

OCTOBER / NOVEMBER 2022



GGMG

GOLDEN GATE
MOTHERS GROUP®

HORROR

magazine



It's time to stop your late-night Googling...

agile pelvic physical therapy

Annemarie Everett, PT, DPT, WCS

The Bay Area's source for modern, evidence-based care
centered around **your** goals

telehealth & in office

San Francisco Financial District

scan here for booking

and our library of

resources!



Top 1.5% of Realtors Nationwide

by RealTrends America's Best 2022 List

Thank you, Willowmar x GGMG family!

We appreciate your trust in us in helping you
make moves that matter.

We love supporting families in moves
throughout the Bay and across the country
alongside our trusted referral network. We're
parents, counselors, advocates, guides, and
matchmakers in this special way.

If you're considering a move and have
questions, please don't hesitate to contact us
at team@willowmar.com.

willowmar.com [@willowmar_](https://www.instagram.com/willowmar_)



ggmg.org

BOARD OF DIRECTORS

Chair	Connie Lin
Vice Chair	Liz Nakamoto Singer
Secretary	TBD
Treasurer	TBD
Diversity, Equity, & Inclusion	Leonor Ayala Polley
External Communications	Christine Chen
Internal Communications	Sarah Gettinger
Kids Events	Frances Wo
Member Engagement	Viona Seshadri
Volunteer Engagement	Sneha Singh
Parent Education	Elizabeth Scarborough
Partnerships	Jessica Kotov
Technology	Addie Bjornsen

COMMITTEES

Career & Entrepreneurship	Neighborhood Meetups
Diversity, Equity, & Inclusion	Parent Education
Kids Activities	Partnerships
Magazine	PR/Marketing
Membership	Social Events
Member Support	Volunteer Engagement
	Web Team

MAGAZINE

Editor-in-Chief	Sonya Abrams
Co-managing Editors	Colleen Morgan, Sandy Woo
Senior Editor	Jessica Perry
Art Director	Lani Schreibstein
Writers	Christine Chen, Gail Cornwall, Julie Houghton, Laure Latham, Yuliya Patsay, H.B. Terrell
Copy Editors	Anna Gracia, Ali Hughes, Sasha Fahimi
Designers	Alissa Harrison, Jessica Franklin, Yvonne Tsang
Photographers	Katya Mizrahi, Anna Munandar, Bhavya Thyagarajan
Contest Editor	Gabriella Judd Cirelli

For information regarding how to advertise in this magazine,
contact advertising@ggmg.org.

For questions or comments regarding magazine content,
contact editor@ggmg.org.

For questions or comments regarding all other aspects of
GGMG, including how to advertise an event to our membership,
please contact feedback@ggmg.org.

Contents

COLUMNS

- Letter from the Editor: House of Horrors**
Finding safety in a scary world
SONYA ABRAMS
- Letter from the Board: Smashing Pumpkins and Shifting Perspectives**
Making space for conversation
CONNIE LIN
- Out and About**
Harvest activities
CHRISTINE CHEN
- Movie Review: The Lost Daughter**
Examining the dark side of motherhood
JESSICA PERRY
- Ask the Expert: Bullying**
Understanding the intent and impact
of upsetting behavior
MARCELA ARDEMA
- Dadlands: I'm a Principal and I Don't Want My Kid to Go to School**
How school fails our children
MATTHEW EBERT
- Books for Kids: Halloween**
Sweet and spooky books
LAURE LATHAM
- Books for Parents: Ambition and Parenting**
Learning to embrace and manage
ambition in motherhood and in our
children
GAIL CORNWALL
- I ♥ Mom: Diving Into My Fears**
A horror movie of her own making
SANDY WOO

FEATURES

- Women in Charge: Tina Fernandez Steckler**
ALISSA HARRISON
- Navigating Parenthood: Managing Intergenerational Trauma**
How the past can influence
your present
H.B. TERRELL
- Could You Be Neurodivergent?**
It's never too late to seek a diagnosis
YULIYA PATSAY
- Why Fear Is Your Friend**
How to use your fear to navigate
toward your right path
JULIE HOUGHTON
- Cold-Blooded Old Times**
Reflections on the horrors of
nineteenth-century motherhood
KRISTEN TATE AITKEN

GGMG

- HOUSEKEEPING
- VOLUNTEER WITH GGMG
- CONTEST, NEW ARRIVALS
- DIVERSITY, EQUITY, & INCLUSION
- SOCIAL EVENTS
- NEIGHBORHOOD MEETUPS
- CAREER & ENTREPRENEURSHIP, PARTNERSHIPS, SOCIAL MEDIA

LETTER FROM
THE EDITOR:

House of Horrors

By Sonya Abrams



Sonya is a Cole Valley resident and mom to three children, two cats, and one new dog.

our bathroom decided to split open when the water got too hot, huge slabs of porcelain cleaving easily like a knife through watermelon, with water gushing to the floor. Appli-

“There is no place of total safety. There are always horrors lurking in the shadows.”

ance after appliance failed and needed replacing. A hose burst in the laundry closet at 5 a.m., sending a high-pressure stream of hot water cascading down three stories to the basement, scalding me in the process, leading to a move-out and a lengthy argument with my insurance company (the insurance company won, my now-warped floors and I lost). And in the most horrific catastrophe, my husband died in this house. Not through any fault of the house itself, but still. But still.

We’re conditioned to think of home as safe, a place of refuge. And for those of us fortunate enough to have a stable living situation unmarked by abuse, violence, or financial volatility, it often does feel safe, particularly for children, who

are unburdened by late-night thoughts about mortgage rates and termite infestations. But this sense of safety also feels so fragile, as it did during the early months of the pandemic, when my children and I watched society disappear from our windows, taping up rainbow cutout hearts in the frames, talismans against the disease reordering the world. As it did when a half dozen firetrucks and ambulances descended on my house, one nondescript evening a few Novembers ago, and carried out my husband’s body. A house can’t protect against all horrors. I, a mother, can’t protect my family against all horrors, no matter how many deadbolts I install, no matter how thick the curtains.

Horror is inextricably bound up in fear. Our writers in this issue probe at some of our biggest fears, exposing some grim realities and, ultimately, offering hope. H.B. Terrell shares how intergenerational trauma can perpetuate some of the horrific behaviors and experiences from our family’s past we so desperately want to avoid, and offers tools on how to break harmful cycles. Yuliya Patsay unpacks our worries around

neurodiversity, reassuring us that a diagnosis doesn’t portend doom, and in fact there are positive attributes built into some of the conditions society has come to fear,

from autism to attention deficit disorder. And Julie Houghton identifies the ways in which fears hold us back and tells us how to harness fear to achieve our goals.

There is no place of total safety. There are always horrors lurking in the shadows. Floods come, furnaces break, tragedies big and small permeate our spaces. But on those cold, foggy days, when I’m sitting in front of the warm fireplace, tangled up in blankets, and cats and children, I let my appreciation for the present moment keep the fears at bay, and the world seems a lot less scary.

Sonya Abrams

LETTER FROM
THE BOARD:

Smashing Pumpkins and Shifting Perspectives

By Connie Lin



Connie experienced her first “Fogust” with full days of cloudy skies this August, having never lived on the west side of SF during the summer. She’s excited that her two kids are now both in elementary school.

the damage, they quietly cleaned it up and didn’t talk about what happened.

But after that, I had trouble sleeping at night. I worried about why people targeted our house, why they threw the pumpkin that my family had carefully carved into the street, and had nightmares about what else they would do when they came back. I didn’t understand that Halloween was prime time for shenanigans (the “trick” in trick-or-treat), and it took a while before I stopped feeling so anxious about what had happened.

So when some troublemakers drove down my street last Halloween, stole candy bowls, and smashed Halloween decorations, my husband and I didn’t stay mum. Instead, we talked with our two kids about it as a family. We explained what had happened and asked the kids what they thought

My family lived in a small town in Alabama for the first 10 years of my life, where my brother and I played with a big group of neighborhood kids around our age all summer. After trick-or-treating one Halloween, I went to bed with a tummy full of chocolate. I was shocked in the morning to find out that not only had our jack-o-lantern been smashed, but the two giant flower pots that graced our front porch had been kicked over, and there was an eggy mess as well. Even though my parents were sad to see

about it and what questions they had. My kids didn’t like the damage—but they also didn’t have lingering worries about it. Having the words and space to talk about our experiences makes a world of difference, both in being able to process and understand events, as well as choosing how we feel. This wasn’t common when I grew up, but it’s something that I do with my own kids and even at work. Tuning into how others are feeling, taking the time to understand what’s going on, and encouraging discussion creates opportunities for us to strengthen our connections and figure out what to do together. After all, parents learn that raising kids isn’t about overcoming just one set of challenges. Instead, each time things seem to settle down, there’s another wave of change.

“Having the words and space to talk about our experiences makes a world of difference.”

It’s up to each of us to figure out how we deal with the ebbs and flows—and how to support our kids through them too. But it’s not just our children who need support. At GGMG, we lift each other up—as mothers and as professionals. As I’ve mentioned before, GGMG is run by volunteers, and we could use your help. Communications, marketing, and recruiting are some of our top needs. We also have a number of leadership roles open, from board directors to committee chairs. Please email recruiting@ggm.org to learn more. Thanks again for being part of our amazing GGMG community. I look forward to seeing you in person soon!

Connie Lin

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.

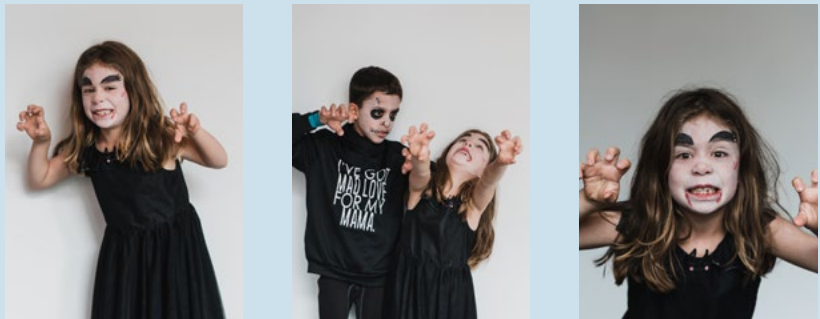
ADVERTISING: Advertisements are accepted on a first-come, first-served basis. For submission information, email advertising@ggm.org.

NEXT ISSUE: Bounce Back

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

This issue made possible by: back to school parent events; celebrating our way through our family birthday season while taking care of sick family members and a post-surgery dog; many kids soccer games and cross-country meets that are inevitably far from our house; heatwaves, rainstorms, and parenting middle schoolers; living my dream of being a school mascot; swimming across the English Channel with a relay team of five other swimmers, including a blind swimmer.

COVER OUTTAKES



Only one shot can make it to the cover. Here are some of our other favorites.

Cover photo by Bhavya Thyagarajan Photography
Models: Max (age 8), Lilly (age 5¾)



Harvest Activities

By Christine Chen

Halloween Palooza at Lemos Farm, Half Moon Bay:

Spooky décor, hay, cornstalks, and pumpkins with pony, train, and hay rides, a haunted house, farm slide, barn jumpers, petting zoo, and of course, pumpkin picking. It's a great way to kick off fall! September 3 through November 20.

