

JULY/AUG 2016



GGMG | GOLDEN GATE
MOTHERS GROUP®

magazine

Feminism



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Art Director JoJo Rhee Chevalier

Writers Stephanie AuWerter, Shaheen Bilgrami,
Tara Hardesty, Laure Latham, Bobby Shukla, Catherine Symon

Copy Editors Amy Ashcroft, Sarah Brandstetter,
Megan Bushnell, Emily deGrassi, Anna Gracia,
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Advertising Sherri Howe

Designers Jessica Franklin, Jesse Recor,
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Photographers Lindsay Lovier, Anna Psalmond,
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GYMBOREE 



Golden Gate Mothers Group and Gymboree Play and Music have formed a partnership!

GGMG members get one free month of play, music, art, or school skills classes (birth to 5 yrs old) !

For details visit
ggmg-gymboree.com

Cover Photo by Lindsay Lovier Photography;
Cover model: Tigerlily Gracia (4)

Letter from the Editor: Evolving Feminism

By Kirsten Pfleger



Kirsten lives in the Castro with her husband and two daughters

I never really considered myself a feminist growing up. As a white, middle-class girl who was expected to register to vote, go to college, and could choose when and if to marry, I believed the battle was won, at least in the U.S. While my recognition of the fallacy of this belief has grown over the years, recently, frank discussions on the gender pay gap—real for all women, but especially for mothers and women of color—and the travesty of justice in the Brock Turner case have made the inequities difficult to ignore.

“A very special gift that we can give our daughters and sons is the gift of resilience.”

Using results from a survey of GGMG members along with other research, on page 16, Bobby Shukla provides an overview of feminism today. She delves into what it means to be a feminist,

and how the word itself affects us. Many people, women and men, have gone on record as being feminists. Anna Gracia compiles some noteworthy examples on page 20. On page 22, Shannon Brennen looks at how gender bias impacts our parenting and conscious steps we can take to ensure that our girls believe themselves to be equal to boys—and that our boys agree. A very special gift that we can give our daughters and sons is the gift of resilience. One aspect of resilience is the ability to regulate your emotions and tolerate frustrations. A resilient young woman can face obstacles with creativity and determination. A resilient young man can accept that he will not get everything that he wants and can accept responsibility for his actions. Jessica Williams explores this important topic on page 28.

Maternity rights are another hot feminist topic, with much talk about how the U.S. lags behind other developed nations. Bobby Shukla explores what your rights are and clears up confusion between the California Family Rights Act and the Paid Family Leave Law in our Ask the Expert column on page 8.

Although we have come a long way since 1972 when Shirley Chisholm was the first woman to run for the Democratic Party presidential nomination, the current presidential race has demonstrated that we are still battling gender stereotypes in government, the media, and our own actions.

Housekeeping

Opinions expressed in this issue are those of the contributors. Acceptance of advertising does not constitute endorsement by GGMG of any products or services. The editors reserve the right to accept, edit, or reject any content submitted to the magazine.

ADVERTISING: Advertisements are accepted on a first-come, first-served basis. For submission information, email advertising@ggmg.org.

THIS ISSUE MADE POSSIBLE BY: Summer camping, big-girl beds, diaper-free nights, elections, “Southern Charm” season 3, fried Portuguese anchovies and port, nighttime weaning success, back to “Breaking Bad”, new friends, new kids activities, talkative toddler (so many new words!), salty food cravings, whole family throat infections, three job application rejection

letters in a week, medical bills, hugs and kisses from baby trumps everything, lightsaber battles and obsessive weeding (not that it made a dent), China Camp, beach days, obsessive packing and drinking all leftover booze, *Written in My Own Heart’s Blood* (yay, bodice rippers!), long-haul flights and jet lag, extreme survival mode, homemade Lego gummies.

COMING NEXT: September—Get Moving; October—Tough Talk

CONTEST: Congratulations to Kristen Kaeding, the winner of the Happy Belly Cooking Camp scholarship.

Have an idea for an issue theme or article? Please email editor@ggmg.org.

Letter from the Board: Service in the Summer

By Laurel Kellam

In a few months, as we enter the holiday season and the end of 2016 draws near, we will all be reminded of the need to offer support to others in our community. We will look to donate new backpacks and warm jackets, Thanksgiving meals, and holiday toys for those less fortunate. Though local charities are thankful for the end-of-year generosity, the need persists all year long. You don’t have to wait until Thanksgiving to volunteer at the Food Bank or until December to donate used kids items. GGMG has opportunities for you to get involved right now.

There are only two weeks left to buy tickets to our **20th anniversary party and fundraising benefit** for the Homeless Prenatal Program. Please consider joining us, meeting fellow moms, supporting an amazing nonprofit, and having a wonderful evening out. Seriously—how often do you get to dress up, drink great wine, and dance to music all while raising money for an organization that supports families in need? Buy your tickets now and plan to have a fun night out! bit.ly/GGMG20th

Also this month we present an opportunity to **volunteer at the local food bank** with GGMG. Join GGMG families and their little ones aged 4 and up on the morning of Sunday, July 10, to give back to the community. You will either be sorting fruit and

Though local charities are thankful for the end-of-year generosity, the need persists all year long.

vegetables or canned goods for community-based organizations in San Francisco. www.bigtent.com/home/calendar/event/95806482

Not able to make it on the 10th? You don’t have to come with GGMG. The SF Food Bank opens their doors every Sunday to volunteers aged 4 and older. You typically need to sign up a few months in advance, and you can do so here: www.volunteer.sfmfoodbank.org

Our kids activities team has put together a great event to recycle, reuse, and donate loved books. Join kids activities on Friday, July 8, for a **play date and book swap**. Bring a gently used book or two to trade or donate, and meet some new playmates for your little one. Any leftover books will be donated to the Homeless Prenatal Program. RSVP at www.bigtent.com/home/calendar/event/97492729

GGMG volunteers constantly strive to create meaningful events that engage all of our members. To that end, the member engagement team recently began an **all-neighborhood LGBTQ subgroup**. They are “carving out a friendly space where parenthood is understood through a queer lens.” We anticipate a monthly parent meetup and playgroup; join the subgroup on BigTent for more details. Please share any feedback about LGBTQ parent needs and/or interests with membership@ggmg.org, and join us for this month’s Monthly Kiddo Playgroup on Sunday, July 31, from 9 a.m. to noon at Recess.

While we’re in the midst of chilly summer fog, the warmth of fall seems so far away. GGMG volunteers are already planning our Fall Festival event. Stay tuned for more details on this celebration in Golden Gate Park.



Laurel is a mom to three kids, wife to an amazing husband, and sales rep for a financial software company. When not managing all that (plus volunteering with GGMG), she enjoys wine, running, reading, and sunshine.

Escape from San Francisco

City life wearing you down? Sick of the dirt, grime, and traffic? Plan your escape from San Francisco with these 12 road trips within an easy drive of the city. So what are you waiting for? Grab your keys and get going! By Shaheen Bilgrami

SHORT TRIPS

With travel times under an hour, these outside-the-box adventures are easy to squeeze into a pre- or post-nap window.

Marine Mammal Center

Kids will love learning about animal rescue and seeing the adorable “patients” of this marine mammal hospital.

PLACE: 2000 Bunker Rd., Sausalito

COST: Free

www.marinemammalcenter.org

Muir Woods National Monument

This is a great place for family hikes. Little ones will marvel at the huge redwoods and older kids can take part in the Redwood Discovery Quest.

PLACE: 1 Muir Woods Rd., Mill Valley

COST: \$10 (children under 16 free)

www.nps.gov/muwo/index.htm

Devil’s Slide Trail

This former highway (thusly paved) trail is perfect for strollers, scooters, and bikes. It’s also rich in flora and fauna ranging from local birds to sea life. Depending on the season, you can look for gray whales, seals, and sea lions off the coast.

PLACE: Off Highway 1 between Pacifica and Montara

COST: Free

parks.smcgov.org/devils-slide-trail

Point Bonita Lighthouse

This lighthouse with a view of the Bay is open for just three hours on select days and is accessed via a half-mile walk. The hike is part of the fun, including a rock-cut tunnel and a suspension bridge that kids will love.

PLACE: Point Bonita Trailhead Field Rd., Sausalito

COST: Free

www.nps.gov/goga/pobo.htm

HALF-DAY TRIPS

These destinations also have travel times of an hour or less, but there’s a lot to see and do, so plan to spend three to four hours if you go.

Fairyland

Allegedly the oldest theme park in the U.S., this charmingly nostalgic park is ideal for the 2-year-old and up crowd. It includes live animals, rides, and puppet shows.

PLACE: 699 Bellevue Ave., Oakland

COST: \$10

www.fairyland.org

Filoli

This beautiful old house and its picturesque grounds are perfect for picnicking and hiking. They offer family-friendly guided walks, including a bird walk, orchard walk, and Saturday nature hike.

PLACE: 86 Cañada Rd., Woodside

COST: \$20 (children under 5 free)

www.filoli.org

The Little Farm

This delightful little farm tucked in the middle of Tilden Regional Park is a fun way to introduce your little ones to sheep, cows, pigs, and chickens. Don’t forget to take along your own celery or lettuce to feed the animals!

PLACE: 600 Canon Dr., Berkeley

COST: Free

www.tinyurl.com/tildenlittlefarm

CuriOdyssey

Elementary-aged kids in particular will enjoy hands-on learning about science as they browse the exhibits at this unique “science playground.”

PLACE: 1651 Coyote Point Dr., San Mateo

COST: \$9 adults, \$6 children

www.curiodyssey.org

FULL-DAY TRIPS

With travel times of one to two hours and plenty to see and do once you arrive, these out-of-town destinations are great for a full-day escape or even an overnight excursion.

TrainTown Railroad

Train enthusiasts will love to ride on the miniature railroad, which is the main attraction at this quaint, train-themed park.

PLACE: 20264 Broadway, Sonoma

COST: Free admission (purchase ride tickets separately)

www.traintown.com

Gilroy Gardens

This beautiful garden theme park is perfect for families with young children, ideally under the age of 8.

PLACE: 3050 Hecker Pass Hwy, Gilroy

COST: \$28-\$39 (varies by day, plus \$14 parking)

www.gilroygardens.org

Santa Cruz Boardwalk

This classic beach amusement park has rides for all ages and plenty of boardwalk food. Check to see which rides are operational before you set off.

PLACE: 400 Beach St., Santa Cruz

COST: \$34-\$39 (varies by entry type)

www.beachboardwalk.com

Fruit Picking in Brentwood

Brentwood is the Bay Area’s main destination for fruit picking. Depending on the season, you can pick a variety of fruits in addition to nuts and vegetables. For more information, visit www.harvest4you.com.

Shaheen Bilgrami is a freelance writer, editor, and contributor to www.blog.littlelane.com. She is also the mom of an energetic preschooler. Contact her through her website, www.shaheenbilgrami.com.



Li'l Kid, Big City: Noe Valley

By Jessica Williams

Need some summer sun? Head to Noe Valley. Thanks to Twin Peaks, which blocks much of the fog rolling in from the ocean, Noe’s mostly flat 24th Street (between Church and Douglass streets) is typically sunny and ideal for a walk with a little one.

Burn off some energy at the **Noe Valley Courts Playground** (24th St. at Douglass St.), and then grab a seat on a red mushroom stool for storytime at children’s bookstore **Charlie’s Corner** (4102 24th St.). Around the block, a tree canopy provides a shady reading nook at the **Noe Valley/Sally Brunn Branch Library** garden (451 Jersey St.).

Lost that sun hat (again)? Browse for children’s clothing and toys at **Mapamundi Kids** (1306 Castro St.) and **Small Frys** (4066 24th St.), or for toys and books at **Just for Fun & Scribbledoodles** (3982 24th St.) and **Folio Books** (3957 24th St.).

Have lunch on the patio at **Barney’s** (4138 24th St.) or **Savor** (3913 24th St.), or gather picnic supplies at **La Boulangerie** (3898 24th St.). Sit inside at **Patxi’s Pizza** (4042 24th St.) or **The Little Chihuahua** (4123 24th St.).

