costume contest, International Hedgehog Olympic Gym-Bar-E, art show, and other fun stuff for hedgehogs, their people, and anyone who likes cute little quilly creatures. \$3/adult, \$1/child. Info: www.bostonpog.org or e-mail info@bostonpog.org.

Arlington Reservoir 1st Annual Open House

Sunday June 27, 12 noon to 4 pm. Lowell St. Come and enjoy a free day at the beach! Info: 781-316-3880.

Sing-alongs

Mondays. Finagle a Bagel in Burlington, 91 Middlesex Tpke, 5:30pm. Ed Morgan performs a selection of fun original and classic children's songs. Free. Info: 781-273-6500; www.finaglebagel.com.

(Continued on page 6)

(Calendar, continued from page 5)

Tuesdays, June 1, 8 and 15

Sing-alongs at Robbins Library, Arl., 10am. Songs and singing games for ages 0-3 with Liz Buchanan or Sulinha. Space limited, tickets are distributed beginning 9am day of event. Free, a Russell Fund Program. Info: 781-316-3234.

Thursday June 3

Fox Library, E. Arl., 10am with Liz Buchanan and her guitar. For infants and pre-school children. Free, a Russell Fund Program. Info: 781-316-3198.

Second and fourth Friday of the month.

Sing-along with Diane Taraz. 10-10:30am, Calvary United Methodist Church, 300 Mass Ave., Arlington. \$1. Info: www.dianetaraz.com.

Storytimes

NOTE: *Storytime at Robbins Library is on hiatus during June, and will return in July.*

Fox Library Storytime

Wed. June 23, 7:30pm. Fairy tales and stories of enchantment for ages 4-7. Info: 781-316-3198.

Henry Bear's Park

11am Thursdays at Arlington and Cambridge locations. Free. 685 Mass. Ave., Arlington. Info: 781-646-9400. 361 Huron Ave., Cambridge. Info: 617-547-8424.

NEW! Harvard Coop

11am Tuesdays and Saturdays. 1400 Mass. Ave., Cambridge. Join us for our pre-school story hour with snack or craft on the Lower Level. Free. Info: 617-499-2000.

NEW! Barefoot Books

10:30am Fri & Sat, for ages 2 & up.
2pm Sun, for ages 5 & up. 1771 Mass. Ave., Cambridge A fun hour of age-appropriate stories. Coloring and refreshments too! Free. Info: 617-349-1610.

Other Fun Stuff

Toddlers and Twos - Outdoors

Drop in program for tots, ages 15-36 mos with parents. Features outdoor play and stories. *Not held in inclement weather.* Last meeting on Wed. June 2, 10-11:30am at Parallel Plygd, Medford St., Arl. Free. Info: 781-316-3880.

Puddlestompers Monday Playgroup

has moved outside and will be at various local playgrounds and planning field trips for the summer. Mondays, 10:30am-12:30pm. Drop-in pre-school playgroup. In the case of extreme weather, meets in the Fox Library Community Room, Arl. (\$1/family donation requested). To join group's email list, contact 781-641-0944 or JulieLucey@comcast.net.

NEW! Arlington Reservoir Beach,

Lowell St. Open June 21-Aug. 29.

Hours: June & July 10am-8pm; Aug. 10am-7pm. The beach provides: lifeguards on duty, a clean sandy beach area, filtered, chlorinated, and aerated water, daily water quality testing, bathrooms, changing area, and outdoor showers. . Enjoy a stroll along the walking trails, bird watching, or fishing. Free parking. Season Passes for Arl. residents: \$35/adult, \$20/child (1-17). Family season passes Arl. residents: \$100 for 2 adults, 2 children + \$10 for each additional child. (Season passes available to non-residents for a higher fee.) Daily passes: \$4/day (Mon-Fri), \$6/day (weekends & holidays). Purchase season passes at Arlington Recreation Office, 422 Summer St., 781-316-3880.

NEW! Spray Pool at Thompson School,

North Union St., Arl. Open June 28-Aug. 29, daily 10am-7pm, weather permitting. NO bathroom facilities. Adjacent to fun playground. Info: 781-316-3880.