Clancy's Pumpkin Patch: Crawl through the hay maze or take a hayride (small fee) amidst the best assortment of pumpkins in San Francisco. Kids love walking through the pumpkin patch while parents love the photo ops! Great for toddlers, but less entertaining for older kids. There is limited free parking. Two locations, both open from October 1 through 31: 1620 7th Ave (at Lawton) and 2101 Sloat Blvd (at Skyline Boulevard). The Sloat location is open Sunday through Thursday from 9 a.m. to 8 p.m., Friday and Saturday from 9 a.m. to 9 p.m. The Lawton location is open 9 a.m. to 9 p.m. every day. Both locations close at 5 p.m. on Halloween.

Half Moon Bay Art & Pumpkin Festival: Live music and harvest-inspired fine arts and crafts. Serving homestyle foods, premium wines from Half Moon Bay Winery, seasonal craft beer, pumpkin-infused ales, and artisanal cocktails. Enjoy a costume contest, pumpkin carving, pancake breakfast, cornhole, and fun with Gourdy, the rotund and playful Pumpkin Festival mascot. On Sunday, the Great Pumpkin Run begins at 8 a.m. at Hatch Elementary School. October 15 to 16. Free.

Halloween Jam at Children's Fairyland, Oakland:

This six-day event is full of outdoor fall fun and festivities with special goodie bags for kids. Make your own bat costume at the arts and crafts station, participate in a creepy scavenger hunt, and enjoy the ghost town that used to be the Old West Junction. October 21 to 23 and October 28 to 30 from 10 a.m. to 4 p.m.

Halloween Costume Swap at Portola Public Library:

Donate a costume so it gets loved by someone else or save some money by taking a used one—or do both! Costumes must be clean and gently used. October 22 from 2 p.m. to 4 p.m.

Halloween is Christine's favorite holiday after Christmas. Sadly, her son and daughter no longer agree on costume themes so the family costumes are a thing of the past.

Boo at the Zoo, Oakland Zoo: The highlight of this family-friendly Halloween event is the spooky animal-themed scavenger hunt. Follow the clues in the program to trick-or-treat for animal trading cards all over the Zoo. The reward for those who complete the scavenger hunt include a limited release trading card and a candy bar from OCHO Candy, who is a sponsor for the event. No inflatable costumes as they can scare the Zoo animals. Tag the Oakland Zoo on social media if you want to participate in their Halloween Costume contest. October 22 to 31 from 10 a.m. to 4 p.m.

Goblin Jamboree at the Bay Area Discovery Museum:

For their annual Halloween Fundraiser, the Bay Area Discovery Museum transforms into a spooky experience that is a fun Halloween celebration for the entire family, but particularly younger kids. Wear your costume and enjoy the Hay Maze, Slime Banquet, Web Weaving, Spooky Science, Pumpkin Hollow, and more. Rain or shine. October 22 to 23 and October 26 to 30. Tickets are \$20 for members, \$25 for non-members.

SuperNatural Halloween Event at California Academy of Sciences:

Enjoy trick-or-treating, dancing, face painting, magic shows, live animal shows, pumpkin carving, crafts and food/beverages. October 28. Werewolf, Vampire, and Mummy Party from 5 p.m. to 6:30 p.m. General admission from 6:30 p.m. to 9 p.m.

Halloween Hoopla, Children's Garden at Yerba Buena Gardens:

Back for its 22nd year featuring activities and performances for kids under 10 and their parents. All kids are welcome to march in their annual costume parade, which concludes the event. October 29 from noon to 3 p.m. Free.

Randall Museum Halloween Event: Outdoor event featuring fun Halloween activities such as creepy crafts, ghoulish games, trick-or-treating, live music, pumpkin carving and so much more. Reservations are required and admission is limited. Best for kids up to 12 years old and their families. October 29 from 10 a.m. to 2 p.m. Free.

Movie Review: The Lost Daughter

Directed by Maggie Gyllenhaal

By Jessica Perry



The Lost Daughter, written and directed by Maggie Gyllenhaal, is a poignant and unnerving examination of motherhood and what mothers owe to their children. The story follows Olivia Coleman's Leda on a trip to Greece and examines her developing relationship with a visiting young mother, Dakota Johnson's Nina. Nina struggles with being a young mom and wife,

which mirrors Leda's experience from many years before. As Leda learns more about Nina and watches the drama unfurl around her—first, losing her daughter on the beach, and then dealing with the aftermath of a lost doll—residual guilt and shame from her own past start to overwhelm her.

Leda slowly unravels, trying to make herself feel better by acting on selfish impulses. She steals the doll that Nina's daughter lost to replace her own from years ago. In a flashback, we see that she had given the doll to her young daughter decades before who then thoughtlessly destroyed it. This is one of the many vindictive acts that daughters inflict on their mothers in this movie. Time and time again, we watch the children in this movie disregard their mother's feelings while also demanding love. The movie asks us, *When is enough, enough?* At what point do mothers have nothing left to give and “call it a day”? And, is calling it a day an act of pure narcissism or reclaiming the autonomy and respect that they deserve? Can a mother be both selfish and loving without failing her children or abandoning them completely? If a mother doesn't leave her child, is she then abandoning herself as a result?

This movie succeeds as both an unflinching portrait of motherhood that most women can connect to and as an uncomfortably immersive experience, making the viewer feel they are part of the drama, rather than merely an observer.

Jessica Perry is a mother, wife, writer, and lover of books and movies. She is well-acquainted with the struggles of motherhood and strives to love her daughters with abandon every day.

Volunteer with GGMG

GGMG is a volunteer organization for moms, run by moms. We can always use your help! Want to plan and execute an event? Do you enjoy writing or designing from your home computer in your pajamas? Looking to hone your leadership skills in a friendly environment? Volunteering for GGMG is a wonderful way to build your résumé and create lasting connections with other moms.

Open Magazine roles:

- Copy editor
- Writer
- Designer
- Photographer

Open Board roles:

- Treasurer
- Director of Parent Events
- Director of Kids Events
- Vice President
- Director of Member Engagement
- Secretary

Open Committee roles:

- Member Experiences
- Marketing, Public Relations, and Social Media
- Volunteer Engagement

Volunteer perks include:

- Free GGMG membership (after 1 year of service)
- Annual GGMG Volunteer Appreciation Event
- Dinner and drinks at volunteer meetings every other month (when we return to in-person meetings)
- Extra Partner perks on top of the Member perks you already have access to, like \$100 UrbanSitter credits for babysitting

Whether you have specific skills to contribute or just have a question, please reach out! We know we can find an exciting opportunity that works with your schedule.

For general information, email recruiting@ggmg.org or visit ggmg.org/volunteering/committees to connect with a committee directly.



Bullying

With Marcela Ardema

Marcela Ardema (she/her/Ella) is a Licensed Clinical Social Worker working at a Bay Area high school. She has 15 years of social work experience serving current and former foster youth, immigrant youth, the unhoused, and youth and their families impacted by mental health and economic challenges. Most recently she has worked in schools supporting students' social/emotional well-being, connecting guardians to community resources, and providing psychoeducation to educators. For fun, she loves to dance Flamenco, Salsa, and Bachata and play with her two nieces.

What is the difference between bullying and teasing? Why do kids do it?

It can be challenging to understand and see the difference between harassment, bullying, and teasing. One definition of bullying is to seek to harm, intimidate, or coerce (someone perceived as vulnerable). I believe that any unwanted behavior towards a child by another that causes distress needs to be taken seriously and addressed. What one might consider harmless, another may find distressing or even traumatizing. This is why it is essential to understand and discuss the intent and impact of the behavior that is upsetting a child. It's helpful as we think about bullying and unwanted behavior by one child towards another to take into account that behaviors come from somewhere and can be unlearned.

All of us, including children, are impacted by our past and current circumstances, family, environment, traumas, etc. Children who have experienced difficult circumstances may face challenges in their existing intrapersonal and interpersonal relationships (relationship with self and others) as a result. This is not to excuse the bullying behavior, but to have a better understanding of why a child is presenting with harmful behaviors so it can be addressed.

How do you work with the children on each side of a bullying situation?

We can support children by encouraging them to communicate to others how their behavior makes them feel (impacts them) and ask them to stop. This is also a helpful tool to practice communication. Children must know they can ask for help and who to ask (guardian, school staff, a trusted adult). A restorative conversation between everyone involved is ideal and focuses on the harm that was done and needs to be restored. Children, with the support of an adult, can openly and honestly share how they or anyone else has been impacted by the situation. This also leaves room to explore other circumstances that may be contributing to the behavior, solve difficulties, and address perceived harm, and can also help children develop empathy, compassion, community building, problem-solving, and communication skills. Adult

family members should be made aware of the restorative conversations, work with the school to monitor the children's behavior, and follow up on any additional support identified.

How can parents help their children with these issues?

Everyone plays a part in ensuring children feel safe, are safe, and act in a way that is safe towards others. Schools and other child-centered facilities should have clear policies to address in-person and virtual bullying/harassment. Children should know who to talk to about their concerns and that it is welcomed. Parents and guardians should encourage children to be upstanders intervening on behalf of someone else being attacked or mistreated. The child who is the aggressor and their family may need support in addressing the behavior and how to intervene. It is normal for children and the parents of children who partake in undesirable behaviors to feel sad, angry, shameful, and guilty. They can get support by speaking with a counselor or therapist, or participating in parenting classes and restorative meetings. It is common for children and the parents of children being bullied to feel angry, scared, frustrated, and helpless. They have the right to advocate for their children and share their grievances. Parents can help their children by listening to them, validating their experiences, checking in with them regularly, and informing them that something is being done to address their situation.

What do you tell parents when their child has been bullied or is the bully?

Bullying and harassment are serious matters, whether perceived as such or not. It can be verbal, physical, and cyber, and harm a child's well-being. Students who experience bullying can be at greater risk for depression, anxiety, sleep difficulties, lower academic achievement, and school attendance. It is imperative that we talk to children about what bullying and harassment are and that it is a life and death issue. Fortunately, children can survive bullying situations and those who bully can change this unwanted behavior.

I'm a Principal and I Don't Want My Child To Go To School

By Matthew Ebert

Our daughter Alexa (Lex) is almost six. She finished Pre-K this year and she loved every minute of it. She couldn't wait to start kindergarten.

Lex is going to do well in school this year, and in the future, because school is designed for kids like her to succeed. Not because she loves to read and write, or adores doing art projects, and anything to do with music, and playgrounds. Not because Lex is a neurotypical child who lives with a family that has the time, money, and resources to create a joyful home for her.

Lex is a child who likes to please the authority figure in front of her, follow rules, and let others know if they aren't following the rules. She likes consistency and meeting expectations. If she didn't like those things then she wouldn't be built for school. I understand this formula for success because I've seen it as a teacher and as a principal.

I never wanted Lex to go to school in the first place. It's not the school's fault. The people who work there are loving, kind, and competent. The reason I don't want her in school is because of the reality of what school *really* is. It's the systems. It's the lack of humanity. It's the focus on creating productive workers instead of allowing children to develop at their own pace.

We tell our children that school will be a fun place to learn new skills, meet new people, find what they love, and prepare for their future. We tell them that if they do well in school, they can do anything they want when they grow up. But early on, children learn that those things aren't exactly true. At some point, they learn that they're being graded and judged by others—every day.

Our children go from feeling confident with finger painting to conflating their personal value with grade point averages, standardized test scores, and whether they're in honors courses or not. They'll be taught that effort matters, but only results count. They'll learn they're in competition with other children for their future lives and will be judged worthy only if they join enough clubs, or by how well they answer a question about *The Scarlet Letter* when they are 16 years old.