Summertime calls for frozen yogurt from **Easy Breezy** (4028 24th St.). Or, stop by the **Noe Valley Bakery** (4073 24th St.) to admire the window displays and choose a cupcake or two. ♦

Jessica Williams lives in Noe Valley. She spends a considerable amount of time watching the toy train display at the Noe Valley Bakery with her almost 2-year-old daughter.

Where the Ocean Meets the Shore

By Megan Bushnell

Our proximity to the ocean allows us to introduce our kids to the amazing and varied creatures who call it home. In order to explore the sea from a (mostly) dry perspective, take advantage of low tide at these local tide pools this summer.

The easiest place to find sea life within city limits is the western half of **Baker Beach**, where giant rocks and small caves are revealed at low tide (conveniently far from the nude sunbathing area). Please be especially safety-conscious at this location: riptides, a strong undertow, and unexpectedly large waves can and do happen here.

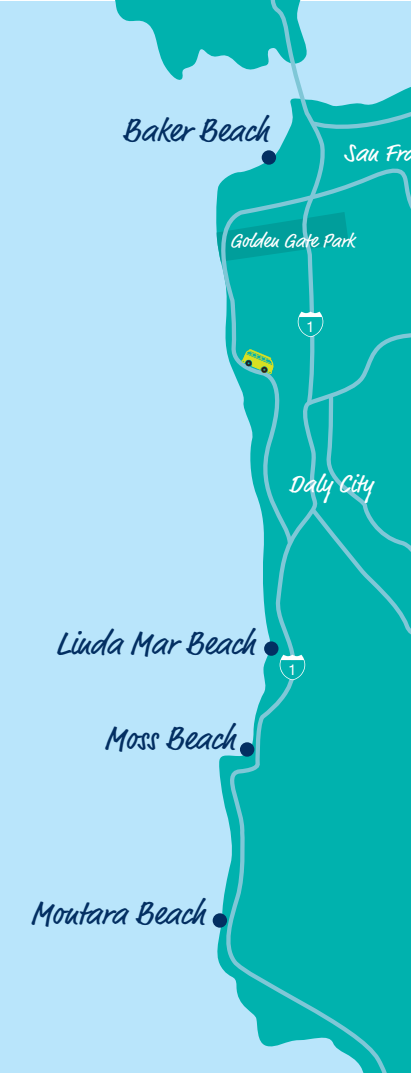
Just 12 miles down Highway 1, **Linda Mar Beach (Pacifica State Beach)** is great at any tide, but the southernmost portion reveals tide pools if you time it right. Parking is \$4 for four hours, and lunch can be had at Pacifica’s famously picturesque Taco Bell.

An 18-mile drive gets you to **Moss Beach (James Fitzgerald Marine Reserve)**, where a shallow marine shelf is exposed at tides lower than one foot. The reserve offers handy printable guides to help make the most of your visit: www.tinyurl.com/FMR-15-page and www.tinyurl.com/FMR-2-page.

Finally, 20 miles south off Highway 1, **Montara State Beach** has two access points: one across from Second Street, just south of Chart House Restaurant, and the other half a mile north of there. Note that both access points involve steep climbs down. The tide pools are at either end of the beach, close to rocky outcroppings.

Tides vary between locations, check www.tinyurl.com/tides-currents for tidal stations nearest each beach before you go. Have fun! ♦

Megan Bushnell is a former marine biologist who is committed to taking her girls to the intertidal zone multiple times this year. Wanna come?



Ask the Expert

Pregnancy and Maternity Rights at Work With Bobby Shukla



GGMG: What rights do pregnant women in California have at work?

BS: In general, the following protections apply to businesses with five or more employees. Your employer cannot discriminate against you due to your pregnancy or retaliate against you for your request or need for maternity

leave. Discriminatory or retaliatory acts could include termination, demotion, failure to promote, removal from key projects that affect your career advancement, or any other actions that materially affect the terms and conditions of your employment.

Your employer is also required to provide you with a reasonable accommodation where necessary, including transfer to a less strenuous or hazardous position during the pregnancy.

If you suffer from a disability due to pregnancy or a pregnancy-related medical condition, your employer must provide up to four months of job-protected disability leave under the Pregnancy Disability Leave (PDL) law. Job-protected leave means that your employer must guarantee reinstatement to the same or a comparable position at the end of the leave.

Under PDL, you are entitled to such leave regardless of length of employment or whether you work full-time. The leave may also be taken intermittently and includes time off needed for prenatal care, severe morning sickness, or doctor-ordered bed rest. Your employer must provide continued healthcare coverage during pregnancy disability leave. PDL also includes leave for a reasonable period of time for recovery from childbirth. Your employer is not required to pay you while you are on PDL.

An employer may not refuse a woman's return to work after pregnancy-related leave simply because they prefer her temporary replacement or, if during the leave, they identify performance deficiencies that existed prior to her leave. Employers are also prohibited from forcing a pregnant woman to take leave when she has not requested it.

GGMG: What are the maternity leave options under the California Family Rights Act?

BS: The California Family Rights Act (CFRA) provides up to 12 weeks of job-protected leave to mothers for bonding with a baby or adopted/foster child provided the eligibility requirements are met. (The Family Medical Leave Act is the federal counterpart to this law.) CFRA only applies to employers with at least 50 employees. In order to be eligible, an employee must have

worked at least 1,250 hours in the 12-month period before leave begins, at a location where the employer has at least 50 employees within a 75-mile radius of the work site.

The 12 weeks of job-protected leave under the CFRA may be used intermittently within a 12-month period. Similar to PDL, an employer need not provide paid leave under the CFRA but must continue healthcare coverage.

Under CFRA (and PDL), an employer may only deny reinstatement if the position ceases to exist during the leave (because of reduction in workforce, for example). The employer must notify the employee of the intent to refuse reinstatement and give the employee a reasonable opportunity to return to work. Employers may not eliminate an employee's position due to an employee's absence during protected-leave and must demonstrate that it was based on legitimate business reasons.

GGMG: What are the maternity leave options under the Paid Family Leave law?

BS: California employees who pay into State Disability Insurance (SDI) also qualify for income replacement for recovery from childbirth and for bonding with a child under Paid Family Leave (PFL). SDI generally provides six weeks of income replacement for vaginal childbirth (eight for c-section). PFL provides six weeks of income replacement for bonding with a child, which may be used intermittently. The income replacement is 55 percent of weekly wages up to a maximum benefit. The recently enacted San Francisco Paid Parental Leave Ordinance requires employers of eligible employees to pay the remaining 45 percent of the employee's weekly wages for six weeks. The law will apply to employers of 50 or more employees on January 1, 2017, 35 or more employees on July 1, 2017, and 20 or more employees on January 1, 2018.

GGMG: How do these laws work together?

BS: You may take CFRA leave (12 weeks) in addition to any PDL (up to four months) for which you qualify. PFL income replacement runs concurrent with CFRA or PDL. Notably, while there is no job protection or a guarantee to continuing health benefits under PFL when taken alone, if taken concurrently with CFRA or PDL, you will have the job-protection and health benefit guarantees under those laws.

With regard to CFRA and PDL, even if you are unable to return to work within the allotted period under each law, your employer must consider providing additional unpaid leave as a reasonable accommodation under provisions of the Fair Employment and Housing Act. ♦

Bobby Shukla is a lawyer who represents employees in a variety of employment law areas, including discrimination, harassment, disability accommodation, retaliation, whistle-blowing, and severance negotiations.

GGMG: Helping Others, Treating Yourself

Community Support

Send a Foster Child to Camp This Summer!

From July 1 to August 31, GGMG is proud to be partnering with San Francisco Court Appointed Special Advocates (SFCASA)* to provide foster children's opportunities to attend summer camp. By donating to SFCASA, GGMG moms can truly make a difference in the lives of foster children.

Nico G. is an 11-year-old who has been in foster care since the age of 5. He has been supported for five and a half years with community- and court-based advocacy and mentorship by Quentin, an SFCASA volunteer. Nico has shown tremendous aptitude for coding.

This summer, Nico will participate in a weeklong overnight tech



camp, where he will learn more about programming, app development, and game design—all while having the opportunity to explore a college campus and visualize himself as a first-generation college graduate. Nico hopes to use the skills he learns at camp to build his own robot.

The cost of the weeklong camp is almost \$2,000.

SFCASA accepts donations for camp year-round, so it's not too late to help! Please donate funds directly to SFCASA online at www.sfcasa.org/ggmg.

Please contact community support at drives@ggmg.org for more information.

*SFCASA is the only volunteer program in San Francisco that empowers everyday citizens to become officers of the court to serve as advocates for abused and neglected children in foster care. SFCASA's mission is to transform the lives of these foster youth by providing one consistent, caring volunteer advocate, trained to address each child's needs in the court and the community.

Contest



Dinner by Henry's Hungry

Whether you are a busy professional, a new parent, a cooking avoidant, or simply overwhelmed with the responsibilities that come with raising children, Henry's Hungry can help with one of the most important parts of your day: feeding your little one.

This month, Henry's Hungry is offering our in-home chef service to you and your baby for free! Chef Jenny will plan, shop, prepare, cook, and package up to 92 ounces of fresh organic baby food for your child for four consecutive weeks in the comfort of your own kitchen. No hassle, no mess, just fresh baby food ready for you and your little one(s). This service is valued at \$650.

TO ENTER THE CONTEST, SEND AN EMAIL WITH "HENRY'S HUNGRY" IN THE SUBJECT LINE TO CONTEST@GGMG.ORG BY AUGUST 31, 2016.

Additionally, new GGMG clients will receive 10 percent off of their first month of service; just mention this ad to receive the discount. Sign up today at www.henryshungry.com or email henryshungry@gmail.com.



DADLANDS

Growing Up Outside

By Alex Green

Ever since I was little, I can remember playing outside. We had a swing and a treehouse in our backyard. Family reunions were camping trips in the woods. A typical afternoon involved street hockey in front of our house. Life often took place outdoors. Maybe it's because we were driving our parents crazy in the house (I'm the oldest of five), or because there wasn't that much space, but I remember being encouraged to "go get some fresh air and explore!" all the time.

I learned patience while building campfires with wet wood, pitching tents that never seemed to have the right-sized poles, and trying hundreds of times to make the perfect marshmallows for s'mores (crispy on the outside, buttery on the inside, yet don't melt off the stick into the inferno). I learned other important life lessons too, like how to get along with other kids while we played hockey on our roller blades (not that there weren't a few epic skirmishes). And I learned that even though he's younger, my brother was, and still is, a better athlete than me. Outside, I appreciated him as more than just another one of my siblings.

It's these kinds of experiences that helped me learn the most about myself, the world around me, and the people with whom I shared my life; much more so than the time I spent glued to the

There's nothing wrong with a visit to the biergarten with a BabyBjörn.

television, GameBoy, or Apple IIe (except for *Oregon Trail*, which was awesome). My life lived outdoors helped me grow into the child, brother, husband, and father that I am today.

When I became a dad, I knew that I wanted Eloise to experience these things too. But it's harder to get outside nowadays. People are working more hours, enduring longer commutes, and we are constantly distracted by the electronics we have around our homes. I decided that the birth of our daughter was a great incentive to ensure I get back outdoors.

Only days after she was born, Eloise was feeling the breeze at Alamo Square, listening to the babbling creeks in Samuel P. Taylor State Park, and throwing sand at Baker Beach. She jogged with me through the Presidio, hiked San Bruno Mountain (via baby

backpack), and meandered through Muir Woods. I tried to make sure we did something in nature every day on my leave and we minimized electronics.

This isn't to say that I don't appreciate technology. I think it's amazing that now, as a toddler, Eloise can unlock the iPad, take pictures with my iPhone, and command the Apple TV. But it creates a much warmer feeling when she squeals with excitement about the worm she has just dug up. Or the awe in her voice when she says, "Daddy, look way up theeeeeere," pointing at the redwood ceiling high above.