Art Beat Weekend Workshops.

Drop in Sat. June 12, 19, and 26 from 3-5pm to do a different themed craft each week. For ages 4 and up, prices \$10 and up. 212-A Mass Ave., Arl. Info: 781-646-2200; www.artbeatonline.com/workshops.htm.

Capitol Theater Movies for caregivers with babies. Mondays, new movie chosen weekly starting between 1-2pm, \$4.50/ adult. Nursing, bottle feeding, fussing, and changing diapers is strongly encouraged and never frowned upon! 204 Mass Ave., Arl. To join the email list send an e-mail to BabyFriendlyMovies-subscribe@yahoo.com; for more info, visit www.groups.yahoo.com/group/BabyFriendlyMovies.

Full Moon Restaurant

Movie night Mondays 5-8pm. Kids can come in pajamas. Preschool-oriented kids' movies in the play area. 138 Mass Ave., Arl. Info: 781-646-1404.

Beyond Arlington

NEW! Michaels Imagination Saturdays

Every Saturday, 10am-12pm. Michaels Arts & Crafts Store, 34 Cambridge St., Burlington. Different craft each week. Ages 5-10. \$2/child. Info: 781-229-7592, www.michaels.com.

NEW! Sundays on Memorial Drive

Every Sun. through Nov. 14, Memorial Drive in Cambridge is closed to traffic 11am-6pm. Bring your bike (tricycle, trail-a-bike...), stroller, roller skates, scooter, running shoes or walking feet to take advantage of this magnificent parkway along the Charles River.

NEW! Toys R Us Fun Day

Saturdays. Each week features a new fun activity for kids ages 3 and up. Free. Visit www.3.toysrus.com/our/our/tru/prom/funday for a calendar of events and the store nearest you.

Babes in the Woods

Middlesex Fells every Tuesday, 10-11:30am.

Strolls and hikes through the park. Free. Info: 781-396-8994, www.fells.org/babes.html.

Rattle at the Brattle,

baby-friendly film series. Wednesday afternoons 1-3pm, 40 Brattle St., Harvard Sq., Cambridge. Free. Film schedule only available at box office or by joining the email list. For more info or to join the list: parents@brattlefilm.org.

Local Attractions

NEW! Swan Boats in the Boston Public

Garden, Hours: (weather-permitting only) April-June 20: Daily 10am-4pm; June 21-Labor Day: Daily 10am-5pm; After Labor Day: Mon-Fri 12-4pm, Sat-Sun 10am-4pm. \$2.50/adult, \$1/child (2-15). Info: 617-522-1966; www.swanboats.com.

NEW! Take a Walk at Gore Place,

52 Gore St., Waltham. This program provides young visitors and accompanying adults with an activities backpack designed to help them explore the open spaces and hidden places on the 45-acre estate. Rental backpacks (\$5) are designed for children 3-9 years old. Hours: Daily 11am-3pm. Free parking. Info: 781-894-2798, www.goreplace.org.

The Discovery Museums,

177 Main St., Acton. Two separate but complementary buildings filled with exciting, interactive exhibits for children of all ages. Check their calendar for many special programs. Gen. admission \$8-12; Info: 978-264-4200; www.discovery museums.org.

NEW! Dinosaur Kingdom at Franklin Park

Zoo. One Franklin Park Rd., Dorchester. Interactive and educational family exhibit features 12 dinosaurs, including animatronic replicas. 5/22/04-9/6/04 \$3 in addition to Gen. Admission. Info: 617-541-5466; www.zoonewengland.com.

Drumlin Farm Wildlife Sanctuary.

208 South Great Rd, Lincoln. Explore the fields and forest and visit the farmyard. Weekly programs for kids. Gen. Admission: members free, \$6/non-member adult, \$4/non-member child (3-12). Info: 781-259-2200, www.massaudubon.org/Nature_Connection/Sanctuaries/Drumlin_Farm.