Lex will know her GPA and those of the kids around her. She'll study for those tests and be in enough clubs. She may



“After almost 20 years working in schools with incredible kids and adults, I wish school was built to be a place that did more than just sort and filter our children.”

very well be in those honors courses.

But as her dad, I don't care about any of those things. I want her to value her own ideas and not just the ideas that the curriculum is looking for. I want her to advocate for herself and not just learn to raise her hand, wait her turn, and be socially acceptable. I want her to learn to be kind. While her schools will tout kindness, it won't *truly* count. I want her to learn that everyone else is a person too, and they have thoughts and feelings.

Instead, I know she'll learn that there are kids who are smart and kids who aren't, kids with good grades and kids who don't work hard enough, and kids who have so much potential. But schools

don't grade on potential. We judge on performance. We don't want rebels. We want consistent output.

Maybe I'm wrong about everything. Maybe Lex will learn that she's good enough with who she is and that she should try hard, but not because there is a grade attached to it. Not because of a number. Not because of someone else's expectations. Maybe she'll learn that we're here to help each other, but not because that is one of the graded sections on the rubric.

Some folks may say I'm asking the school to do too much—that these expectations are the job of the parent—and they might be right. But after almost 20 years working in schools with incredible kids and adults, I wish school was built to be a place that did more than just sort and filter our children. I wish the system prioritized narrative over snapshots in time. I wish there were more space for exploration instead of evaluation. I wish the system were built for every Alexa—and every Sam, her younger brother who prefers to run around with a bucket on his head than learn his vowels.

Either way, she's super excited for kindergarten. And when she's 16—she's going to ace that question about *The Scarlet Letter*.

Matthew has worked in education for 19 years. He has been a teacher, and for the last 10 years he has been the principal of a school in Baltimore City. When he's not at work, Matt can be found with his wife Kelly, two kids, and his dog. They're usually eating ice cream and drinking coffee.

CONTEST

Aaaaaaahhhhhh...

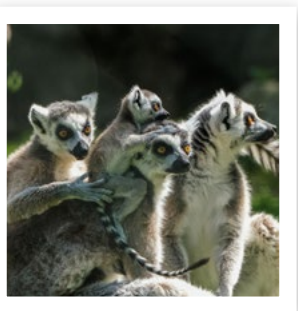
Could you use a little pampering after a bustling summer? Enter our contest today to win a gift certificate to Burke Williams and redeem for a spa facial or 50-minute massage!

Burke Williams has lovely local locations in San Francisco and San Jose. Both feature a range of spa amenities included with your booked service. Amenities vary by location and usually include jacuzzi, steam room, sauna, and showers with blow dryers and various beauty supplies.

The winner will be selected at random. Enter by emailing contest@ggmg.com with the subject line "Relax." Good luck!



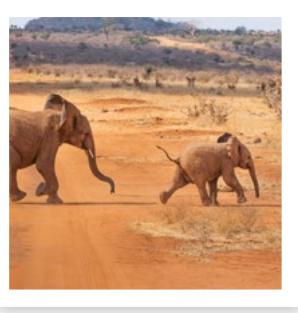
NEW ARRIVALS



Shyla Batliwalla
Jackie R.
Dana A.
Karen Hom

Baby Zahan Zy
Baby Krish
Baby Aya Lev
Baby Cassidy

Congratulations to **Dana A.**! She will be getting joyful moments captured by Anna Munandar from Mini Anna Photography. Anna specializes in capturing joy and every milestone in your family, from birth to college. See her work at minianna.com.



To announce your new arrival in the magazine and for a chance to win a \$150 gift card from **Mini Anna Photography**, fill out the form at tinyurl.com/ggmgNewArrivals.



The San Francisco Bay Area has a multitude of women who have excelled in their careers and are making an impact on their local communities. Every issue, *GGMG Magazine* highlights one of these women and dives into the details of how they started out, what their organization is doing now, and how they'd like to move forward.

Tina Fernandez Steckler

Interviewed by contributing writer Alissa Harrison



Tina Fernandez Steckler is the Executive and Development Director at HERS Breast Cancer Foundation (Hope, Empowerment, Renewal and Support). A Niles Rotary Club member, Tina is the editor of the club's newsletter, *The Pinion*. As a co-founder of the Tri-City Nonprofit Coalition, she supports The Ed Roberts Campus in Berkeley and KQED. She is a past participant in the Fremont Chamber of Commerce Leadership Program, a Tri-Valley Nonprofit Alliance Executive Roundtable participant, and has recently resumed ceramics studies at Ohlone College.

What inspired you to help breast cancer survivors?

Everyone should have access to services and opportunities, especially when you're low income or underinsured. Everyone needs a helping hand. And the people who don't need a helping hand are hopefully the people giving back.

What motivates you to continue this journey of compassion?

My son's condition and my daughter's passion for pursuing challenging trajectories motivates me. My son was diagnosed with autism when my daughter was six months old. They are two years apart. It was a struggle. Back then, medical professionals wanted your child to wait until they were three years old to be assessed for autism spectrum disorder. Now it's all about early intervention. Fortunately, he received speech and behavior therapy and he's out there working a full-time job and happy.

My daughter is feisty, well read, and wanted to travel. She joined the Marines, went through bootcamp, military police school, and ended up on the HMX-1 Squadron. My husband, her stepdad, is a retired police chief and mentored her career. She thrives under pressure and is a badass! She's been to countries I wasn't even allowed to know about and has seen and done a lot in the service. She witnessed how having sound mental health in the services is essential. Now she has pivoted to give back as a psychologist for veterans.

How did you advance from a volunteer position to the role of Development Director (DD) at Safe Alternatives to Violent Environments (SAVE)?

Being a stay-at-home mom for 12 years, I felt I lost my skills. I reached out to SAVE who had me straighten up the waiting room.

I kept showing up and realized how much I wanted to contribute to their important work. I set out to prove to myself I am reliable and intelligent. Gradually, I became less rusty and more confident.

Later, I filled in for a month full-time without pay for the receptionist. It was a big experience. Therefore, when a part-time position came up, SAVE let me know. I applied, underwent a trial period, and worked hard. Then, I got creative and suggested new types of fundraising. I asked them to give me a chance. They were happy with my

work. I was in that role for several years. When the DD role opened up, my husband, a natural-born leader, who is consistently good at coaching me, encouraged me to move forward with my next challenge.

What prompted you to move onto HERS Foundation?

Our previous Executive Director (ED) encouraged me to take on this position. "It's time for you to step outside of your comfort zone and try something new. You would take on more responsibility and leadership positions." It's been a rewarding challenge. I love to write, give back to the community, and connect people, especially individuals in need with products helping them heal.

I wear both hats—as the DD, I fundraise and strengthen HERS' relationship with donors, and as the ED, I run daily operations and create newsletter content. I'm grateful to be part of a team whose work is collaborative—although I am the ED, our entire team ensures our mission is fulfilled and our patients are happy. Our board is supportive and allows me to try new things. They're active, but they don't micromanage. I've been lucky to work with folks who have been open-minded with trying new things. I love it here.

“Everyone needs a helping hand. And the people who don’t need a helping hand are hopefully the people giving back.”

Alissa is mom of 3- and 5-year-old boys and is building out her portfolio, AlissaHarrison.com. She enjoys connecting with other strong, empowering women who lead by example, expressing the passion, dedication, and courage to share their talents with their community, thereby helping others grow. You can connect with her at AlissaCHarrison@gmail.com. Have a GGMG Magazine recommendation or would you like to be interviewed? Email editor@ggmg.org.

Halloween

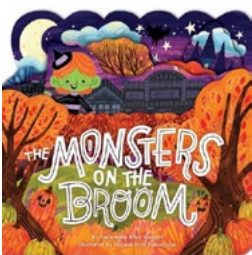
By Laure Latham

Halloween may be scary and spooky for older kids and teens, but the younger crew prefers Halloween to be sweet and enjoyable. Fortunately, these books feature funny, cute, or musical stories that make great bedtime companions to everybody’s favorite fall night out on the streets. Have a very gourd reading time!

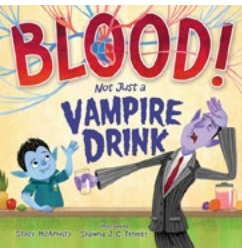


Tiny T. Rex and the Tricks of Treating
Written by Jonathan Stutzman, illustrated by Jay Fleck
If your little one has never been trick-or-treating, Tiny and Pointy are trick-or-treating masters and are eager to share what they’ve learned.

Through six different trick lessons, Halloween beginners will learn all about having the most fun on Halloween. Whether it’s dressing up, saying thank you, or buddying up with your friends, this adorable book teaches great values to the youngest trick-or-treaters. **Ages: 0 to 2 years**



The Monsters on the Broom
Written by Annemarie Riley Guertin, illustrated by Shauna Lynn Panczyszyn
On Halloween, when the buses don’t run...everyone rides a broom, including five Halloween monsters who are out and about on their favorite night. This Halloween version of “The Wheels on the Bus” will get all your family to sing along with intermittent vampire, witch, or mummy sounds all through the town. The best part is certainly the shape of the book as each page reveals a different layer in a final Halloween scene. **Ages: 2 to 5 years**



Blood! Not Just a Vampire Drink
Written by Stacy McNulty, illustrated by Shawna J.C. Tenney
Blood is a delicious drink for vampires but for humans, what is blood for? While two vampires discuss the various characteristics and qualities of human blood, young readers will learn all about the cardiovascular system in bite-size (no pun intended) fun facts. From the same author as *Brains! Not just a Zombie Snack*, this book makes a hilarious introduction to the amazing human body. **Ages: 4 to 8 years**



A Spoonful of Frogs
Written by Casey Lyall, illustrated by Vera Brosgol
Imagine for one second that witches have their own “MasterChef” series and that today’s episode is frog soup. Obviously, when a witch’s favorite soup recipe calls for frogs for “a kick of flavor and a pop of color,” it’s time to look for frogs. However, unlike garlic, potatoes, or fly extract, frogs are extremely unruly ingredients! They hop around, jump, and just can’t stay still. Expect loads of mischief and kitchen disasters in this hilarious witch-inspired cooking experiment. **Ages: 6 to 10 years**



The Whispering Fog
Written by Landra Jennings
Both in seventh grade, sisters Rose and Neve are rarely far apart. When they move with their mother to a creepy old house in South Carolina, a strange fog emerges from the woods and kidnaps Neve. Younger sister Rose needs to rise up to the challenge and listen to her instincts, or she may lose her sister Neve forever. This story about an eerie, terrifying curse and the real-life challenges of navigating middle school will delight fans of dark fairy tales and modern-day witches. **Ages: 7 to 11 years**

Laure blogs on healthy living and adventure travel at *Frog Mom* (frogmom.com), and is the author of *Best Hikes with Kids: San Francisco Bay Area*. She works in legal marketing and lives in London, where she peppers adventures with her two teenage daughters with wild swims, foraging, and cream teas. You can find her on social media @frogmomblog.



Meet your community’s most trusted caregivers.

UrbanSitter unlocks your personal network to connect you with sitters of friends, neighbors, and fellow GGMG moms.

Redeem your GGMG member discount today!