When I can help her make memories like that, I feel like I'm doing my job as a dad: letting her experience the natural world around her. Fun adventures outdoors don't have to take place at the grandest national parks and they don't require the fanciest gear. For those new dads who resonate with any of the above, here are a few suggestions:

- Use your paternity leave. All of it. Take the little one to places you think are fun outside, no matter how tiny they are. There's nothing wrong with a visit to the biergarten with a BabyBjörn.
- Get a stroller that handles well on various terrains. I use ours for runs in Golden Gate Park, Lands End, and the Presidio. I get to work off my love for beer, and she gets to experience awesome sights, explore nature, visit playgrounds, and catch the occasional carousel ride.
- Don't be too organized. Explore new places and make up games on the fly based on what you discover.
- Be prepared. I always carry extra food, water, clothes, diapers, and wipes when we are outside. They come in handy way more often than I would like!

I recognize that everyone is different and that great experiences can happen both inside and out. But next time you're thinking of letting your kid watch *Frozen* for the 80th time, consider building Olaf out of dirt on an outside adventure instead. ❖

Alex and his wife, Virginia, are Midwest transplants who have lived in San Francisco for four years. They are parents to Eloise (age 2) and another bundle of joy due in September. Alex is looking forward to starting another paternity leave soon.



JOIN THE CLUB

Peekadoodle kidsclub has been designed to provide a safe, familiar, and clean environment for families with children ages 5 and younger. To this end, the Club offers only family membership packages. The membership base has proven to foster a sense of community & safety, which is invaluable for young families in an urban setting. Membership is required to take classes or enroll in our preschool programs.

415.440.7335 | PEEKADOODLE.COM/SAN-FRANCISCO

MEMBERSHIP BENEFITS

- + 1300 SF Themed Indoor Playspace
- + Comfortable Seating in Lounge Areas throughout the Club
- + Nutritious, Members-only Cafe
- + Complimentary Wireless Internet
- + Members-only Events
PARENTING SEMINARS, SEASONAL CELEBRATIONS AND MORE.
- + Dynamic Children's Classes, Workshops and Drop-offs
ADDITIONAL COST
- + Complimentary Music Class in the Playspace
WITH A MUSIC TEACHER
- + Free Craft Fridays
DATES ANNOUNCED ON FACEBOOK
- + Unlimited, First-time Visitors
CALL AHEAD FOR GROUPS LARGER THAN 4 FAMILIES
- + Discounted Parking with Validation
- + Complimentary Coffee
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Join over 1,600 GGMG moms who use UrbanSitter.

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urbansitter

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Subject to UrbanSitter, Inc.'s Terms of Service. New customers receive 35% off UrbanSitter membership fees and \$45 credit to be used toward UrbanSitter fees or babysitter payments. Returning customers receive 35% off UrbanSitter fees (not valid for babysitter payments). Recipient must become a registered user of UrbanSitter with valid credit card on file to redeem offer. Restrictions include sitter availability and service to requested location (not all areas served). For GGMG Members only - Please note that your name and email will be shared with GGMG to confirm eligibility. UrbanSitter reserves the right to modify these terms.

Books for Kids

Girls Who Kick Butt

By Laure Latham

Believing in yourself and becoming a kick-butt girl starts very early in life. Fighting gender stereotypes with spunky, clever, strong heroines, these books feature girl protagonists but they're worth reading for more than the feel-good feminist factor. They are great books for anyone to read and will find a place in many households because they are fun, humorous, inspiring, and completely awesome. Go, girl power!



I Can Do It Myself!

Written by Stephen Krensky, Illustrated by Sara Gillingham
For infants and toddlers who believe they can do things themselves, this book features wonderful empowerment examples. Young ones will appreciate the bright color palette and short stories (in full sentences, no less) that convey a clear message about becoming independent. The fact that the main character is a girl will appeal to all little girls who are strong enough to do things themselves. *Ages: 1 to 3 years*

Tia Isa Wants a Car

Written by Meg Medina, illustrated by Claudio Muñoz
Tia Isa wants a car, shiny green as the ocean that lapped outside her bedroom window where she grew up. When she tells her brother, he thinks that she is ridiculous and too poor. The truth is, most of her money goes to her family back home. Her dream seems unreachable until her niece comes up with a plan to help her aunt. This is a wonderful story about tight families, the value of work, and the freedom of your own means of transportation. Note that this book is also available in Spanish. *Ages: 3 to 7 years*



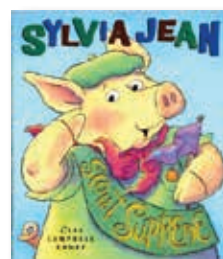
The Quickest Kid in Clarksville

Written by Pat Zietlow Miller, illustrated by Frank Morrison
Inspired by the homecoming of Olympian runner Wilma Rudolph in Clarksville, Tennessee, in 1960, this book tells the story of young Alta, who idolizes Rudolph and thinks she's the fastest kid in Clarksville. Technically, she is, until Charmaine comes along. Alta's shoes are worn and have holes, while Charmaine's are brand new sneakers. Can the two set aside their competitive spirit to work together as a team and welcome Rudolph to their town? This book is an inspiration for kids who dream big, regardless of the obstacles ahead. *Ages: 4 to 8 years*



Sylvia Jean, Scout Supreme

Written by Lisa Campbell Ernst
Sylvia Jean is a boisterous girl pig who wants to do her best to earn Good-Deed badges for her troop. Unfortunately, she's too energetic and instead of helping her neighbor with a twisted ankle, she makes her situation worse. Unfazed by the doctor's interdiction, Sylvia Jean finds creative ways to help her neighbor without telling her. Will she be able to earn her Good-Deed badge? A must-read for wanna-be Girl Scouts. *Ages: 4 to 8 years*



Interstellar Cinderella

Written by Deborah Underwood, illustrated by Meg Hunt
What if Prince Charming's spaceship got into engine trouble and Cinderella was a master tinkerer in outer space? Kids will love this intergalactic retelling of Cinderella where the protagonist is a girl with a robot assistant and who dreams of engineering feats. Of course, you still get the evil stepmother and her daughters, but don't expect this Cinderella to get locked in a tower without putting up a serious fight and...maybe taking her fate into her own two hands? *Ages: 4 to 7 years*



Little Kunoichi, the Ninja Girl

Written and illustrated by Sanae Ishida
Kunoichi, which means "ninja girl" in Japanese, is an apprentice who trains on a secret island. Unfortunately, ninja skills don't come easily to her and she needs to practice harder than her friends. Inspired by a tiny samurai, she learns the power of perseverance and hard work. The sweet illustrations and pet rabbit dressed as a ninja will be a hit with would-be ninjas. *Ages: 3 to 7 years*



The Princess in Black and the Perfect Princess Party

Written by Shannon Hale and Dean Hale, illustrated by LeYuen Pham
It is Princess Magnolia's birthday, and 12 princesses are coming over to celebrate. The day would be perfect, except for the monsters. Princess Magnolia's castle sits near a hole in the ceiling of Monster Land, and those pesky monster keep sneaking into her goat pasture to eat her goats. The only one who can stop them is the Princess in Black, but nobody, except for her faithful steed FrumplePants, knows that the Princess in Black is really Princess Magnolia. *Ages: 5 to 8 years*

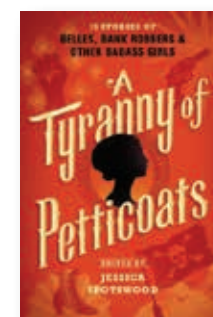


Girls Think of Everything: Stories of Ingenious Inventions by Women

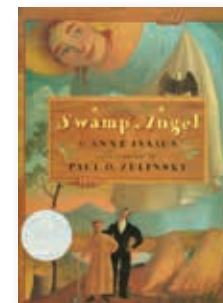
Written by Catherine Thimmesh, illustrated by Melissa Sweet
Whether in kitchens, living rooms, garages, or basements, women have invented some pretty awesome things throughout history, from the humble and delicious chocolate chip to the bumper that protects astronauts in space. Featuring the real stories of a dozen women and girls (the youngest is 10), this book will inspire little girls to be creative with their wonderful minds and to start inventing themselves. Look for the list of websites and postal addresses to get the ball rolling and expect some serious tinkering and making at home. *Ages: 9 to 12 years*

A Tyranny of Petticoats: 15 Stories of Belles, Bank Robbers & Other Badass Girls

Edited by Jessica Spotswood
From 18th century pirates to 1960s civil rights activists, some pretty daring girls have charted their own course and overcome challenges to become brave and inspiring characters in male-dominated societies. In this book, 15 notable young adult authors each tell the story of different heroines across the centuries in America. Whether outlaws or spies, activists or pirates, all the girls in this anthology show a side of American history rarely seen. It's about time someone took notice! *Ages: 10+ years*



Laure is the author of the mommy blog Frog Mom (www.frogmom.com), as well as the book Best Hikes with Kids: San Francisco Bay Area. She writes for several parenting websites and lives in London, where she peppers adventures with her husband and two daughters with compulsory cream tea stops.

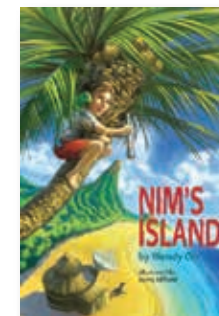


Swamp Angel

Written by Anne Isaacs, illustrated by Paul O. Zelinsky
Isaacs offers a very tall tale about a very tall girl and a very big bear. When Angelina Longrider was born, nothing destined her to become the greatest woodswoman of Tennessee. Yet at age 2, she built her first log cabin. At age 12, she rescued a wagon mired in a swamp—hence her nickname of Swamp Angel. The story continues in typical tall-tale style with a bear named Thundering Tarnation and tornadoes used as lassos. Readers will be in awe of this folktale heroine who harnesses her special traits and talents in positive ways. *Ages: 5 to 8 years*

Nim's Island

By Wendy Orr
Since she was a baby, Nim has lived on an uncharted island with her scientist father, Jack. With a machete in hand, she knows her way around the island like nobody else. One day, Jack sails off on a three-day trip to collect plankton, while Nim stays behind with her three best friends: a sea lion, a marine iguana, and a green sea turtle. When she loses contact with her father, Nim needs to fend for herself. Boys and girls will love this tale of adventure with a hint of *Swiss Family Robinson*. *Ages: 8 to 12 years*



Ruby Redford Feel the Fear (Ruby Redford #4)

By Lauren Child
Thirteen-year-old Ruby Redford is a code-cracker, undercover-agent genius child who's afraid of nothing. Solving puzzles and codes provided by a mathematician, Ruby Redford hunts down villains like a teenage brainiac James Bond, but slowly realizes that acknowledging fear can be useful to survive. While these books are serious contenders for STEM reading lists, boys and girls will no doubt be more attracted by the action-packed parkour illustrated tutorials and death-defying stunts. *Ages: 10+ years*

From Womb to World

Hello, My Name Is _____

By Megan Bushnell

When I tell people that my husband took my last name after we got married, the reaction is always “Wow.” I usually respond to their incredulous stare with the caveat, “Well, Chris was never very close to his father” (a vast understatement) and I’m still trying to figure out why I do this. Am I trying to excuse him from an apparent breach of societal norms? Am I excusing myself from being the type of person who would insist that her husband take her name? (And by the way, what type of person is that? Is it the same type of person as, say, a man who insists his wife takes his name?) Or am I just trying to make a woman feel better about the fact that her husband did not take her name? I’m not sure. But the point is, I feel compelled to explain this incredible phenomenon to men and women alike.

My family name is part of my identity, but I would have considered changing it to signify the union of our families. During a discussion immediately after our engagement, Chris actually suggested that he take my name instead of the other way around. He said, “Why should the woman be the one to automatically change her name?” (This is the same guy who refuses to watch *Mad Men* because it is “too sexist.”) Certainly, I am not the radical feminist here: he is.