Ecotarium,

222 Harrington Way, Worcester. Nurture young children's curiosity and wonder with hands-on exploration of real things. Monthly family pre-school programs. Gen. Admission: members free, \$8/non-member adult, \$6/non-member child (3-18). Explorer Express Train ride, \$2.50/person. Info: 508-929-2700; www.ecotarium.org.

Habitat Wildlife Sanctuary,

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, and wetlands. Also fun programs for kids. Gen. Admission: members free, \$4/non-member adult, \$3/non-

(Continued on page 7)

AFC Membership/Renewal Form



New Member **Renewal** **Date:**

Names:

Address, Zip:

E-mail:

Phone:

Please list your children:

Name Gender Date of Birth

I am a:

Parent Grandparent Health Care Provider
 Educator Child Care Provider Other

I am:

Stay-at-home Parent Employed full-time
 Employed Part-time Other

Newsletter Delivery Preference:

US Mail E-mail Both

School District (for geographic location):

Bishop Brackett Dallin Hardy
 Peirce Stratton Thompson Other

Areas of Interest:

Events/Parties New Parent Outreach Newsletter
 Outings w/ Kids Outings w/o Kids Seminars
 Playgroups Web site Other:

Membership Fees: All memberships renew in September.

One-year membership \$20 (joining July-January)
 Mid-year membership \$10 (joining Feb-June)

Please make check payable to "Arlington Family Connection" and mail it with this form to:

Arlington Family Connection, PO Box 150, Arlington, MA 02476

For information or questions, contact Ruth Schmidt at (781) 643-2362 or membership@arlingtonfamilyconnection.org

(Calendar, continued from page 6)

member child. Info: 617-489-5050, www.massaudubon.org/Nature_Connection/Sanctuaries/Habitat.

Harvard Museum of Natural History, 26 Oxford St, Cambridge. Sat. programs for kids age pre-school to 1st grade. Gen. admission \$7.50/ adult, \$5 children 3-18. Info: 617-495-3045, www.hmn.harvard.edu/education/kids.html.

Benefits

Kans for Kids

Sat. June 5 and Aug. 7, 10am-1pm. Donate clean returnable bottles and cans to benefit Arlington Recreation's Youth Activities. Gibbs School on Tufts St., Arl. Info: 781-316-3880.

PTO Thrift Shop for the Arlington Public Schools. Open Tues. 9:30am-1:30pm and Wed. 4-8pm. Located in the basement of the Fox Library at 175 Mass. Ave., E. Arl. Volunteers needed. Contact Toni Langerman via e-mail at krausman-2@rcn.com or 781-641-9969.

Groups



NEW! La Leche League

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. Free. The Arlington

league has monthly meetings on Tuesdays at 7:30pm. Info: Heather (781) 648-2988; home.comcast.net/~jrsladkey/lll/index.html. Refer to <http://www.illus.org/MARIVT/Massachusetts.html> for a listing of Mass. League groups.

New Mothers' Drop-in Group

Every other Tues. (6/1, 6/15, 6/29) 9:30-10:30am, Henry Bear's Park, 685 Mass Ave., Arl. Free, informal drop-in group for new mothers with infants. Info: 781-646-9400.

New Mothers' Group

Wednesdays, 10-11:30am, Beth Israel Deaconess & Children's Hospital Medical Care Center, 482 Bedford St., Lexington. Free, group meets for eight weeks. To register or for more info, call Kristin Hicks at 617-667-2229.

Older First-time Moms' Group

Third Wed. of every month, 7-8:30pm. Social and support discussion group for first-time moms in their late 30's and 40's in the Boston area. Meets in Arlington. \$1 donation suggested. Call 781-674-2029 for location.

New Mothers' Drop-in Group

Thursdays, 10-11:30am, Calvary United Methodist Church, 300 Mass Ave., Arl. Free, nonsectarian, facilitated group. All new parents are welcome with their babies. Sponsored by Jewish Family and Children's Services. Info: 617-558-1278.

Grandparents' Support Group

Second Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Free, sponsored by the Town of Arlington. Info: 781-316-3410.