20% + \$25

off all UrbanSitter membership fees credit for new customers

Visit:
urbansitter.com/promo/ggmg



*Subject to UrbanSitter, Inc.’s Terms of Service. New customers receive 20% off UrbanSitter Membership fees and \$25 credit to be used toward babysitter payments. Returning customers receive 20% off UrbanSitter Monthly or Annual Membership 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. Valid through June 30, 2023.

Ambition and Parenting

By Gail Cornwall

Why don't we allow women to be ambitious and feel like a good mother at the same time? What do parents need to watch out for when it comes to their daughters and ambition? And what does ambitious parenting look like in practice? Three books, three angles.

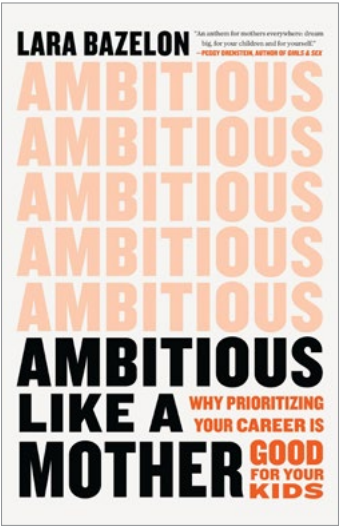
Ambitious Like a Mother: Why Prioritizing Your Career Is Good for Your Kids

Lara Bazelon has taken one for the team, saying out loud, in writing, things that many of us can't even admit to ourselves. The clinical law professor, who also happens to be a GGMG mom, says of her work: "An innocent client is a fire in the brain. It crackles and consumes...I love the courtroom the way other people love drugs or sex or money...and I don't know how to live a purposeful life without doing my small but significant part to correct the staggering injustices I see around me." Sometimes her complete absorption costs her her children. But Bazelon believes they can "absorb" those costs, and says, "I simply wasn't willing to...have our children be the central organizing principle of my life."

As a working mom who was also a stay-at-home mom for many years, I cannot recommend this book highly enough. Bazelon takes great pains not to be prescriptive or undermine mothers "who opt out because of a deep desire to be the primary caretaker of their children." And she recognizes "a different kind of ambition: nonlinear, intuitive" in her interviewees who "were confident that new and different professional opportunities lay on the other side of that time at home." What she's pushing back on is limiting women's ambition to those two types.

"Countless working mothers...have felt lonely and suffered quietly from guilt, shame, and the fear that what they wanted for themselves in the workplace was at odds with being a good mother," Bazelon writes, "It isn't." Rather, "empirical data show[s] that children are not harmed when their mothers work full-time outside the home," and she makes a convincing case that "choosing professional opportunities, prioritizing your career—not all the time, but some of the time—models

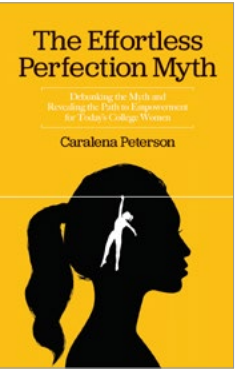
valuable lessons for your children, including independence, resilience, and the importance of using one's talents and abilities to help other people."



And yet, "the truth is a hard sell because it runs counter to how we have constructed and enforced gender norms," including the "false god" of the perpetually sacrificial mother and social media's "curated images of svelte, selfless, self-effacing mothers." The self-effacing piece applies outside motherhood too: "likable, ambitious women are women who don't appear to be ambitious at all," Bazelon writes. To avoid

the b-word, females who succeed must claim to have lucked out. Struggles too are concealed. Thus, in order to be even partially acceptable, "the Mother in the Workplace" must appear effortless and unburdened by her dual role, Bazelon says, "smiling and soldiering on as if nothing has changed."

She calls for a cultural and legal shift, writing, "Now, when American women are both empowered and imperiled as never before, it is important to tell this truth." But she warns, "No real change is possible until working mothers let themselves off the hook and stop trying to be all things to all people." We can start by asking ourselves, among other questions, *Does my partner understand the importance of my career and support me in my ambition even and especially when it makes it hard and burdensome on him or her?* In other words, for society and individuals alike, a paradigm shift is in order. And it's one epitomized by Bazelon's own bottom line: "The truth is that I love my children beyond all reason. I feel the same way about my job. And that's not only OK, it's awesome."

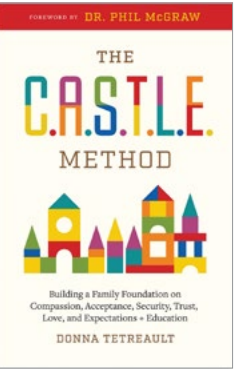


The Effortless Perfection Myth

Whether you've got female-identifying kids who will be teens in the blink of an eye or are looking for insight on pressure you've felt to appear "effortlessly perfect" over the years, Caralena Peterson has some thoughts on how females in high-expectation environments struggle with "perfectionistic self-presentation." She documents

college students, in particular, running themselves into the ground mentally, emotionally, and physically in pursuit of a myth that "derives from a universal lie...that reaching perfection will ensure us security and happiness." Having recently graduated from Duke University, Peterson wraps her own struggles with accepting "the concept of being enough" rather than aiming to be "always happy, always thankful, always smiling" in what she learned in gender studies classes. That includes fascinating factoids, such as: "Young women continue to leave college with less self-esteem [and confidence] than they came in with (while young men tend to leave with more)."

Peterson struggles to walk a line in offering individual-based solutions: "It's not our fault, but we can still involve ourselves in the rehabilitation process," she says, while nonetheless sometimes flirting with victim-blaming. Not all the science is air-tight, there's a wee bit of gender essentialism going on, and Peterson's language reminds me a little of the Spice Girls (e.g., "So light a match, ladies—it's time to burn this Myth and all its godforsaken gender traps to the ground"). Still, her book adds a good deal to the conversation on how "women have been led to...think of love and affection as something that we must constantly earn...by making ourselves smart enough, pretty enough, popular enough, agreeable enough." In these peri-pandemic days, she's more right than ever that "the pressure caused by Effortless Perfection is not just some silly little nuisance. It is a true mental health concern."



The C.A.S.T.L.E. Method: Building a Family Foundation on Compassion, Acceptance, Security, Trust, Love, and Expectations + Education

Donna Tetreault has been a teacher, a TV education reporter, a mom to two sons, and the "Dr. Phil" show's parenting expert. Her C.A.S.T.L.E. Method includes "foundational

building blocks that are vital for children to develop and truly thrive" summarized by an acronym for "Compassion, Acceptance, Security, Trust, Love, and Expectations + Education." The wide-ranging book, covering everything from "how to help children grow their executive function" to avoiding power struggles to making sure somebody is "crazy about" your kid, reads like a letter from a churchgoing friend who seems to know all the best ways to parent and whose kids sure turned out sweet. It's not the best organized or most comprehensive parenting book, but it will likely speak to some caregivers who don't love the industry's more didactic, less personal tone.

Gail works as a mom and writer in San Francisco. Read about parenting and education from the perspective of a former teacher and lawyer at gailcornwall.com or by finding her on Facebook and Twitter.

Navigating Parenthood: Managing Intergenerational Trauma

Parenthood brings myriad changes. What happens when adjustment to one's new role is complicated by resurfacing and re-evaluation of the past?

By H.B. Terrell



Postpartum conditions—from depression and anxiety to constipation and mastitis—are no longer taboo topics, as people who give birth are forced to reckon with the physical and emotional toll that childbirth takes on a body. But one thing that might take new parents by surprise is how parenthood

can dredge up the submerged past and force one to struggle with their own history, while simultaneously learning how to tread water in those first difficult months of parenting.

Before the birth of my child, my spouse and I took classes on adjusting to life as new parents. Due to my family history of

depression, I took careful notes on postpartum mood issues. Exacerbated by the start of an emerging global pandemic, my anxiety peaked quickly after my daughter was born and lockdowns began. As I spoke with my therapist week after week, something else began to emerge: a reckoning with a family history

that walloped me like a wrecking ball and made me question my concept of how my own family of origin operated.

Beyond changing how I understood my upbringing, my main pursuit in therapy became: *how can I work toward preventing that dynamic from forming in my own family?* I set my intention to steer clear of dysfunctional patterns learned in my family of origin.

My therapist tells me that it is common for new parents to find that on top of everything, the stressors of early parenthood can also open old wounds, causing issues one thought they'd come to terms with to resurface. These new pressures can also give rise to previously unrecognized distress related to a family of origin, including intergenerational trauma.

What is intergenerational trauma?

The *APA Dictionary of Psychology* describes intergenerational trauma as a phenomenon in which the children of those who have experienced a horrific event demonstrate the same psychological effect as their parents. The research was initially related to children of the survivors of the Holocaust and Japanese internment camps but has broadened to include those belonging to groups who have experienced persistent historical trauma, as well as those who have experienced terrifying events on a more individual scale, such as gun violence or multigenerational abuse.

Trauma response and transmission

People adapt to fear, pain, and scarcity via the trauma response, a protective reaction commonly called “survival mode.” Living in survival mode is not harmful if it is a short-term condition, but when survival mode becomes one's modus operandi, long-term health effects, both mental and physical, often follow. Struggling to feel calm in safe situations due to anxiety that something terrible might happen at any moment is one example of a behavior that is harmful rather than adaptive. Dr. Sophie Isobel and a team of researchers at the University of Sydney published a 2020 study on the effects of intergenerational trauma and its relationship to mental health

care. According to their findings, trauma reactions can include shame, anxiety, guilt, a heightened sense of vulnerability or helplessness, dissociation, hypervigilance, or extreme reactions to stress.

Researchers hypothesize that those who directly experience trauma suffer from lasting effects on relationship skills, behavior, and beliefs or attitudes that they directly or indirectly communicate to offspring through the functionality (or dysfunctionality) of the family unit. In the example of my own family, physical abuse was a mainstay not only in my household, but in each of my parents' households, and in their parents' households.

In my therapy journey prior to becoming a parent, I had come as far as understanding that being beaten with a belt was not “normal,” as I'd been taught to believe, but that it was abuse. This acknowledgment and subsequent work of managing that understanding had lifted a weight of self-loathing. Once I became a mother, I considered that my mother had listened to my sister and me wail as the belt cracked on our bare skin. This scenario was something that had never occurred to me before.

Although she had not participated in the beatings, it now felt as if my mother had been complicit. There was a question I couldn't let go of: *How could she have held herself back from intervening?* I unpacked this with my therapist, expressing how unthinkable it was that I would be able to stand by if someone were hurting my daughter. Before this realization, I had never felt anger at my mother, or laid blame at her feet. She was “the good one.” But I began to feel a rising tide of rage about how my mother had failed to protect my sister and me. This was my introduction to the idea of intergenerational trauma.

Transmission of intergenerational trauma happens when unresolved pain is acted out by people who don't have the tools, models, or support to stop the cycle. As the Human Genome Project began its work in the 1990s, researchers began to ask whether trauma response might also be transmitted genetically. Since then, epigenetic research undertaken by practitioners such as Dr. Amy Lehrner, clinical director of The Center for

Psychedelic Psychotherapy and Trauma Research, has said that certain dormant genomes may be “switched on” by experienced trauma, and then passed down in DNA to offspring. The study of epigenetics examines how behaviors and the environment can cause changes that affect the way genes work and suggests that even those who do not experience adverse childhood experiences may be affected by intergenerational trauma.