Chris’s sister, on the other hand, did not change her name. When I asked her why she chose to remain a Haugen, she cited two reasons: one, a connection she felt to her great-grandmother, with whom she shares both her first and last name; and two, that by marrying at 30, she would have been losing the name with which she had already established a career. Her husband, more traditional in his expectations, would have preferred she take his name but cared more that their son take his name. (Also, she didn’t really give him much say in the matter of her last name. These Haugens are a stubborn lot.) She told me, “It would be cool if we have a second kid who’s a Haugen, but we’ll see how that goes. Shane is not thrilled with this idea!”

Hers is one of the increasingly common families in which the children bear the name of the father, but the mother retains her

own name. It appears that while the age-old tradition of the wife taking a new name upon marriage may be fading, the naming of our children is still almost always determined by paternity. Yet

A name is just a name; it’s what we do as strong, independent, liberated women that really matters.

many of today’s parents-to-be are thinking outside the box. If you are thinking along alternative lines, there are myriad ways to go about naming your family. All of us know at least one person who hyphenated, moved a maiden name to a middle name, or even made up a name (a friend of a friend spent her entire pregnancy convincing her husband not to turn their whole family into Skywalkers). Nonetheless, if your husband does decide to change his last name to match yours,

he should be prepared to spend several months, if not years, wading through paperwork; in Chris’s experience, financial institutions orchestrated the worst of the bureaucratic headaches. Unsurprisingly, he encountered more than a few raised eyebrows when he explained his mission. But that’s what feminism is, right? Raising eyebrows that need to be raised.

The Western tradition of changing our names to that of our husband’s reminds us of the not-too-distant past, when a woman’s identity was inextricably linked to her role as a wife. I am proud of my husband for recognizing this tradition’s inherent sexism, and for choosing to take a stand against it. But his is not the only

way to perform amazing feats of feminism. I am equally proud of the ways modern women express their independence and autonomy every day, and of the men that support them in their (our) journey toward equality. Whether someone took her husband’s name or kept her own is immaterial in the end. A name is just a name; it’s what we do as strong, independent, liberated women that really matters. ♦

Megan Bushnell is a proud mom of two little Bushnells, but she is sadly unrelated to the makers of the binoculars.



Volunteers of the Month



Congratulations to **Corinna Lu**, our July volunteer of the month! Corinna started volunteering with GGMG in 2013 and currently serves as the drives co-chair on the Community Support Committee. She and husband Garrett are parents to Zoe (4) and Ari (1).

WE WANT TO KNOW YOUR FAVORITE...Pastimes: reading, walking, traveling, working out when I can; **Reading Material:** *The New Yorker*; **Film:** *The Usual Suspects*; **Restaurant:** Café Jacqueline; **Destination:** Paris; **Parenting Advice:** Always try to be kind and firm.



Congratulations to **Kristin Leung**, our August volunteer of the month! Kristin has been volunteering for GGMG on the member support team since July 2013. She and husband Albert are parents to Kieran (6), Maeve (4), and Nolan (1).

WE WANT TO KNOW YOUR FAVORITE...Pastimes: running, family time; **Book:** *The Power of One*; **Film:** *Love Actually*; **Restaurant:** Delarosa; **Destination:** Paris; **Parenting Advice:** Take it day by day—that’s the motto in our house to cope with all that parenting and life throws at you, the good and the bad.

Corinna and Kristin will both enjoy a 60-minute massage at International Orange Spa (2044 Fillmore St.). Book yourself a massage today at www.internationalorange.com.



FOR THE LOVE OF DANCE

It’s never too early to encourage your child’s love of dance! Children ages two-and-a-half and up thrive at the JCCSF Dance School, guided by the highest quality dance instructors. Parents love our convenient location, with on-site café, parking and Fitness Center.

- Students enjoy:**
- Ballet, tap, jazz & hip-hop classes
 - Girls and boys are welcome
 - All students participate in a spring recital.

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GGMG members enjoy exclusive discounts at the JCCSF on programs and activities for families, including swim lessons, Kinder Fun Klub, Fitness Center Membership and more. Learn more at jccsf.org/ggmg.





Not Your Mother's F-Word

The many faces of feminism. Modern-day views of feminism, broadly and within GGMG.

By Bobby Shukla

Photographs by Aviva Roller Photography and Carolyn Soling Photography

Malala Yousafzai, Bernie Sanders, Beyoncé, Sonia Sotomayor, Aziz Ansari, Sheryl Sandberg, and Prime Minister Justin Trudeau. These people have publicly identified as feminists. Indeed, each time a media figure proclaims feminism, it results in a headline. Prime Minister Trudeau has said that he talks about being a feminist as often as he can precisely for the big reaction. He remarked that he will keep publicly calling himself a feminist until he stops getting a reaction because then we will have achieved progress with the issue.

Claiming the mantle of feminism should, in fact, go without notice given its unremarkable definition: the social, political, and economic equality of the sexes. The reactive quality of the term speaks, at least in part, to the success of the politically driven campaigns against it. Not least of these was right-wing radio host Rush Limbaugh's coining and popularizing of the term "Feminazi," which he, and then others, used to denigrate those

who strongly identify as feminists.

Feminism as a term, however, proves challenging even for some progressives who unequivocally seek equality in all areas for all women. These women and men prefer terms like “womanist” or “intersectionality,” which are intended to more fully portray the fight for all women’s rights. Alice Walker defines the term “womanist” in *In Search of Our Mothers’ Gardens: Womanist Prose* as, among other things, “a black feminist or a feminist of color,” “a woman who loves other women sexually or non-sexually,” and writes, “Womanist is to feminist as purple is to lavender.” Intersectionality, first coined by Professor Kimberlé Crenshaw, is the study of overlapping or intersecting social identities and related systems of oppression, domination, or discrimination. Indeed, a long-standing criticism of the feminist movement of the 1960s and 1970s is that it was largely led by middle-class heterosexual white women who, however well-intentioned,

did not address the concerns or experiences of poor women, women of color, women who loved other women, or any combination of those.

The meaning of feminism at any given moment is largely dependent on cultural contexts and the pressing issues for women and girls of that time and place. Malala's battle for feminism is, of course, different from Sheryl Sandberg's, but both are fueled by the same driving principles: women and girls deserve the same advantages as men and boys. The somewhat elusive and broad definition of feminism is what necessitates distinctions between the various "waves" of feminism or types of feminists among us.

Ultimately, however, given the undeniable strides that remain for American women to achieve full equality, no matter what wave you choose to ride or what you call it, we undoubtedly need feminism, womanism, and intersectional analysis. Women still earn only 78 cents to every dollar a man earns (and

even less for every child a woman has or if she is a single mother or a woman of color), and women only comprise 20 percent of the members of Congress and 5 percent of CEOs of Fortune 500 companies. Women's bodies remain under attack throughout the country both literally—one in five American women have been raped at least once in their lifetime—and with regard to reproductive rights. This bad news comes with some good news (which is perhaps on account of the bad news): polls show that feminism is on solid ground and even on the rise in America.

National views on feminism

Nationally, large segments of the population still identify as feminists. In a recent poll by the *Washington Post*-Kaiser Family Foundation of 1,610 American adult men and women, 47 percent of all respondents and 60 percent of women identified as feminists. In a Feminist Majority Foundation poll from 20 years ago, the overall percentage of those who identified as feminists was 6 points lower. In the same poll, when participants were asked whether they believed men and women should be social, political, and economic equals, 94 percent answered "yes." It is clear the numbers reflect more about people's views regarding the word “feminism” than the underlying principles of feminism.

Perhaps most interesting, the poll revealed general differences among women and their views on feminism. Millennial women (ages

18 to 34) and Baby Boomer women (ages 52 to 70) identified as feminists at similar rates, 63 percent for the former and 68 percent for the latter. Generation X women (ages 35 to 49), on the other hand, showed more reluctance in claiming a feminist identity, with only 51 percent of those polled

Today's feminism appears to be more individualized, celebrating the various choices that women make as feminist choices.

identifying as feminists. When women were polled on whether the word "empowering" described their view of feminism, a large gap surfaced with 83 percent of women 35 and younger answering "yes," while only 56 percent of women 65 and older answered "yes."

GGMG views on feminism

In a GGMG survey conducted for this article, views on feminism within our organization, perhaps not surprisingly, did not mirror national statistics. Of approximately 100 respondents to the survey, 88 percent identified as feminists. Ninety-three percent of GGMG moms do not believe we have achieved gender equality and 82 percent agree that feminism is still relevant in the United States. A large majority of respondents, 76 percent, have feminist

issues on the forefront of their minds regularly. Sixty-nine percent of GGMG moms reported that they regularly confront gender inequality in their personal lives (22 percent daily, 32 percent weekly, and 15 percent on a monthly basis). Twenty-eight percent of those surveyed confront gender inequality in

their personal lives on an infrequent basis.

Encouragingly, a majority of those polled have male feminist allies in their lives, with 77 percent reporting that the men

in their lives actively value gender equality, while 8 percent reported that they did not.

The reasons GGMG moms provided for not identifying as feminists were thoughtful and often unpredictable. Many of the GGMG moms surveyed believe the term feminist belongs to those who are politically active in the movement. Cath Symon wrote, "I haven't done enough to earn the title. I think of feminists as people who actively promote equality for women." Others agreed: "I'm not proactive about changing women's rights," "It sounds like the label of an activist. I believe in feminism, but am not necessarily doing anything politically active to push the agenda," and "I absolutely believe in equal rights but am not actively involved in seeking this for others beyond myself." Another GGMG mom shared a different reason for not identifying as a feminist: "I identify as someone who believes in equal rights and opportunities for women. I prefer 'womanist.'"

Fifty-one percent of GGMG moms polled believe that we do not have a thriving modern-day feminist movement. In describing the reasons we still need a feminist movement, many GGMG moms, unsurprisingly, focused on issues involving women in the workforce. Many highlighted the gender pay gap, maternity leave rights, and as one mom put it, "the elusive work-life balance," which she noted remains "a constant struggle." One mom noted that we are the only advanced country in the world to not have paid maternity leave nationwide. Many others cited reproductive rights and one described the need for a feminist movement that is "perhaps not a burning-bra type" but "a more nuanced approach about raising awareness of the



needs of women, [since] men, for the most part, still define the laws that affect women's lives. Defund Planned Parenthood? Outlaw abortion? No maternity leave? And so on...

With regard to the issues that matter most to GGMG moms, the poll listed the following and asked participants to rate them in order of importance from 1 to 10 (with 1 being the least important): pay equality, reproductive rights, family leave policies, women in office, domestic equality, violence against women, conventional views on female beauty/body image, LGBTQ/transgender women's issues, international women's issues, and gender discrimination/sexual harassment at work. The issues were ranked by participants almost equally in terms of importance. However, and somewhat surprisingly, the issue that took the lead was LGBTQ/transgender women's issues, with domestic equality a close second. Many moms added issues of importance that were not listed on the survey. These included anti-racism work or issues confronting women of color (with some specifying its intersectionalities with feminism). Several others cited sexual abuse against women, sexual assault prevention, and raising awareness about affirmative consent. Unsurprisingly, other GGMG moms listed affordable, high-quality child care, including after-hours care at schools and camps, and high-quality public education and education funding, including early childhood education and universal preschool as important feminist issues. As one mom noted succinctly,

"Accessible education choices for all children, from preschool to university."

Responses to whether feminist issues are at the forefronts of their minds on a regular basis generated more personal responses from GGMG moms. Several respondents explained that raising boys kept feminism at the forefront: "I am a career woman, the mother of boys...I need to set an example and make a change by raising honorable men," and "I have a son and am very conscious that I am raising a man who I want to respect women." Mothers of girls had the same drive precisely because they had daughters. One simply wrote, "Because I have daughters." Another mom shared that the dynamics in her own home kept feminism at the forefront: "The inequality in my own home, despite my husband's good intentions and relative progressiveness on these issues, highlights how far we have to go." For one mom, her own privilege keeps feminism on her mind: "I am not directly impacted by many of the most pressing issues affecting women on a daily basis. Unfortunately, that can make me complacent." For another mom, her lack of privilege in other respects does not allow feminism to be at the forefront of her mind: "I don't feel affected. I have a bigger monkey on my shoulder—race."