Arlington Fathers' Group

Tuesdays 7:30-9pm. Sponsored by Parents Helping Parents. Free support group for fathers who are feeling isolated, overwhelmed, or concerned about their anger toward their children. Call 800-882-1250.

Sign-Ups for Fall Soccer 2004



The Arlington Soccer Club (ASC) will be accepting registrations from May 15 to June 15 for new and returning players for the fall 2004 season. All players who register by June 15 will

be placed on a team. Players who register after the June 15 deadline will be charged a \$20 late fee and are subject to being placed on a waiting list.

Please visit the ASC website at www.arlingtonsoccerclub.com for complete information on ASC registration policies and procedures, as well as for access to their online registration system. You can also obtain forms for registering by mail at

the Arlington Recreation Department office, 422 Summer St.

The club is open to all children who are Arlington residents and are enrolled in kindergarten (as of fall 2004) or above.

Additional notes for families just starting out in ASC: U6 soccer (for kids in kindergarten, ages six and under) has in the past met once per week on Saturdays at 9 a.m. However, the day or time may change this fall due to field closures and rebuilds. The fee for registration at the U6 level is \$45.

Soccer is played both in the fall and the spring, and you need to register separately for each. (Registration for spring soccer will occur in the fall.) Soccer is co-ed up through the second grade.

If you have any questions, please direct them to Danielle Athanasiadis, ASC registrar: Dasoccer8@aol.com or call the ASC Hotline at 781-641-4085.



Save the Dates!

Thursday, June 3

AFC Book Club

Meets first Thurs. of every month. For more info contact Gail Zyla at gail@zyla.com. This month's book is *A Heartbreaking Work of Staggering Genius*, by Dave Eggers.

Saturday, June 5

Feast of the East

1-5pm. Mass Ave. in E. Arl. Highlighting the restaurants of E. Arlington, the 6th annual event includes pony rides, a moonwalk, face painting, balloons, crafts, live music, and more. \$1 donation requested at amusements to help fund the Fox Library. Info: 781-643-4600.

Saturday, June 5

Working Moms Group

Meets first Sat. of every month, 10:30am-

12pm, for a casual discussion forum. Arlington Senior Center, 27 Maple St. There will be an additional social outing every month. For questions or to join the mailing list, please contact Wendy at workingmoms@arlingtonfamilyconnection.org or call 781-648-2341.

Saturday, June 5

AFC Night out at MOMologues

8pm, Regent Theatre (7 Medford St., Arlington). Info and tickets: 781-646-4849, regenttheatre.com/events/momologue. ***The deadline for AFC group discounted tickets has passed, but you can still buy tickets at the Regent box office for full price (\$27). To receive information about an AFC dinner gathering prior to the show at a local restaurant, contact Ruth at outings@arlingtonfamilyconnection.org or 781-643-2362.*

Saturday, June 12

Annual Robbins Farm Park Field Day

2-4:30pm. (Rain date June 13.) Robbins Farm Park, Eastern Ave., Arl. Come to the annual Field Day which will include great races, a moon walk, face painting, food, music and lots more. The events will be preceded at 12:30pm by the Friends' Annual Meeting. Info: www.robbsfarmpark.org.

Saturday, June 12

Infant and Child CPR Course 8:30am-1:30pm. Arlington Senior Center, 27 Maple St. Led by the American Red Cross. Designed for those who care for children, either full time or occasionally, this course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children up to 8 years. \$62. *Registration deadline is now June 4.* For class details: www.redcross.org/services.hss.courses/infchild.html. Registration/info: Karen Donovan at kdonovan@mpplc.com or 781-777-1011.

Thursday, June 17

AFC Mom's Movie Night

Join us for a movie at the Capitol Theater, East Arl. (7pm-ish), followed by a casual gathering for ice cream in the theater's parlor. An e-mail will be sent several days prior announcing the movie title, time, and other details. For more info contact Janet at 781-643-4842 or jbgascoigne@rcn.com.

Thursday June 24

AFC Steering Committee Meeting

7pm. Open to all members. For the meeting's location, contact Ruth Schmidt at 781-643-2362 or info@arlingtonfamilyconnection.org.