A study led by Dr. Rachel Yehuda, endowed professor of psychiatry and neuroscience of trauma at Mount Sinai's Icahn School of Medicine, found that women exposed to the collapse of the World Trade Center in 2001 and their subsequent offspring had cortisol levels lower than the normal range. Cortisol regulates stress response, and this study suggests that women with PTSD might pass these effects on to their children, not only via actions but by biological means.

How intergenerational trauma affects relationships

According to Isobel et al., when a person's emotional or mental health is compromised and the trauma is repressed rather than resolved, the buried trauma affects one's ability to care for oneself, which is a precursor for being able to care for others.

The synthesis focused on common coping mechanisms such as denial and minimization. When we refuse to acknowledge the impact of trauma (*this happened to me, but it doesn't really affect me*), it teaches children to ignore the impact of events on themselves. Dissociation—a numbness, or inability to be present—is one common form of denial. When we minimize our trauma (*others had it way worse than me, so I don't really have room to complain*), it can affect children's ability to deal with conflict in healthy ways. My therapist often reminds me that suffering is suffering. It's not a contest where only those who have suffered the most have the right to acknowledge trauma. We do not minimize someone else's pain by acknowledging our own.

Children's experience of the world is filtered through their direct caregivers. They mimic behaviors, and subsequently learn to navigate relationships based on



how they relate to those who care for them. There are many ways that intergenerational trauma might affect children, including impaired self-esteem stemming from minimization of the child’s life experiences in comparison to the parents’ trauma; trauma bonding, or an emotional connection between an abuser and their target; neglect; or substance abuse.

In my own case, what surfaced was fear. I was afraid that my daughter would die in her sleep, or choke on solid food, that my spouse or I would fall down the stairs while carrying her, or any number of possible but not probable outcomes of sleeping, eating or going for a family walk. Any time she cried, I awoke thinking that there was an animal in her room, or that she was stuck between the mattress and the crib. I knew that I needed to understand and work through this overwhelming feeling of the constancy of peril, for my own sake as well as for my daughter’s. These feelings took me by surprise. I had never felt as fundamentally unsafe as I did during my first year of parenting.

Begin the healing journey: take care

In the book, *It Didn’t Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*, author Mark Wolynn writes, “Remaining silent about family pain is rarely an effective strategy for healing it. The suffering will surface again

at a later time, often expressing in the fears or symptoms of a later generation.”

For those of us who experience the effects of intergenerational trauma, trauma-informed therapy—which emphasizes safety, collaboration, and transparency—can guide understanding and equip us with tools to address how experiences manifest in behaviors and thoughts. Practitioners with expertise in trauma impact are trained in creating an environment where safety is prioritized, mindfulness is practiced, stable routines are developed, coping needs are supported, and patterns can be changed to prevent intergenerational trauma from being transmitted beyond the current generation through education and support.

“Until we uncover the actual triggering event in our family history, we can relive fears and feelings that don’t belong to us—unconscious fragments of a trauma—and we will think they’re ours,” Wolynn writes. By examining intergenerational trauma, we have the opportunity to break the chain and forge stronger links, passing along healthier coping skills to our children.

To understand my mother’s inaction, I had to acknowledge the impact of what she had survived and understand how that experience had prevented her from protecting her daughters. Her own father had required his six children to “choose the switch” that he would beat them with. If they chose something that would hurt less, they got beaten longer; there was

a strategy in choosing a thin switch that would draw blood quicker so the beating would stop sooner. This was a story I knew without asking about it, something my aunts and uncles had laughed about around the holiday table when I was young, telling me, my sister, and my cousins that the switchings had “built character.”

When I recalled this specific anecdote, it was like recognizing a missing puzzle piece, realizing that the past lives within us and that it was living in me. My fear was a manifestation of the fear I felt as a child being beaten with a belt, the fear my mother felt being beaten with a tree limb, and the fear my grandparents felt as migrant workers picking onions “up north,” with parenting skills picked up from their parents—all kids themselves—mimicking what they’d been taught from as far back as landing on Kentucky soil. My mother’s dissociation would have been an adaptive behavior, something she learned to protect herself while she had been “switched” by her father.

As I dug into history and began to look at my family not as a dysfunctional unit, but as a group of individuals, all of whom had experienced suffering in their lives and done their best to cope, I’ve been able to move toward both understanding the past and changing the future.

Therapy has been crucial to my experience. Other means of support include cultivating friendships, engaging the body in movement and dance, using the voice in song and chant, making art or storytelling, and exploring spirituality. Breaking the lineage of intergenerational trauma is a lifelong endeavor, and those who live with it must learn how to care for themselves, and to keep front of mind that caring for themselves is not “nice to have,” but a key aim of the path toward healing.

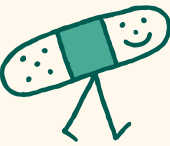
H.B. Terrell holds an MLIS from San Jose State University, worked for 10 years in finance, another 10 years in libraries, and is currently a grant writer. She likes reading, science, and gentle walks in wild spaces. She has lived in San Francisco for the past 13 years and lives with her spouse and daughter in the Excelsior.

one medical kids

Your partner in raising healthy little humans



Primary care designed for real life - for babies, teens, and in-betweens.



Exceptional primary care

Count on our top notch pediatric providers for routine care like well-child visits, sick visits, vaccinations and more.



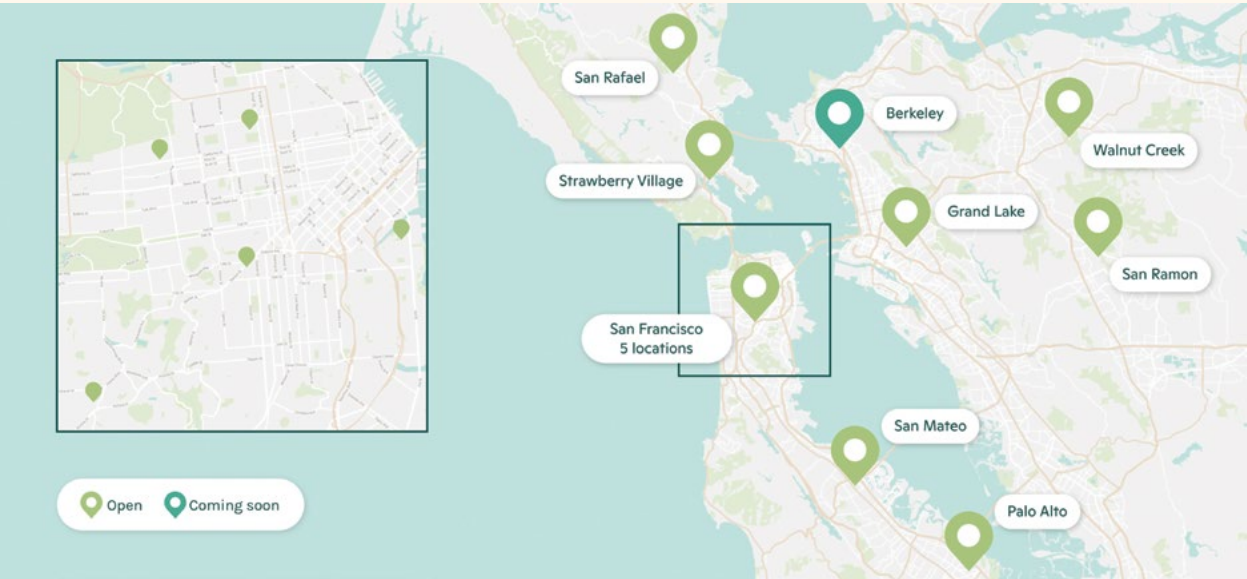
Provider meet-and-greets

We offer complimentary, remote meet-and-greet appointments so you can find a provider whose expertise and values align with your family’s needs.



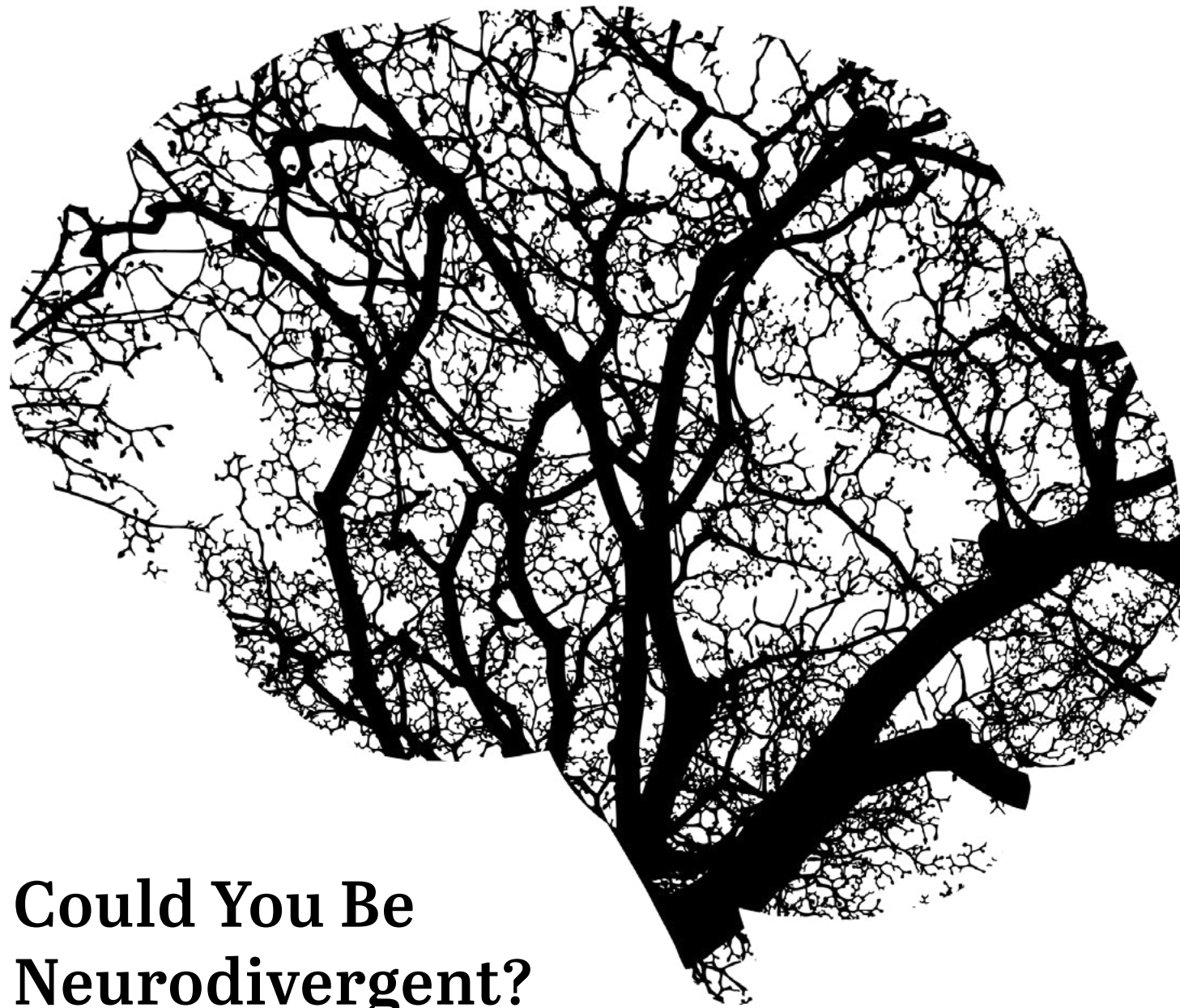
Peace of mind, 24/7

Book same/next-day appointments in the app, use Video Chat to talk to a provider, or message our virtual care team any time.