Interestingly, while 88 percent of the moms polled believe that American women are better off now than ever before, some of the more emotional comments were in response to a question about whether American women

really are better off. Many moms noted progress for American women with attendant frustration about how much remains for true progress. Several moms noted the less overt forms of discrimination against women that exist today: "I think it is harder to discriminate against women, but when it does happen, it's so much more infuriating because it's so hard to pinpoint with the micro-aggression and just not getting paid as much or the good assignments." Another mom commented that, "the more things seem to improve on the surface, the easier it is to deny that anything's wrong. I can choose professions other than teaching these days, but my experience in any profession throughout my life is going to be different from that of a man." Others noted that while we haven't achieved gender equality, "every year it gets better," and that there is progress in our personal lives: "I choose if/when to have a child, whether to keep working, or whether to keep my last name."

Many other GGMG moms observed that whether things are better for women now rests largely on race, noting that "privileged white women" are better off, "but there are entire classes of women who aren't any better off (e.g., poverty-level women, uneducated women, single moms)."

Is there a thriving modern-day feminist movement?

Even though a large number of women, and increasingly men, in America identify



as feminists, most do not believe we have a thriving modern-day feminist movement. While 88 percent of GGMG moms polled believe we have a need for a feminist movement, only 49 percent believe a thriving feminist movement currently exists. In the

Washington

Post-Kaiser poll, when asked to name a figure who represents feminism

today, 58 percent of the participants offered no names. In contrast, many readily identify Gloria Steinem and Betty Friedan as leaders of the second-wave feminist movement. This perception changes, however, depending on who you ask. In the *Washington Post*-Kaiser poll, 69 percent of millennial women believe there is currently a feminist movement in the U.S. while less than half (46 percent) of women age 65 and over do.

This generational difference in perception of a modern-day feminist movement may be due to the fact that feminism has a different character than ever before, and one that actively rejects centralized leadership. Feminist writer Courtney Martin discussed these differences in her TED Talk titled "Reinventing Feminism." She states that today's feminists are more likely to focus on "intersectionality" (or the various identities that women embody that informs their

feminism like race or sexual orientation) instead of patriarchy.

While the feminism of women age 65 and older was more politicized, today's feminism appears to be more individualized, celebrating the various choices that women

Feminism has a different character than ever before, and one that actively rejects centralized leadership.

make as feminist choices. Feminism in the 1960s and 1970s was a movement with recognizable leaders who held consciousness-raising rallies and had a discernible set of goals. Today's feminism is largely leaderless. It is active and accessible on feminist blogs, allowing for a broader and looser agenda which makes it more difficult to identify as a movement.

It's clear that it is cooler than ever to identify as a feminist if you look to celebrities and mainstream media, but this may be deceiving in terms of the real work of feminism that remains. In her new book, *We Were Feminists Once*, Bitch Media's Andi Zeisler cautions against a modern-day version of feminism that celebrates it as something glossy and fun while ignoring serious systemic issues. She argues that feminism that emphasizes the individual rather than the collective dangerously interprets the

personal liberation of women as signifying the liberation of women broadly. She advocates less of a focus on individual empowerment, and more discussion of broader political concerns affecting all women, particularly the less privileged.

As evident in the poll within our GGMG community, however, most women continue to focus on larger-scale political issues affecting all women. Indeed, a feminist movement addressing these issues does appear to be alive and kicking, though it is one our mothers might not readily recognize. Amidst a focus on individual female empowerment, there is a quiet mass making a variety of political strides for women. These include the areas of reproductive rights, campus sexual violence against women, paid parental leave laws, and much more. In support of a broad and collective feminist movement, Martin explains, "We don't want one hero. We don't want one icon. We don't want one face. We are thousands of women and men across this country doing online writing, community organizing, changing institutions from the inside out—all continuing the incredible work that our mothers and grandmothers started." ❖

Bobby Shukla is a lawyer who represents employees in a variety of employment law areas, including discrimination, harassment, disability accommodation, retaliation, whistle-blowing, and severance negotiations. While it's a close call, feminism is Bobby's favorite F-word.



A Woman's Worth: Famous Feminist Perspectives

By Anna Gracia

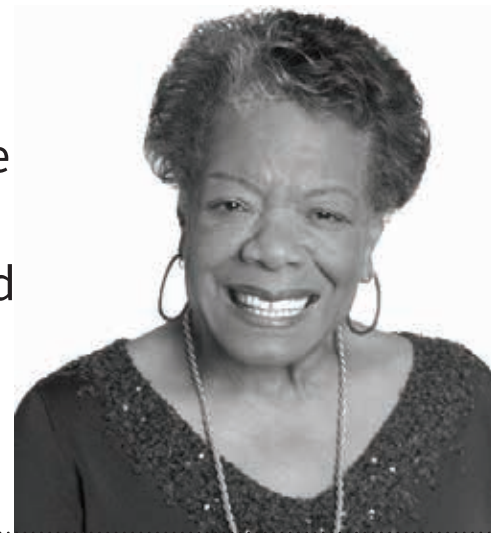
Do you have a vagina? And do you want to be in charge of it? If you said ‘yes’ to both, *then congratulations—you’re a feminist!*

Caitlin Moran (writer)



I’m a feminist. I’ve been a female for a long time now. It’d be stupid not to be on my own side.

Maya Angelou (writer)



If particular care and attention is not paid to the ladies, we are determined to foment a rebellion, and will not hold ourselves bound by any laws in which we have no voice or representation.

Abigail Adams (former first lady, early women’s advocate)

The point is not simply to take power out of men’s hands, since that wouldn’t change anything about the world. It’s a question precisely of destroying that notion of power.

Simone de Beauvoir (writer)

Women are responsible for two-thirds of the work done worldwide, yet earn only 10 percent of the total income and own 1 percent of the property...So, are we equals? Until the answer is yes, we must never stop asking.

Daniel Craig (actor)

Feminism isn’t about making women strong. Women are already strong. It’s about changing the way the world perceives that strength.

G.D. Anderson (author)

I always get asked, ‘Where do you get your confidence?’ I think people are well-meaning, but it’s pretty insulting. Because what it means to me is, ‘You, Mindy Kaling, have all the trappings of a very marginalized person. You’re not skinny, you’re not white, you’re a woman. Why on earth would you feel like you’re worth anything?’

Mindy Kaling (actress, writer, comedian)



I’m not ashamed to dress ‘like a woman’ because I don’t think it’s shameful to be a woman.

Iggy Pop (musician)

Anna Gracia was a CPA and a teacher in her former life. She is now a writer and stay-at-home-mom to three kids. She runs the movie commentary and review site www.TheSnarkyReviewer.com.

Men do not just need to stop being violent. The vast majority of men are not violent. But men do need to stop being silent. Calling violence against women, whether street harassment or sexual harassment or rape or murder, a ‘women’s issue’ allows men to ignore it as if we have no responsibility for it or stake in ending it.

Donald McPherson (former NFL player)

I’d like every man who doesn’t call himself a feminist to explain to the women in his life why he doesn’t believe in equality for women.

Louise Brealey (actress, writer)

I don’t know why people are so reluctant to say they’re feminists. Maybe some women just don’t care. But how could it be any more obvious that we still live in a patriarchal world when feminism is a bad word?

Ellen Page (actress)



Though we have the courage to raise our daughters more like our sons, we’ve rarely had the courage to raise our sons like our daughters.

Gloria Steinem (journalist, social activist)

I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat.

Rebecca West (author)





Managing Gender Bias to Parent for the Better

We are all affected by gender biases. Understanding your own gender biases is the first step in removing them from your parenting.

By Shannon Brennan Photographs by Anna Psalmond Photography

Confession: I have gender biases. Once upon a time in 2014, I was in the early weeks of pregnancy and utterly (irrationally) convinced that I was going to have a baby girl. I dreamed about baby girls. I was exhibiting every backwoods, old-wives-tale sign of carrying a girl. I was convinced that at our 20-something-week ultrasound, I'd learn that we were having a girl. I was absolutely sure. And the thought of it was keeping me up at night.

It felt so heavy to have a girl. So crushingly wrought with responsibility. There were so many things to teach her: How to be safe without being afraid. To understand that you don't have to choose between being smart and being anything else. How to cultivate interests in things other than boys. That it's OK to speak up for what you want—even if our culture says it is boring or stereotypical for you to want it.

I was so consumed with the gravity that comes with being the parent of a girl that when I eventually found out I was having a boy, it was as though a tremendous weight had been lifted off of my shoulders. A boy! All I would have to do is get him through the diaper years, teach him

not to be a privileged jerk, and then clock out and take a parenting nap until college, right? (Mmmmm...not quite.)

All of which is to say that I crash-landed upon my own very explicit gender biases in parenting early on. I have been on a mission to help counterbalance them ever since.

You're biased, too

We are all, in one way or another, gender-biased. Here in the Bay Area, where San Francisco-Oakland-Fremont made *U.S. News and World Report's* 2011 Top Ten list for metropolitan areas with the best gender

While we can't eliminate our gender biases, acknowledging and consciously counterbalancing them are the first steps in building healthy relationships.

equality, we use pretty socially aware language to talk about gender. (It's not everywhere that you can toss out the term "cisgendered" and genuinely expect others to know what you're talking about.) But while we may be on the fringes of the gender fray in a lot of ways, we're not free from harboring gender bias.

But it's OK to hold some stereotypes of your own. Bias and stereotyping are ingrained processes in the human brain, which seeks to quickly and efficiently make sense of the complex world around us. It's our mental shorthand for categorizing interpersonal information, and it isn't inherently negative—though the results of these biases can have negative impacts.

Research about universal social biases consistently finds that while we can't eliminate our gender biases, acknowledging and consciously counterbalancing them are the first steps in building healthy relationships, and healthy gender relations within families.

The sooner we act to address the ways these biases can negatively impact our children, the better. Homegrown, harmless-seeming gender skews are the seeds that grow into things like the gender wage gap. According to the Institute for Women's Policy Research, women earned 79 cents for every dollar a man earned in 2015. And that gap isn't set to reach parity for another 44 years.

Parenting our biases

In a 2000 article from the *Journal of Experimental Child Psychology* entitled "Gender Bias in Mothers' Expectations about Infant Crawling," researchers asked mothers of 11-month-old boys and girls to estimate the steepness of a carpeted incline that their infants could successfully scale. The research found that while boys and girls performed the physical activity equally well, mothers correctly estimated the boys' physical abilities within 1 degree, yet consistently underestimated the girls' by an average of 9 degrees.

That difference in expectations—assuming

that boys have more physical prowess than girls— can significantly alter how children are parented. Additional studies have routinely found that newborn girls and boys are very similar. The differences between them amount to fractions of ounces, external genitals, and not much else; and the gap between genders from a physiological perspective doesn't really open up until adolescence. But children's environments, impacted by gender biases of parents and caregivers, can create a self-fulfilling prophesy that trains our girls to be less physical, our boys to be less social, and may reinforce many other common stereotypes.

Biases in school and at play

The White House Council on Women and Girls co-sponsored a conference in April that explicitly challenged media, toy, and retail companies to break down gender stereotypes in order "to help children to explore, learn, and dream without limits." The initiative was spurred by research that shows a direct correlation between children's interests, skills, and preferred toys and their media exposure. Another driving force in the initiative is that women are dramatically underrepresented (only 29 percent) in science, technology, engineering, and math (STEM) industries, which could cripple our

national economy if we don't encourage more girls to pursue careers in STEM fields.

The body of research that demonstrates the impact of unconscious teacher bias in education completes the picture. In the January 2015 working paper "On the Origins of Gender Human Capital Gaps: Short and Long Term Consequences of Teachers' Stereotypical Biases," Victor Lavy and Edith Sand found far-reaching impacts of gender biases of primary school teachers. The teachers' biases had a positive impact on boys' achievements in math and science, and a negative impact on girls' achievements. These primary school achievements affected students' enrollment in advanced level math courses in high school, which in turn had long-term implications for students' career paths and earning potential.