Scan and save \$50 off One Medical memberships (normally \$199) for you and your child for the first year using code **GGMG50**.

Visit onemedical.com/GGMG.



Could You Be Neurodivergent?

Learning why and how women pursue a diagnosis later in life.

By Yuliya Patsay

At 8 years old, Shannon Kealey knew there was something different about her. Her mother’s boyfriend, who was a family and children’s therapist, teased Shannon and her mother about having attention deficit disorder (ADD). But because he did so in jest and always made it seem like a personality flaw rather than a condition that needed attention and care, Shannon and her mom never thought to pursue a formal diagnosis or even seek care for it. When Shannon then received a diagnosis of type 1 diabetes at 11 years old, the responsibility of managing a life-threatening physical illness overshadowed any mental health needs that she may have had. She didn’t re-evaluate the possibility of an ADD diagnosis until well into adulthood, because like many girls, Shannon didn’t display the signs typically associated with ADD or attention deficit hyperactivity disorder (ADHD) like an inability to sit still, constant fidgeting, or inability to

concentrate. Instead, she was simply told that she was “lazy” or “wasn’t living up to her potential.” This is a common roadblock in getting a diagnosis. Specifically in the case of autism spectrum disorder, Jen Rice, a coach for neurodivergent entrepreneurs explains, “Unlike boys, girls are more motivated to fit in and make friends; highly intelligent girls learn social rules through careful observation, trial and error.” She goes on to say,

“We develop the skills of masking and camouflage, even from ourselves. We can be empathetic, have friends and jobs... in other words, we can come across as normal, until those moments when we’re not.”

If you, like Shannon, are questioning later in life whether you are neurodivergent, don’t be surprised that it’s taken you this long. Neuropsychologist Dr. Nicole Murray explains that “high functioning adults are the last to know.” Often, for women in particular, it gets ignored because you do well in school or in life because you’ve learned to overcompensate until one day life becomes too much and your body systems begin to fail or fall apart. Shannon spent 15 years in academia in positions with increasing responsibilities and prestige. She was at the top of her career as the head of the Life & Health Sciences Division at UC Berkeley Library when a family member’s quest to get her children, and subsequently herself, evaluated for ADHD led Shannon down a path to her own eventual diagnosis. She realized that the strain of overcompensating, which she had been doing since childhood to try to fit into a neurotypical world, had presented in her body as GI issues and constant stress.

Dr. Shané Teran, an organizational development psychologist and psychotherapist, works with clients to dig deeper into what is triggering the emergence of neurodivergence when it happens later in life. Is it in fact a stress response to something in your life? She reports that during the pandemic in particular, her clients experienced burnout, which led in some cases to the discovery of neurodivergence. Dr. Teran works with her clients through talk therapy and also functions as a wellness coach. She takes in both her clients’ verbal and non-verbal cues to put together an action plan for the next 90 days. She finds



that having a diagnosis provides clarity and helps guide the treatment plan.

How to get diagnosed

“Not through TikTok,” jokes psychiatric nurse practitioner Abigail Wolf. She points out that, with children, the first people to notice neurodivergence are usually the child’s teachers, who can then recommend that the child be evaluated by a psychiatrist or a neuropsychologist. She assures us that luckily, there are a lot of tools that can assist in a childhood diagnosis. Seeking help for their child is often what then leads parents to begin questioning their own experience and whether they too have a condition.

For adults, diagnosis is trickier. ADHD, for example, mimics a lot of other disorders like anxiety, chronic fatigue syndrome, and even bipolar disorder. Abigail encourages a reputable psychiatrist or neuropsychologist to conduct neuropsychological testing. Dr. Nicolay Murray, a neuropsychologist, agrees and explains that her process for diagnosis is to conduct a full neuropsychological evaluation, which looks at medical data, family history, and collateral evidence to conclusively show how symptoms impair

day-to-day function. She then works with patients to create a life inventory to identify areas of improvement and create a plan, which includes brain training exercises that seek to improve attention, memory, executive function, problem-solving, and decision-making.

Some common behaviors Dr. Murray identifies in patients are: trouble getting things done, lack of follow through, tendency to procrastinate, inconsistencies such as being highly competent at work but having tendencies like speeding or poor dental hygiene, and difficulties with emotional or physical self-regulation. For many, it feels like you want to succeed but your brain is sabotaging you.

Does a diagnosis matter?

In the case of Jen Rice, a somatic coach and strategist who works with neurodivergent business founders, she wonders if a formal diagnosis would give her more credibility in serving this population. Her past efforts of getting a diagnosis have been ineffective and she cautions that it’s challenging to find a psychiatrist who specializes in how this presents in women. In lieu of a formal diagnosis and

What is neurodiversity?

There is no consensus on what it means among medical professionals or the communities it represents, but the definition of neurodiversity is a brain that is neurologically different from a neurotypical brain whether via brain structure, brain chemistry, or brain functioning. There are variations in sociability, learning, attention, mood, and other mental functions. The term neurodiverse was initially used to describe those on the autism spectrum. Now it is used more broadly to include learning disorders such as dyslexia or dyscalculia, developmental conditions such as ADD/ADHD or dyspraxia, and mental health conditions such as bipolar disorder. The word neurodiverse is not synonymous with abnormal and instead refers to the diversity of people.



medication, Jen has worked to “intentionally design my life so that I’m not triggered. I live in a small, quiet town, where everyone is quirky.”

For Shannon, learning more about ADHD meant overcoming a lot of personal misconceptions about it. She found that the diagnosis explained a lot of life events that she previously felt ashamed of, like being removed from AP English for neglecting to complete the unguided summer pre-work and her frequent struggles with deadlines throughout her career. As she made the decision to step away from academia and pursue full-time artistic and entrepreneurial endeavors, she wanted to give herself the best chance at success and began to seek support for her symptoms. Shannon’s first step to diagnosis was to reach out to her primary care doctor, who then had her speak to a psychiatrist. Unfortunately, the psychiatrist was not an expert on ADHD and after conducting a basic neuropsychological questionnaire he offered her a diagnosis of depression and anxiety.

Shannon continued to advocate for herself, driven by a strong internal belief that the primary issue was ADHD, especially because she uncovered a history of

ADHD on both sides of her family tree. After making a Facebook post describing her symptoms and experience thus far, a family member reached out and recommended a psychiatrist who specialized in ADHD. This time the process was much more nuanced and included questionnaires for Shannon and people close to her to provide a more accurate picture. Once an official diagnosis was issued, Shannon chose to start medication and reflected on its transformational effect. “I’ll never forget the first dose of my medication taking effect. It was like the tornado in my head slowed down and I could pick just one thing to focus on. Before I would pick whatever thing would give me the biggest dopamine hit and now I can just pick the thing that actually needs doing. I still get emotional just thinking about it.”

Have no fear, your superpower is here

With any of these disorders, there are challenges to be sure but also a lot of strengths. “Those with ADHD can have a strong interest in certain things and can go deep in their understanding and commitment to something. People with autism are

frequently highly intelligent, logical, and task oriented. Those with mood disorders are often very sensitive and empathetic people who are better able to relate to others, are highly creative, kind, and interesting people,” offers Abigail Wolf.

The journey of whether or not someone seeks a diagnosis is highly personal. Once deciding to pursue a diagnosis, they need to find the right one, and ultimately decide what to do with it. On the one hand, it can be a relief to have a diagnosis that validates your concerns, to be able to gain an understanding of yourself, and seek access to proper resources. On the other hand, you may face stigma and be worried about being judged or misunderstood. If you are suffering from your symptoms and feel your life can be improved with treatment, tools, and knowledge there are a few resources you can look to:

- chadd.org/for-adults/diagnosis-of-adhd-in-adults/
- psycheducation.org
- additudemag.com

Most importantly, trust yourself, advocate for yourself, and don’t give up.

Yuliya (it rhymes with Goo-lia) Patsay is Soviet-born and San Francisco-raised. She is a storyteller, voice actor, and speaker and is working on completing her memoir, Until the Last Pickle, which will be out in October 2022.

ADD/ADHD Comorbidities

According to *ADDitude Magazine*, up to 50 percent of people with ADHD also suffer from one or more additional psychiatric conditions, referred to as comorbidity. The most common ones are:

- Learning disorders such as dyslexia
- Behavioral or conduct problems such as oppositional defiant disorder
- Anxiety disorders
- Mood disorders like depression and bipolar disorder
- Substance abuse disorder

“[F]or women in particular, [being neurodivergent] gets ignored because you do well in school or in life because you’ve learned to overcompensate, until one day life becomes too much and your body systems begin to fail or fall apart.”



IT’S PRESCHOOL TOUR TIME

Find out why the JCCSF is such a special place to learn, play and grow.

Schools in the JCCSF Family

Brotherhood Way Preschool
located in Lake Merced

Helen Diller Family Preschool
located in Laurel Heights

Rosenberg Early Childhood Center
located in Inner Richmond

Psst...don’t forget – GGMG members receive a 50% discount on preschool application fees.

**LEARN MORE & APPLY NOW
AT JCCSF.ORG/GGMG**

JEWISH COMMUNITY CENTER OF SAN FRANCISCO
3200 California Street, San Francisco, CA 94118

Thinking about buying or selling your home in San Francisco?



Jessie Lee
Ask@JessieLeeSF.com
415.518.6402
DRE 01852582
www.JessieLeeSF.com

With over 14 years of experience in Real Estate, Jessie Lee can assist you with anything

Selling or Buying Luxury Condos, Single Family Residences, and Multi-unit Buildings | Investment Home | 1031 Exchange



Why Fear Is Your Friend

Identify your fears, and taking active steps to move past them toward your goals

By Julie Houghton

All of us feel fear at one time or another. Fear of failing, having regrets, not fitting in, not being good enough, being alone, being judged. The list goes on. Oftentimes, as soon as we start to dream of or take steps toward a life and career that's more fulfilling, fear steps in and tells us all the reasons why what we want won't work.

Fear used to paralyze me. I knew I was unhappy in my string of corporate jobs, but I didn't know what to do instead. I was scared that I'd never figure out what I wanted to do with my life, scared of

taking a leap only to realize it was the wrong choice, and scared of running out of money, ruining my resume, or disappointing those I loved if I quit my "good" job. This list goes on.

To deal with this discomfort, I did what many of us do when we feel scared: I tried to avoid it. In my case, that meant drinking a glass of wine (or two) every night while I numbed out surfing the web or watching TV. I jumped from one job to the next every couple of years, always hoping the next one would be better—even if I knew deep down that it wouldn't.

Another common response to fear is waiting. For 15 years I stayed in jobs that didn't make me happy. But what I was really doing was waiting. In my mind, one day something would click, the fear would be gone, and then I would have the courage to figure out and follow my dreams. In the meantime, at least I was building a resume of marketable skills, right? But even if things looked good on paper, deep down I was miserable. And my fears were keeping me stuck.

So how do you stop feeling stuck by fear? The first step is to understand what's at the root of it.

What are you afraid of and why?

According to Susan Jeffers, Ph.D. and author of *Feel the Fear and Do It Anyway*, there are three levels of fear stacked in a kind of pyramid, with Level 1 fears at the top and Level 3 fears at the foundation. Jeffers describes Level 1 fears as those that are about the surface story or external world, and she categorizes them into two types: fear of things that can "happen" to us, and fear of taking action. Examples of those that can "happen" to us include fear of aging, fear of having your children grow up and leave home, fear of losing a job or financial security, fear of succumbing to illness, and even the fear of dying. Level 1 fears that require action include things like feeling scared to make a career change, start or end a relationship, go back to school, or make a decision of some kind.

Underneath Level 1 fears are those in Level 2, which are about our state of mind. Examples of Level 2 fears include fear of rejection (or success), fear of failure, fear of disapproval, or fear of being helpless. According to Jeffers, Level 2 fears are the reason why generalized fear takes root. If you are afraid of being rejected, it will often permeate multiple areas of your life—friends, intimate relationships, career, etc.

Level 3 fear is the foundational fear underlying all of the Level 1 and Level 2 fears, and it's essentially the fear that you can't handle whatever life brings you. In other words, the fear that you can't handle losing your job, or can't handle having a relationship end, or can't handle being rejected or failing. According to Jeffers, this fear is at the root of all other fears.

The good news is that this means that the way to diminish your fear is to build trust in your ability to handle whatever life throws at you. The bad news is that it is easier said than done.

Courage requires action

A huge shift for me in building that sense of inner trust was realizing that courage wasn't this magical thing that might show up at my door one day if I got lucky or waited long enough. I used to look at people who seemed fearless and wonder what their secret was. But the truth is,

courage is an active choice that we make every day. As Eleanor Roosevelt said, "You must do the thing you think you cannot do." The only way through is through. Trying to avoid our fear or wait it out doesn't work.

Every time you take an active step forward toward a scary thing, even though you feel scared or uncertain, you're giving yourself opportunities to prove to yourself that you can handle it. Even if you don't handle it perfectly, taking action gives you the chance to see where you need help

"Courage not only takes practice, it's a *lifelong* practice."

and what feels hard, find the support or resources you need, and then try again.

Every action step you take will also bring you more information about what you do or don't want. And the more information you have, the more clarity you can feel as you keep moving toward what you want, and that clarity will fuel confidence.

It's OK to start small

Practicing courage doesn't mean you have to do something drastic like quit your job tomorrow or sell all your belongings and

move across the country. Setting the expectation that courage means doing something big can just keep us from doing anything at all. Every small step counts.

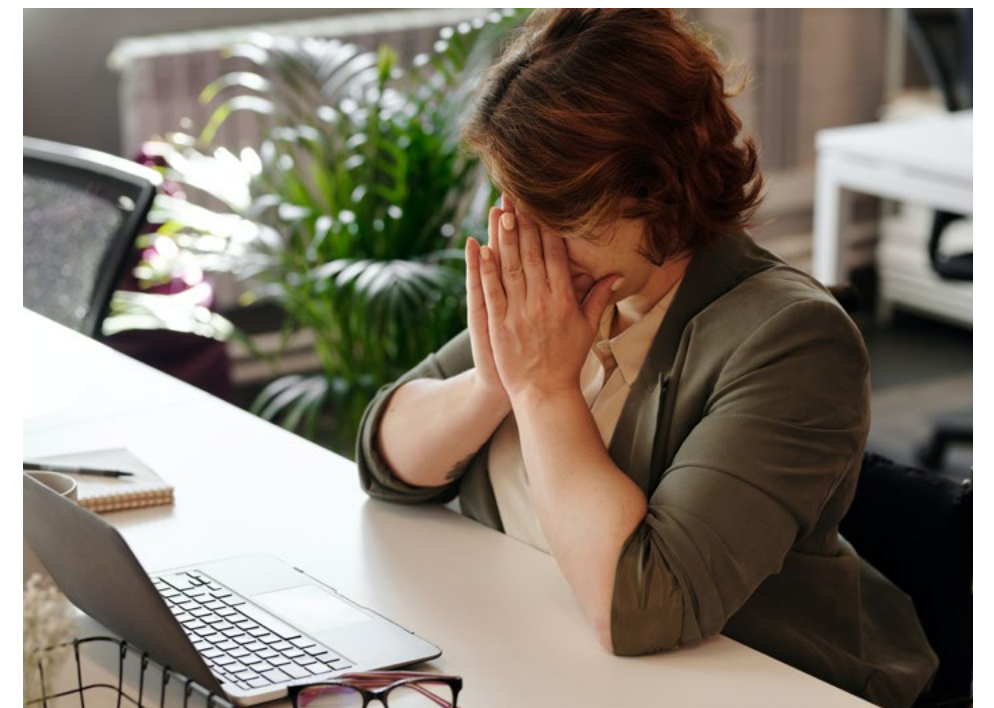
Being courageous doesn't mean you no longer feel scared

Courage not only takes practice, it's a *lifelong* practice. We don't practice courage a few times and then suddenly become fearless. (I would argue that the whole idea of being fearless is a myth, actually). Being courageous means recognizing that fear will continue to come up, but in every moment we can choose to move forward even when things feel hard. When you really and truly accept

that, there's a kind of freedom that comes with it. Fear doesn't have to stop you in your tracks. It can become something to just be aware of, a normal part of your process.

Embrace fear as a signpost

When you welcome fear as a normal part of the process, you can also tap into the critical information it can provide. Since fear lives in our head (via that voice that keeps reminding you why what you want will never work), check in instead with your





emotions and your body. If your shoulders are in knots and there is a feeling of dread in your stomach when you think about your scary thing, that is a sign that something is off and out of alignment with who you are, and it's important to figure out what it is. On the flip side, if you feel scared but there is some curiosity mixed in and those butterflies in your stomach feel like nervous excitement, that is a sign that there is something worth exploring. It likely feels scary because it is close to your heart.

Noticing the wisdom that fear can provide can shift your whole mindset away from the idea of fear as something to avoid and instead allow you to embrace it as a trusty (albeit sometimes uncomfortable) signpost.

Make a plan

If the secret to moving through your fears is to build trust in your ability to handle whatever comes your way, it's critical to make a plan for what you'll do if those scary things do come at you. Oftentimes fears just float around in our head on repeat and we never stop to really think through the practical solutions we could use to address them. For example, if you feel scared of taking a pay cut to pursue a new career path, rather than just staying stuck in the "I can't afford that" loop (which will likely keep you from even exploring

that career path), take a look at your budget and think through the scenarios. Investigate adjustments you could make to lower your cost of living (and living on that budget now so you can practice and see how it feels before you make a career change). Think through scenarios for how you could stagger your transition to the new career path to make it more financially feasible and identify options you could pursue in a worst-case scenario situation where you did need financial help: Could



you take on a part time job, dip into savings, or ask your family for help? Sometimes just having a plan is enough to quiet the voice of fear; either way, it will give you valuable information you can use to make a decision.

Trust your ability to spot red flags

When we face a scary decision, we also have a tendency to fear that a worst-case scenario could suddenly be thrust upon us, but the truth is that most of the time there are early warning signs and it's just a matter of tuning into them. Think back to a time when you made a mistake or ended up in a difficult situation (like a job that didn't turn out to be a good fit) and identify any red flags, however small, that you saw and ignored along the way. Use this as a practice to remind yourself that you do have a gut feeling you can trust and the more you tune in to it, the more you can strengthen that connection.

We all have that inner voice of fear that can tell us why what we want won't work. But there's another voice in there as well, and it's one that you can trust to steer you along the right path for you.

Julie is a career and business coach with 10 years of experience helping women find careers and launch businesses that are in alignment with who they are. She's a mom to two amazing kids and one very cute dachshund poodle mix. You can connect with her at juliehoughton.com or julie@juliehoughton.com.



At the core of a Marin Horizon education is the development of each student's unique and confident voice.

- Challenging, student-centered, project-based academics
- Faculty who believe close student-teacher relationships are central to student success
- Supportive and joyful learning environment where students are encouraged to take risks, think critically, and become creative problem-solvers
- Outdoor education program that reinforces the social-emotional learning, independence, and leadership fostered in our classrooms
- Long-standing commitment to diversity, equity, and inclusion

Learn more at our upcoming tours and open houses!

WEEKDAY TOURS

Toddler Program 9:30–10:45 a.m.

11/10/2022 • 12/1/2022 • 1/5/2023 • 1/26/2023

Lower School (Primary–4th Grade) 8:45–10:15 a.m.

11/17/2022 • 12/8/2022 • 1/12/2023

Upper School (5th–8th Grade) 9:15–10:45 a.m.

11/3/2022 • 12/15/2022 • 1/19/2023

SATURDAY OPEN HOUSES

10:00 a.m.–12:00 p.m.

12/3/2022 • 2/4/2023

305 Montford Avenue | Mill Valley, CA 94941
415.388.8408 | www.marinhorizon.org



SCHOOLS - There are fifteen school districts in Marin County.

LOTTERY - One Marin school district enrolls via a lottery system.

FOG - Where the temperature and fog line change in Marin?

COMMUTE - Traffic patterns and commuting options to San Francisco.

OFF MARKET - The McCarthy + Moe Group has access to exclusive pocket inventory.

The McCarthy + Moe Group specializes in helping families transition from San Francisco to Marin. Our clients benefit from our Marin roots, having raised and are still raising families here. Our years of real estate connections and experience have led to us closing over half a billion in sales volume in Marin.

Our sole focus is to deliver the best possible results and create clients for life! Find out why hundreds of families have trusted us with their move to Marin. Give Liz McCarthy & Shenna Moe a call to find out if Marin is for you.

Schedule a Zoom meeting to learn more about Marin.
www.McCarthyMoe.com/seminar

COMPASS



Liz McCarthy + Shenna Moe
415.250.4929
Team@McCarthyMoe.com
McCarthyMoe.com
DRE 01421997



Cold-Blooded Old Times

Gaining perspective on your twenty-first-century problems by reflecting on Victorian motherhood

by Kristen Tate Aitken

Originally published in the December 2012/January 2013 issue. This piece has been edited for length.

In a former life, I was an academic, studying nineteenth-century British literature. My medievalist colleagues would not agree with me, but I'm going to say that the Victorian period counts as "the old times." Certainly, amidst much that is familiar, there are many aspects of Victorian life that are shocking to twenty-first-century sensibilities.

Our experience of childbirth and childrearing, for example, looks unimaginably privileged (and sometimes overwrought) in comparison to the experience of Victorian mothers. In this age of birth plans and toddler enrichment classes and radically involved parenting, I think it is a useful reminder that things were not always so.

Childbirth

The birth plan of the average Victorian woman was as follows: 1) don't die, and 2) hope the baby lives. Most women gave birth at home, usually with the assistance of female relatives or neighbors and often a midwife. Women of greater means might also have the assistance of a doctor, but this additional help often came with greater risk of infection. The germ theory of disease was not widely accepted until the late nineteenth century, and doctors frequently examined women in childbirth without washing their hands, thus introducing bacteria which led to puerperal, or "childbed," fever.

It is estimated that rates of maternal death in the nineteenth century were roughly one in 200. Infant mortality was even higher: an estimated one out of every four children born in the period died before the age of five. One reason why: 35 out of every 45 children under five had contracted smallpox, measles, scarlet fever, diphtheria, whooping cough, typhus or enteric fever. Antibiotics were not developed until the first decades of the twentieth century; vaccines, of course, were not available until the middle of the twentieth century. Typical nineteenth-century remedies for these serious childhood illnesses included hot baths, emetics and purgatives, brandy and water, or a patent medicine containing opium, cocaine, cannabis or all three.