These findings are not surprising. In fact, they are simply the latest in a long line of research that confirms that gender biases exist in education. It should be noted that these same biases have been seen to deter boys from pursuing liberal arts and creative sciences, and ultimately can have negative impacts on children of both genders.

So now what?

Some parents, in a quest to unshackle their children from the weight of gender bias,



choose to parent with gender neutrality. A 2013 article from *EveryDay Feminism Magazine* dispels some myths of gender-neutral parenting, explaining that the practice doesn't seek to force androgyny on children, but that it instead resists forcing preconceived gender norms onto children. The idea is to give children the space to find their own place on the gender continuum while freeing them from the expectations of external, genitalia-based rules.

A key tenet of gender-neutral parenting is that it is not merely a reversal of socially accepted gender mandates. The gender-neutral parent doesn't simply deny girls pink tutus and forbid boys from playing football. Rather, the parent attempts to present all options and allow children to choose from them without judgment. The approach also seeks to teach children to think critically about choices and create dialogue as opportunities arise.

Gender-neutral parenting, while an attractive option for some, is not without challenges. For instance, even if you were able to successfully parent without letting your own gender biases creep in, there's a great big world we live in that clamors to tell kids what they should and shouldn't do and what they should and shouldn't like—all based on birth gender.

Some ways that parents might draw upon the principles of gender-neutral parenting, as suggested by *Everyday Feminism*, include:

- Encourage girls to participate in physical activities such as tree-climbing and wrestling (not necessarily just sports).
- Don't default to telling your girls to "be careful." All kids benefit from your confidence in them.
- Empathize with your boy's tears just as much as you do your girl's tears.
- Allow both boys and girls to express their anger safely. Avoid treating anger like a "forbidden feeling," while teaching children of both genders how to express it appropriately.

Bringing it home

In a 2015 research report, "Leaning Out: Teen Girls and Leadership Biases," Richard Weissbourd at the Harvard Graduate School



of Education found that increasing awareness of gender discrimination may result in less implicit bias. With that in mind, and in support of increasing awareness and giving parents practical tools for addressing gender bias in their homes, the Making Caring Common Project developed a useful parent toolkit (www.tinyurl.com/harvard-parent-tool-kit).

This toolkit recommends as a first step that parents take the time to investigate and cultivate awareness of their own implicit gender biases. The second step is to get the kids involved, start a dialogue, and work together to create a home that is a bias-free zone. This resource includes practical applications for how to bring this awareness into a family environment, including the following:

- **Visually counteract stereotypes.** Exposing our brains to images that challenge stereotypes can actually contradict implicit, unconscious biases. Find images that do not follow traditional gender stereotypes—women doing construction work or men in caretaking roles—and post them in places you view often at home or at work.
- **Watch your language.** When we comment on how pretty girls look or how strong boys are, we send messages about our

expectations based on their gender. Say "firefighter" instead of "fireman" and "police officer" instead of "policeman." Be on the lookout for statements that start with "all girls" or "all boys."

- **Ask for feedback from others.** Ask close friends and family members whether they think you express gender biases you might be unaware of. Encourage kids to hold you accountable if you reinforce stereotypes or express bias. Showing willingness to admit bias sends a powerful message to kids about the nature of biases and how they are counteracted.

It's important to remember that getting it perfect is much less important than laying the foundation for having conversations about gender, bias, and fairness going forward. As with so many things related to parenting, this will be an ongoing conversation.

Boys matter too

It's no surprise, given the way our gender biases limit girls, that when we talk about this topic we tend to focus on what we can do for our daughters. But it's important that we include our sons in these conversations as well.

Teaching boys to have healthy relationships and to confront gender stereotypes will have a very large impact on gender imbalances in the future. Gloria Steinem once said, "We've begun to raise daughters more like sons...but few have the courage to raise our sons more like our daughters." Personally, I plan on raising my son to be a kind, compassionate human being who is capable of doing anything—and just as capable as everyone else, regardless of their gender. We can empower girls until they vibrate with intent, but until we also raise boys who see, respect, and embrace that power as equals, we're only solving half the problem. ♦

Shannon Brennen lives in Noe Valley and enjoys reading, writing, playing with her 1-year-old son, cracking jokes with her husband, and snuggling with her French bulldog, Fergus. She works in the wine industry, which is as delicious as it sounds.





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Helping Kids Bounce Back

We can't shield our children from life's difficulties, but we can provide them with the tools to recover from disappointment.

By Jessica Williams Photographs by Carolyn Soling Photography

Childhood has its fair share of heartaches. Not being invited to a birthday party, getting cut from the basketball team, failing a test...the list goes on. No child is immune from these types of challenges, but some children are able to handle them, and the emotional pain that follows, better than others.

Those who bounce back quickly exhibit that magical trait called resilience. But all children can become more resilient, and parents can help develop resilience starting when their children are very young, even infants.

What is resilience?

According to Aki Raymer, M.A., a transformative parenting coach and founder of Oakland-based Parenting Paths, resilience is the ability to tolerate difficult feelings and events—whether an everyday challenge or severe trauma—and continue to grow and thrive.

It can be considered a mindset, according to Dr. Kenneth Ginsburg. In *Building Resilience in Children and Teens*, Ginsburg emphasizes that resilience is not invulnerability or isolation from all risk. “Resilient people see challenges as opportunities. They do not seek problems, but they understand that they will ultimately be strengthened from them. Rather than engaging in self-doubt, catastrophic thinking, or victimization (*Why me?*), they seek solutions.”

Along with compassion, confidence, self-awareness, and humility, resilience is one trait GGMG mom Danielle hopes to instill in her children. She often uses the term “pop back up” when her kids physically fall down so as not to dwell on their fall if there are no major issues. “Aside from physically making sure our kids...don't give up when they hurt themselves, [my partner and I] feel it is important [for them] to be resilient emotionally and socially as well,” Danielle says.

The study of resilience

Children who are resilient have certain attributes, such as flexibility, empathy, a sense of humor, and the ability to elicit positive responses from others. Some experts also include the ability to think abstractly and reflectively, a strong sense of independence and identity, and a sense of purpose and hopeful belief in a bright future.

Researchers have started focusing on resilience following earlier studies on the human response to trauma. They wanted to know the qualities of people who thrive even in the face of adversity, explains Dr. Laura Choate, author of the new book *Swimming Upstream: Parenting Girls for Resilience in a Toxic Culture*. “So instead of only studying what happens when children develop problems, researchers started to recognize the importance of studying why some children are resilient,” Choate says. “What helps them do well? What makes them different? And how can we promote those qualities in all children?”

Building resilience

Certain conditions in a child's family, school, or community can promote resilience, maintains Bonnie Benard, author of *Fostering Resiliency in Kids: Protective Factors in the Family, School, and Community*. Children who receive warm, affectionate care and support from at least one person form a sense of basic trust and safety. Children who are held to high expectations begin to believe that they are bright and capable. Children who are encouraged to participate meaningfully within the family (for example, by taking care of little brother or the family pet), school, or

community come to assume they are worthy.

Ultimately, developing children's resilience begins with providing a safe, nurturing environment and modeling behavior for them to observe. As they grow older, children can start problem-solving in order to generate their own solutions to adversity while using parents as sounding boards. Ways parents can build children's resilience include helping

Resilient children grow up to be adults who can successfully navigate life's bumpy road.

children regulate emotions and tolerate frustration, sharing failings, and paying attention to cultural messages.

Regulating emotions and tolerating frustration

Let's face it, keeping emotions in check is not an easy task, especially when you're 3 years old and you don't want to share your cheddar bunnies. Yet resilient children become adults who can successfully navigate life's bumpy road. Raymer notes that parents can help young children learn these not-so-easy skills.

First and foremost, parents should allow children to experience difficult feelings and situations without immediately rescuing them. “If a crawling baby gets stuck under a table and cries out,” says Raymer, “avoid running in and swooping him up, and instead coach him through getting out. Move a chair out of the way or offer ideas about how to get out. This teaches the baby that you are there to help, but gives him the satisfaction of figuring out how to get out of a tough situation on his own.”

Similarly, telling kids what they can do helps them learn to focus on solutions, which is important for resilience. If your child “pushes another child out of the way, say ‘Oh, it looks like you wanted him to move! You can say excuse me.’ By giving kids tools for how to behave rather than simply telling them what not to do, we prime them to become people who focus on solutions rather than getting stuck.”

Additionally, modeling empathy by validating a child's emotion helps the child understand his difficult feelings. “Big emotions can be confusing for kids,” Raymer

says. “When children act up, parents should start with acknowledging the emotion before correcting the behavior.” For instance, if a toddler throws a tantrum when leaving the playground, parents can start by showing understanding. Saying something like “You were having so much fun and you wish we could stay at the park all day!” teaches the child to better understand their feelings,

according to Raymer. “Most of the time feeling understood is the first step to being able to recover.” Parents who respond to their children's cues

sensitively and to their children's behavior appropriately and consistently are priming their children's brains for resilience.

Children as young as toddlers can also learn how to overcome adversity by listening to their parents work through their own hurdles. “You can verbalize your own self-talk about how you get through things,” says Dr. Jocelyn Cremer, Ph.D., a psychologist and co-founder of Potrero Hill Psychotherapy. That provides a way of thinking to model for the child and also shows a means to self-soothe.

Sharing failings

So maybe you didn't get the lead in your middle school play decades ago. Your older child will love to hear about it. When parents share their failings and how they handled them, children learn that everyone (even Mom!) struggles with adversity at some point, that it is temporary, and that there are ways to work through it. Even sharing daily ups and downs, or the “thorns” and “roses” of the day, as Cremer put it, helps children learn that failings are transitory.

Moreover, sharing failings teaches kids they don't have to be perfect. “Perfectionism can be very inflexible,” Cremer says, noting that part of resilience is the ability to handle failure. When parents share their failings while reiterating their optimism for the future, they help children build confidence and hope, important building blocks for resilience.

Paying attention to cultural messages

Speaking of perfectionism, today's children are facing incredible pressures to perform at very high levels, especially in academics and

athletics as they enter the teen years. Girls in particular may face additional pressures. Choate, whose book examines the pressures today's girls face, notes that "girls not only have pressure to look 'hot and sexy,' but also stay thin, maintain their relationships, and become accomplished at high levels. They have to do everything boys are expected to do and more, and accomplish it all perfectly." Moreover, according to Choate, social media pressures affect girls far more than boys, primarily because girls spend more time on social media and value their social media "numbers" such as likes, followers, friends, and re-tweets more than boys.

How can parents help develop a child's resilience to cultural pressures? "As a new parent, decide what you want for your child," Choate says. "What is most important to you? Then decide to make parenting decisions from those values and not from what you are hearing in popular culture about current parenting trends... For example, if you don't feel comfortable buying your child a certain toy or certain outfit, then don't do it, even if every other parent around you seems to be making those purchases."

Paying attention to cultural messages targeted at children is also important. "Walk down the toy aisle at a major retailer and notice the difference between the girls' and boys' toy rows," Choate says. "Notice that girls are being socialized...to look and act older than they are. It is too much, too soon. When you start paying attention, you can be better informed and equipped to make decisions about whether you want to participate in these cultural trends."

Although we parents cannot bear our children's heartaches or eliminate all cultural pressures, we can help develop their resilience. Every child can learn how to bounce back a little more quickly than before and be stronger for it. ❖

ADDITIONAL PARENTING RESOURCES:
American Psychological Association,
"Resilience Guide for Parents and Teachers."
www.apa.org/helpcenter/resilience.aspx

Jessica Williams remembers vividly the day she got a 37 percent on a high school math test. She lives in Noe Valley and has an almost 2-year-old daughter.



MOMS' CONCERNS

By Jessica Williams

As much as we'd like to shield our children from pain, social challenges and cultural pressures are inescapable. Here are some GGMG moms' responses when asked, **"What's your biggest concern for your daughter or son in today's culture?"**

DAUGHTERS

"I think it's extremely important to make her confident and proud of being a woman, for her to understand the differences between genders, but not to accept the discrimination caused by these differences... Another thing I am very concerned [about] is sexual harassment...and not only the extreme cases. I am afraid of her experiencing anything that makes her uncomfortable."

—Mariana

"This is hard to answer as my daughter is only 10 months old. That said, one of my future concerns will certainly be gender equality. Not only when it comes to compensation and career growth, but also when it comes to men and women in managerial roles and how these managers are perceived. For example, a driven, direct, and successful female manager may be viewed as 'bossy'... A man exuding the same qualities is simply a successful manager who has worked his way up and knows what he's doing." —Shannon

SONS

"I don't have any particular concerns regarding raising a boy over a girl. It's important that he learns to treat others who are different than him with respect. I think that goes without saying for both genders though." —Nicolette

"I hope for my boy to be confident enough to stand for himself and at the same time to be confident enough to show his emotions. I think there is a big pressure on men to be stable and hide their insecurities and fears as if they don't even exist. I think it is very hard to live in such [a] way..." —Ludmila

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NEIGHBORHOOD MEETUPS: SoMa

The **SoMa Neighborhood Meetup** subgroup organizes events and meetups for moms with kids of all ages in SoMa and the surrounding neighborhoods, including Dogpatch, Embarcadero, Financial District, Mission Bay, Potrero Hill, and South Beach.

Saori Hamidi (mom to Mason) is the neighborhood director. We have three wonderful ambassadors: Laura Kelso (Blake and another on the way), Kwanua Robinson (Kaiden and another on the way), and Rachael Fenton (Brayden).

We meet during the week at different coffee shops, members' homes, activity rooms, and playgrounds in the neighborhood. We also organize special events such as baby-and-me yoga sessions, moms-only spa dates, and happy hours. We recently hosted a weekend brunch for the whole family at Mission Rock Resort. We are always looking for new ideas!

If you live in the area, please join us for our weekly meetups and walks and special weekend events!

Weekly Coffee Meetup

We meet on different times and days to accommodate little ones' naps, then walk together or go to a playground. Check the SoMa event page to find out where we are meeting this week!

- DATE:** Weekly
- TIME:** TBD
- PLACE:** Various SoMa coffee shops
- COST:** FREE

REGISTRATION: Register on BigTent.

Baby Play and Tone at OMpowersf

A postnatal pilates yoga fitness fusion class.

- DATE:** Mondays
- TIME:** 10:45 a.m.
- PLACE:** 66 Townsend St.
- COST:** \$15 first class for GGMG members; \$30 drop-in; \$99 pack of four

REGISTRATION: Register on BigTent.



Family Powercamp at OMpowersf

A strength and conditioning workout for parents! Babies and tots age 3 and under are welcome. Expect to break out into silly songs, use kiddos as extra weight, participate in an obstacle course, and wrap up with bubbles.

- DATE:** Saturday, July 9
- TIME:** 9 a.m.
- PLACE:** 66 Townsend St.
- COST:** \$20 per family (GGMG member rate)

REGISTRATION: www.bigtent.com/group/calendar/event/97609671

Family Brunch

Join us for a casual brunch with the whole family!

- DATE:** Sunday, August 14
- TIME:** 10 a.m. to noon
- PLACE:** TBD
- COST:** TBD

REGISTRATION: www.bigtent.com/group/calendar/event/97609611

GET CONNECTED

Connect with other moms in your neighborhood by joining your Neighborhood Meetup subgroup on BigTent. From wine nights to playgroups, there are 11 neighborhoods hosting events every week! Contact Tracy at andreassen.tracy@gmail.com for more information on what's happening in your neighborhood.



KIDS ACTIVITIES

Fourth of July Crafternoon at Recess

Different sensory and art stations will be set up to paint flags, make sparklers, and more. Includes class time and use of the play space until 6 p.m.

- DATE:** Friday, July 1
- TIME:** 4 to 4:45 p.m.
- PLACE:** 470 Carolina St.
- COST:** Special GGMG rate: \$15/child

REGISTRATION: [Ages 1.5 to 4 years. Email info@recess-sf.com.](mailto:info@recess-sf.com)

Music Class at SF Music Together

Join us for jamming, dancing, singing, and community at this fun, research-based, and award-winning class.

- DATE:** Thursday, July 7
- TIME:** 10:30 to 11:45 a.m.
- PLACE:** 1350 Waller St.
- COST:** FREE

REGISTRATION: [Ages newborn to 5 years. No drop-ins. Register at www.tinyurl.com/SFMusicTogetherGGMG.](http://www.tinyurl.com/SFMusicTogetherGGMG)

Farm Day at Tara Firma Farms

A big thank you to Tara Firma Farms for recently hosting GGMG families for a fun day at their farm. Kids were able to pet chicks, gather fresh eggs, and see pigs eat the eggs! Adults and children learned so much about pigs, chickens, and cows while watching them roam freely around their spacious land.

The farm provided face painting, arts and crafts tables, and a bubble-making station. There was a hay stack for kids to crawl, climb, and dance on, as well as an animal petting area. Delicious BBQ with kombucha was enjoyed by all.

Tara Firma Farms invites all GGMG members to come by for fresh meat, eggs, and produce as well as picnics. Hope to see you at our next GGMG Kids Activities event!



Off the Grid Presidio GGMG Picnic

Grab your blanket, hit up the food trucks, and join GGMG for a family picnic! Look for our table and big GGMG sign. We'll have snacks and fun activities for the kids so you can hopefully eat your lunch with both hands, for once.

- DATE:** Sunday, July 17
- TIME:** 11 a.m. to 2 p.m.
- PLACE:** Montgomery St. at Sheridan Ave.
- COST:** FREE

REGISTRATION: www.bigtent.com/group/calendar/event/97476645

Play Date Book Swap at West Sunset Playground

Meet some new playmates and bring a gently used book or two to trade or donate. We will provide pastries and coffee. Any leftover books will be donated to the Homeless Prenatal Program.

- DATE:** Friday, July 18
- TIME:** 10 to 11:30 a.m.
- PLACE:** 3223 Ortega St.
- COST:** FREE

REGISTRATION: www.bigtent.com/home/calendar/event/97492729



Music Time at Recess

We'll sing along to our favorite tunes, learn new songs, move and dance, and play hand instruments like drums and shakers. Includes class time and use of playspace until 12:30 p.m.

- DATE:** Friday, August 12
- TIME:** 11 to 11:30 a.m.
- PLACE:** 470 Carolina St.
- COST:** Special GGMG rate: \$15/child

REGISTRATION: [Ages 0 to 3 years. Email info@recess-sf.com.](mailto:info@recess-sf.com)

Play Date Book Swap at Koret Children's Playground

Meet some new playmates and bring a gently used book or two to trade or donate. We will provide pastries and coffee. Any leftover books will be donated to the Homeless Prenatal Program.

- DATE:** Thursday, August 18
- TIME:** 10:30 a.m. to noon
- PLACE:** 198 John F. Kennedy Dr.
- COST:** FREE

REGISTRATION: www.bigtent.com/home/calendar/event/97487553

COMMUNITY SUPPORT

CPR Training with Spanish Translation (Childcare Included!)

CPR expert David Yacubian from Ready SF will demonstrate the latest CPR techniques, cover what to do when someone is choking, and answer all of your questions. This is a great opportunity to make sure you, your family members, and caregivers are up-to-date on this life-saving information.

- DATE:** Wednesday, July 20
- TIME:** 6 to 8:30 p.m.
- PLACE:** Shotwell & 23rd streets (RSVP for exact address)
- COST:** \$45 (plus \$10 for certification)

REGISTRATION: www.bigtent.com/home/calendar/event/97196756

JUST FOR MOMS

Slow-Smoke Barbecue Cooking Class at SouthPaw

Barbecue is booming in the Bay Area! After digging into brisket, shoulder, or ribs, it's impossible to deny the delicious power of smoke, as well as the wonderful variety of regional flavors that come with it. Prepare to bring this tasty Southern tradition to your kitchen!

DATE: Tuesday, July 12
TIME: 7 to 8 p.m.
PLACE: 2170 Mission St.
COST: \$42.60 (partners welcome)

REGISTRATION: www.bigtent.com/group/calendar/event/97411674

Bad Moms Movie Night

Just For Moms is hosting a movie night for the opener of *Bad Moms*, starring Mila Kunis, Kristen Bell, and Kathryn Hahn. RSVP for additional details.

DATE: Friday, July 29
TIME: 7 to 9 p.m.
PLACE: TBD
COST: TBD

REGISTRATION: www.bigtent.com/group/calendar/event/97552204

Speakeasy Brewery Tour & Tasting

Tours begin with a short historical overview and will take us through the entire brewing and packaging process. One 5-ounce beer will be provided at the beginning of the tour and another at the conclusion.

DATE: Saturday, August 20
TIME: 4 to 6 p.m.
PLACE: 1195 Evans Ave.
COST: \$8

REGISTRATION: www.bigtent.com/group/calendar/event/97560944

August Member Mixer at Raven Bar

Have you ever wanted to bring non-GGMG members to an event? Or just wanted to meet other moms in person? Now you can do both! Take a night off from family and make some new friends (while keeping the old). There will be appetizers, cocktails, mocktails, and of course cupcakes, as well as a raffle. We've reserved the upper floor of Raven so there will be plenty of space to mix and mingle.

DATE: Thursday, August 25
TIME: 7 to 9 p.m.
PLACE: 1151 Folsom St.
COST: FREE

REGISTRATION: www.bigtent.com/home/calendar/event/97465374

ENTREPRENEURSHIP & CAREER

Take Your LinkedIn Profile to the Next Level

LinkedIn can be a powerful job search, business building, and career development tool. What is your profile saying about you? This workshop will help you move to the next level.

DATE: Wednesday, July 20
TIME: Noon to 1:30 p.m.
PLACE: TBD
COST: FREE

REGISTRATION: www.bigtent.com/group/calendar/event/97667784

Working Moms Lunch at Specialty's Cafe

Join us at Specialty's for our monthly downtown working moms networking lunch. Meet other moms and enjoy great conversation. Bring or buy your lunch and we'll provide the coffee.

DATE: Thursday, July 28
TIME: 12:30 to 1:30 p.m.
PLACE: 369 Pine St.
COST: FREE

REGISTRATION: www.bigtent.com/group/calendar/event/97656626

PLAYGROUP/ NEW MEMBER

Playgroup Formation Event at the Sunset Recreation Center

Playgroups help us forge new connections, find an outlet to share and grow, explore kid-friendly spots, and most importantly, build a support network. Come meet moms with similarly-aged children and learn how to launch your own playgroup. We'll also share info about member benefits, neighborhood meetups, and other activities available through GGMG.

DATE: Sunday, July 10
TIME: 10 to 11:30 a.m.
PLACE: 2201 Lawton St.
COST: FREE

REGISTRATION: www.bigtent.com/group/calendar/event/97346905

PARENT EDUCATION

Parent Ed Presents: Inviting Cooperation

In this Parenting with Positive Discipline workshop with Marcilie Smith Boyle, experience how different parenting styles can either help or hinder cooperation, and learn and practice effective and easy ways to encourage cooperation, mutual respect, and self-discipline in your kids. Walk away with ideas to ponder and practical tools you can use to bring more joy and ease to parenting.

DATE: Wednesday, July 20
TIME: 7 to 8:30 p.m.
PLACE: TBD
COST: FREE

REGISTRATION: www.bigtent.com/home/calendar/event/97619997

Parenting Your Toddler with Early Childhood Matters at Recess

Join Rebecca Walsh of Early Childhood Matters to learn more about your toddler's rapidly developing brain and gain positive parenting approaches for typical toddler challenges. This workshop, intended for parents of children ages 18 to 36 months, teaches strategies to both reduce and respond to challenging behaviors while nurturing your child's growing independence.

DATE: Tuesday, August 23
TIME: 7:30 to 9 p.m.
PLACE: 470 Carolina St.
COST: \$38/individual; \$58/couple (save \$5 with promo code GGMG16)

REGISTRATION: www.recess-sf.com/workshops

Potty Training 101 with Parenting Paths at Recess

Think your little one is ready for potty training? Come to this informative talk, led by Aki Raymer of Parenting Paths, to find out how to make the transition to diaper-free living. Learn how to tell if your child is developmentally and emotionally ready to potty train as well as concrete strategies for reaching this milestone.

DATE: Tuesday, August 30
TIME: 7:30 to 9 p.m.
PLACE: 470 Carolina St.
COST: \$38/individual; \$58/couple (save \$5 with promo code GGMG16)

REGISTRATION: www.recess-sf.com/workshops

BOOKMARKS PRESENTS:

BLACKIE'S HAY DAY

SATURDAY SEPTEMBER 24TH

9AM OPEN FOR VIPS 10AM-4PM GENERAL ADMISSION

A BENEFIT FOR THE CHILDREN & TEEN PROGRAMS OF THE BELVEDERE-TIBURON LIBRARY

ENTERTAINMENT FOR ALL! Fur, Scales and Tails Animal Show Music includes James Garner's Tribute to Johnny Cash, High Tide and more!

FUN FOR THE KIDS! Pony rides, petting zoo, jumpy houses, carnival games, crafts, western tot town, gold mining dig and so much more!

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Committee Spotlight: *Just for Moms*

Describe the personality of your committee.
Just for Moms is a fun committee. Our goal is to host events that allow moms to relax, enjoy themselves, and meet other moms.

Why do you do what you do? What has been an unexpected benefit of your involvement?
JFM wants moms to have fun. We try to create events that offer opportunities for moms to connect with other moms. An unexpected benefit of being a volunteer with JFM is trying things you might not have done otherwise, like a surfing exercise class.

What types of activities or projects do you undertake?
We try to keep our events as varied as possible. Past events include stroller walks, spa days, self-defense classes, cooking classes, and more!

How do you know when you are making a difference?
We know we make a difference when we see fellow moms enjoying an event and taking some time for themselves.

Who are your current volunteers?
The committee is co-chaired by Tanya Reyes and Kelly Cohen. Our volunteers include Michelle Tom, Phyllis Timoll, and Lupe Amador.

What's next for the JFM Committee?
Keep your eyes peeled for a *Bad Moms* movie date in July. It's fun to be bad!

How can interested GGMG members get involved in the JFM Committee?
We love hearing suggestions. If there is an event you would like to see, drop us a line at justformoms@gmg.org.

Teaching Your Child Compassion

By Vicky Keston, member support volunteer

We all want our children to grow up with empathy, yet children are born self-oriented. How can we teach them to balance the needs of others with their own?

Show empathy to your child. Children are sponges; they learn by watching the important people in their lives. You can help by stating your child's feelings when they scream at you, such as, "You're mad that we can't eat ice cream for dinner. I understand why you feel that way."

Discuss your child's feelings, even in good times. Ask, "Are you mad or sad or happy?" When children are in touch with their own feelings, they're more likely to understand a friend's feelings.

Apologize. You are human and will make mistakes. Apologize for them in front of your children to show them how to take ownership of their own mistakes.

Help a friend or volunteer together. Cook a meal for the mom who posted on GGMG that she has a sick family member. Reach out with encouraging words to the mom with a new baby. Drop off diapers at HPP. Your children will learn how to help others by copying you.

Accept help. This is a hard one for some of us. But I remind myself that I don't want my children to think that they should always do for others yet never let others do for them.

Volunteer in Your Neighborhood

This summer, you can improve your neighborhood by increasing GGMG's presence there as a Neighborhood Meetups volunteer. We are in need of the following positions:

- *Directors for Haight and NoPa/Alamo Square*
- *Ambassadors for Haight, Mission/Castro, Nob Hill/North Beach, and NoPa/Alamo Square*

Keep in mind that Neighborhood Meetups are not just for weekday playdates, but also include weekend playdates or evening events that are just for moms within the neighborhood. Every mom has something to offer to the group!

If you are interested, please contact GGMG Volunteer Recruiting at volunteer@gmg.org. Other volunteer positions are also available.



Spring Social at the Bay Area Discovery Museum

Thank you to all of our GGMG members and their families for coming out to the Spring Social at the Bay Area Discovery Museum on May 15. We had a great turnout, perfect weather, and lots of fun activities! A big thank you to all of our volunteers, Music for Aardvarks for the fun entertainment, and Honest Tea and Honest Kids for the refreshing beverages. We're also grateful for the generosity of the Bay Area Discovery Museum, Music for Aardvarks, Peekadoodle, and UrbanSitter, as each of these organizations donated prizes that were raffled off to almost 30 members.



Facebook Contest

Congratulations to our April and May winners: **Vicky Keston** won four tickets to the San Francisco Zoo on Mother's Day, compliments of Baby Loves Disco. **Hendy Monegro** won VIP tickets to KidsFest! 2016 at the San Francisco Zoo.

Don't forget to enter our summer vacation contest on Instagram! Tag your pics with #ggmgssf to show us what you're up to this summer and you could win a Sport-Brella portable wind and sun weather shelter and an assortment of beach toys.

GGMG Fall Festival

Join us in Sharon Meadow at Golden Gate Park. Details to follow.



Get the Most out of GGMG

The Partnerships Committee manages GGMG's relationships with the organizations that provide our membership perks. For business owners who would like to work with GGMG, information about our partnership programs—including how to enroll—is now available at www.gmg.org/partnerprograms.html.

Partners of GGMG offer year-round, exclusive perks to every GGMG member. Remember to claim free fitness passes at the JCCSF, free access to playspaces at Peekadoodle, Recess, and Gymboree, and babysitting credits at UrbanSitter. For details, visit www.gmg.org/partnerships.html.

Friends of GGMG is our revamped discount program. It currently features a variety of both traditional and innovative businesses, from spas and kids' clothing stores to subscription services for toys and

books. For a public listing of businesses currently in the program, see www.gmg.org/friends.html. GGMG members can see details and instructions on how to claim the discounts in the members-only area within BigTent. Look for the "Friends of GGMG Benefits" tag in the Files section.

Lastly, remember to keep an eye out for promotions from **Neighbors of GGMG** in the monthly Board Bulletin, emailed to you around the 15th of every month. These offers have short expiry dates, but high value!

We are very excited to bring these membership perks to you and hope you take full advantage of them! We are constantly looking for new businesses to partner with, so if you have any suggestions, please send us feedback at partnerships@gmg.org.

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I ♥ Mom

Not Like Mom

By Catherine Symon

When I became aware of life outside of home/family/school, it was the 1980s. This was the era of apartheid, Sandra Day O'Connor, Rubik's Cube, glasnost and perestroika, Charles and Diana, AIDS, *Back to the Future*, Chernobyl, New Coke. My enduring mental image from that period is of women in shoulder-padded power suits and white Reebok high tops striding off to work in record numbers. Sitcom moms like Clair Huxtable and Elyse Keaton juggled families with successful careers during prime time. As one song on the radio proclaimed, sisters were "doin' it for themselves." But that's not the way it was at home.

My family was traditional: Dad was the breadwinner and Mom was the homemaker. This wasn't so unusual; most families I knew growing up lived this way. But in our house, income also determined power, status, and self-worth. Dad was the career-driven alpha male who simply didn't see the point in including my mother in major decisions. He accepted job offers that required us to move to the other side of the world without Mom's knowledge. On multiple occasions he bought himself a new car without telling her. Not long ago, Mom admitted to me that Dad has never told her how much he earns.

Mom, already insecure about not having a bachelor's or master's degree to match my father's, quietly accepted her powerlessness. The most heartbreaking thing she ever told me was that she felt like she had no choice because she didn't feel like she could ever support herself. Her lack of confidence extended to other areas. I knew never to ask Mom for homework help or to explain how anything worked, because she would

Setting a powerful example for my daughter has nothing to do with who is paying the bills and everything to do with what she sees and hears on a daily basis.

always tell me to ask Dad. For years I was under the impression that my father actually knew everything.

In spite of the grievous imbalance of power in their marriage, for most of my childhood I assumed my parents treated my brother and me equally. I even recall them advising me to "never rely on a man" and "always take care of myself." Then I found out that my brother was being paid for his chores and I was not. It lit a fire in me.

As a college graduate, I led a doggedly self-reliant, and mostly single, life. I can't remember a time when I asked for help. I schlepped my own stuff, made my own repairs, paid my own bills, and generally took care of whatever needed to be done. And

when friends needed help assembling a crib or figuring out how to turn their hot water heater back on, I was the one they called. I was pretty sure I had avoided becoming my mother.

Then, two things happened: I met my future husband and discovered my dream job. In order to attend grad school to achieve said dream job, I needed financial help. My then-boyfriend suggested we move in together to make school more affordable. I balked. The thought of relying financially on him, or anyone, made my skin crawl. But eventually I decided to go for it.



Maybe it was because I loved him, or because I loved the idea of my dream job, or both. But I reasoned that two years of semi-reliance was worth it, because then I'd be back at work, pitching in 50 percent, and not being my mother.

Then, three more things happened: we got engaged, we moved across the country, and I got pregnant. Even as I slogged through all-day "morning" sickness and the remaining requirements for my master's degree, I just knew I was going to end up staying home with our daughter for her early years. It was entirely contrary

to who I thought I was, and yet it was undoubtedly the right decision for our family.

But the shadow of my mother's experience loomed: could I show my daughter how to be her own person when I was a dependent myself? What was she learning by watching my husband get dressed and leave for the office every morning while I sat on the bathroom floor in my robe waiting for her to poop so we could go to the park?

Over time I found that setting a powerful example for my daughter has nothing to do with who is paying the bills and everything to do with what she sees and hears on a daily basis. My husband and I may not do everything 50/50, but we are equal partners in all aspects of our lives and our daughter knows it.

Recently over Skype, my daughter showed her grandmother her new "build a cardboard camera" kit. Mom responded with, "Oh, you'd better wait until Daddy comes home so he can help you put that together." I held my breath waiting to see what my daughter would say. She didn't disappoint: "No, I want Mommy to help me. She's better at making things than Daddy."

Phew. ♦

Catherine is a medical writer. She loves her parents, but happily lives a very different kind of life. She is also grateful to have an incredible, supportive husband who gives her the good seat on the couch 50 percent of the time.



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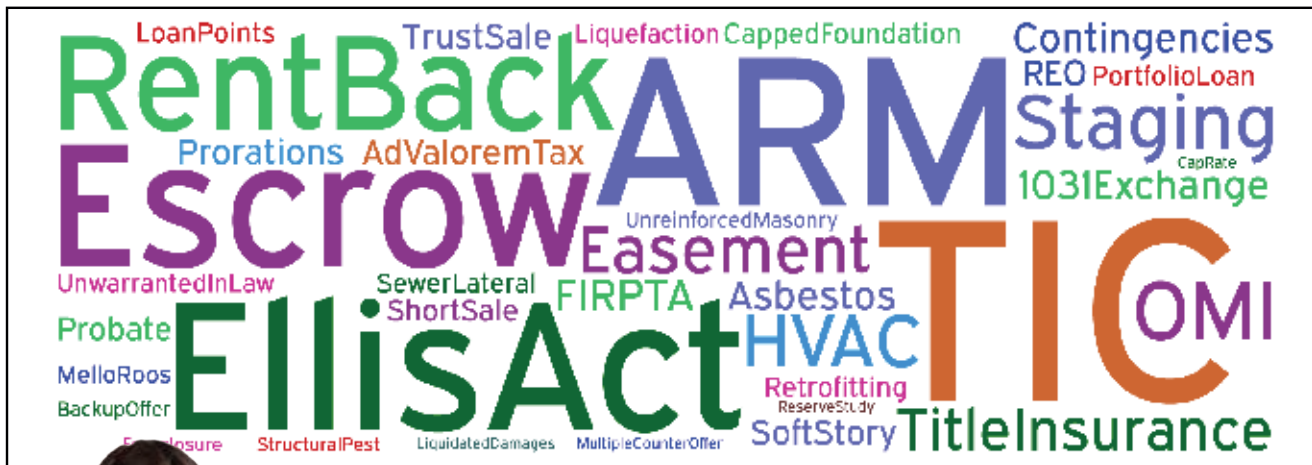
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