In the second half of the nineteenth century, well-to-do women did gain access to a new medical tool during childbirth. Dr. John Snow, a pioneering epidemiologist and anesthesiologist, began experimenting with giving chloroform to women experiencing particularly difficult or complicated labors. (These experiments were done on poor women giving birth at urban hospitals, without the benefit of ethics boards or release forms.) Queen Victoria used chloroform during the births of her eighth

and ninth children in 1853 and 1857, an experience which she described as "soothing, quieting, and delightful beyond measure." As a result, many upper class women clamored for this "twilight sleep" during childbirth, but the practice was controversial. Church leaders, citing Biblical strictures that the pain of childbirth was payment for Eve's original sin, condemned the practice, and England's leading medical journal, *The Lancet*, was suspicious of the safety of the practice, expressing "intense astonishment" at "the rumor that her Majesty during her last labor was placed under the influence of chloroform, an agent which has unquestionably caused instantaneous death in a considerable number of cases."

After childbirth, women were expected to remain sequestered in bed for two to six weeks, a period known—appropriately and somewhat ominously—as her "confinement." It was also considered inappropriate for heavily pregnant women to appear in society, with the result that a woman could expect to remain effectively isolated from all but her very closest friends and family for upwards of three months.

Nursing

There was a clear class divide on the issue of breastfeeding in the nineteenth century. Poorer women almost uniformly breastfed their children since breast milk was a free source of nourishment and was also a reasonably effective method of contraception. Women on the higher levels of the social scale hired a wet nurse to breastfeed their infants. This practice was common even among middle-class families, who often sent an infant to live with his or her wet nurse until weaned. Given the very high rates of infant mortality, a large number of these babies never returned to their families.

If a woman could not breastfeed her child or afford a wet nurse, her feeding options were rudimentary at best. Before refrigeration or efficient transportation networks, city residents often found it impossible to get unspoiled, unadulterated milk. Country dwellers with access to fresh cow's or goat's milk could feed it to infants by allowing them to suck on a sponge or rag soaked in milk. In the second half of the century, mass-produced glass bottles

with rubber nipples became available, but sterilization was not widely understood until the very end of the century, and so the bottles themselves often caused illness.

Other foods of choice for infants were pap (bread and water) or gruel (finely ground grain and water), sometimes mixed with a little sugar, which could be fed to an infant via a "pap spoon"—a device which had a hollow straw-like stem that the caregiver could use to blow the spooned food down an infant's throat. One estimate based on eighteenth-century sources suggests that well over half of infants nourished on something other than breastmilk did not survive infancy. Victorians called this practice bringing a baby up "by hand."

Child-rearing

As with nursing, a family's social and financial status had an outsized impact on the experience of childhood. Poorer children began working as soon as they were physically able, with girls of six or seven often put in charge of younger siblings, and boys doing field or factory labor. Wealthier children were often completely segregated from their parents, sequestered in their own suite of rooms and cared for by a dedicated group of servants. An upper class mother might spend, at most, a few hours a day in the company of her children.

Across all social spectrums, however, it was usual that "households were run by adults for adults," as Judith Flanders puts it in her fascinating book *Inside the Victorian Home*. She notes as well, "the shift that has occurred over the past 150 years, from a parent-centered universe to our own child-centered one." If you look carefully, you can see the roots of that change in the second half of the nineteenth century.

Nineteenth-century England and America witnessed broad economic and social changes. The benefits of industrialization and mechanization were distinctly uneven, but they did lead to a growing middle class with greater access to education and leisure, and to cheaper, more widely available goods. Basic necessities, such as food and clothing, were dramatically cheaper. Also cheaper, and thus widely available for the first time to a

"The birth plan of the average Victorian woman was as follows: 1) don't die, and 2) hope the baby lives."

large swath of the population, were mass-produced books and toys for children.

At the same time, we can see the beginnings of a cultural shift which redefined the very idea of childhood. A new body of psychological and scientific literature established the basic tenets of childhood development, and writers such as Charles Dickens and Charlotte Brontë depicted childhood as a uniquely sensitive state, different in kind and not just degree from adulthood.

And yet, when we try to imagine ourselves inhabiting the same social or cultural sphere as Dickens or Brontë, we bump up against our truly radical differences. Try to picture a Victorian mother's reaction to being transported to the noisy toy aisles of a Target. And then also try to imagine someone you know dying of severe morning sickness, as Brontë is believed to have done; or imagine comforting your spouse upon the death of an infant, as Dickens did, that this same grief has come to so many you know that you cannot reasonably have expected to escape it.

A brief dip into the "old times", puts our swirling twenty-first-century debates about natural childbirth and sleep training and whether women can "have it all" into perspective. It does not make these debates any less real or important, but it should make us recognize how fortunate we are that these are the debates we are having.

Kristen is a freelance copy editor and copywriter who is going to experiment with replying to all requests from her children: "You are meant to be seen and not heard." She'll let you know how that works out.

DIVERSITY, EQUITY, & INCLUSION

Native American Heritage Month



Ohlone Woman. Almaden Community Center and Library, San Jose

Read and share these books recommended by the *American Indians in Children’s Literature* blog with your family:

Picture Books:

- *Fry Bread: A Native American Story* by Kevin Noble Maillard
- *We Are Water Protectors* by Carole Lindstrom



Chapter Books:

- *Peggy Flanagan: Ogimaa Kwe, Lieutenant Governor* by Jessica Engelking
- *The Wolf’s Trail: An Ojibwe Story, Told by Wolves* by Thomas D. Peacock

High School, Young Adult, and Adult:

- *Apple: (Skin to the Core)* by Eric Gansworth
- “What’s an Indian Woman to Do?” in *When the Light of the World was Subdued, Our Songs Came Through: A Norton Anthology of Native Nations Poetry* edited by Joy Harjo



Originally published in the October/November 2021 issue of GGMG Magazine

November is Native American Heritage Month. While one month is not nearly enough time to acknowledge the colonization, atrocities, and deliberate attempts to erase Indigenous cultures and people, Native American Heritage Month offers an opportunity each year to continue educating our communities and ourselves and to honor the experiences of the original inhabitants and stewards of the land of the San Francisco Peninsula.

Help to dispel the myth that Christopher Columbus “discovered” the Americas by learning more about the history of the land. Native Land Digital (*Native-Land.ca*) offers a simple starting point in the form of an interactive map to identify which Native nations originate from the land on which you live, work, and visit.

We recommend learning more about the experiences of the Ohlone People by listening to local Ohlone leaders. Last year, the de Young Museum hosted an Ohlone Land Acknowledgement Series. The first event in this series is “We are OF the Land,” with Dr. Jonathan Cordero, Chair of the Association of Ramaytush Ohlone, and Gregg Castro, Principal Cultural Consultant, in which they “discuss the cultural and spiritual significance of Land to the Ramaytush Ohlone peoples.” The second event, “Rematriation: Going Beyond Land Acknowledgement,” features Corrina Gould, the tribal spokesperson for the Confederated Villages of Lisjan.

- Lean in, listen, and support Indigenous voices that protest symbols of oppression and cultural appropriation. To begin, please check out:
- **The Association of the Ramaytush Ohlone (ARO)**
ramaytush.org
ARO represents the interests of the original peoples of the San Francisco Peninsula with the purposes of ancestral responsibilities to care for Mother Earth and to care for the people who reside in Ramaytush Ohlone’s ancestral homeland.
 - **Coastside Families Taking Action (CFTA)**
coastsidefamielstekingaction.org
This organization is a group of families devoted to making the San Mateo Coast a welcoming, supportive, active, and empowering place for children and families. They are working for a diverse, progressive, sustainable, and equitable Coastside.
 - **American Indians in Children’s Literature (AICL)**
americanindiansinchildrensliterature.blogspot.com
Established in 2006 by Dr. Debbie Reese of Nambé Pueblo, AICL provides critical analysis of Indigenous peoples in children’s and young adult books. Dr. Jean Mendoza joined AICL as a co-editor in 2016.

Have any questions, comments, or want to volunteer? Email us at diversity@gmg.org.

SOCIAL EVENTS

Fall Fest

Fall Fest is back at the Randall Museum! Join us at the Museum and enjoy the animals and trains (don’t forget to bring your own trains to use on the tracks!), bounce houses, face painting, and a bubble show!

Date: Sunday, October 23, 2022
Time: 10 a.m. to 1 p.m.

Social Events is always looking for more volunteers to help throw these fun events. If you are interested in helping out or exploring what our team has to offer, email us at RSVP@gmg.org.



Preschool Preview Night

Preschool Preview Night 2022 was an all-in-one evening for parents of upcoming preschoolers and kindergarteners, hosted by Golden Gate Mothers Group.

Members had a chance to:

- Meet and talk with representatives from 40+ local preschools and kindergartens.
- Get the answers they need to questions about philosophies, costs, schedules, pre-admissions visits and more.
- Meet representatives from a diverse group of family-focused organizations and learn about their services, and products.
- Enjoy free onsite babysitting!

Many Thanks to All our Participating Preschools and Organizations

And special thanks to our **GOLD Sponsors**: Presidio Knolls School, Alpha Kids Academy, and Lycée Français de San Francisco.



Sincere appreciation for our Preschool Sponsors: San Francisco Waldorf School and La Scuola International School.

Here is a full list of all participants:

Presidio Knolls School, Alpha Kids Academy, Lycée Français de San Francisco, La Scuola International School, San Francisco Waldorf School, San Francisco Schoolhouse, Chinese American International School, Big City Montessori School, SF Tikes Academy, Provident Montessori, Little Robles Bilingual Preschool, Building Kidz of San Francisco, San Francisco Montessori Academy, French American International School, Miraloma Cooperative Nursery School, The Little School, Petite Explorer Preschool, Cow Hollow School, The Nueva School, Glenridge Cooperative Nursery School, Terra Marin School, Presidio Hill School, Peter’s Place Nursery School, Playmates Cooperative Nursery School, Mi Escuela en Español, Mission Kids Co-Op, Montessori Children’s House of the West Coast, NOPA Montessori, Billygoats/Cabritas Child Development, and Noe Valley Nursery School.

COMING SOON: Our Preschool Preview Night Digital Guide.

NEIGHBORHOOD MEETUPS (FORMERLY MEMBER EXPERIENCES)



Monthly Queer Family Hike
Join queer families for a COVID-safe walk/hike, which includes casual mingling/chatting, discussions on agreed-upon topics, and just sharing unique experiences and issues we have encountered as queer families. All queer families are welcome!

The safety requirements are:

- Socially distanced families
- Adults and kids (age 2+) can wear masks the whole time

Time: TBD
Place: TBD
Cost: FREE for members
Registration: Email Dy Nguyen for details (dy.nguyen@gmail.com)

Little Oceanauts \$7 Playdate – Ingleside
Looking for an afternoon playdate this fall? Little Oceanauts in Ingleside is open again and is the perfect place for children to run off their energy before dinner time! Meet fellow GGMG moms and enjoy a fun afternoon together! GGMG members enjoy a special price of \$7 per child. Sign up now!

Date: Friday, October 28, and monthly on the fourth Friday of every month
Time: 3 p.m. to 5 p.m.
Place: Little Oceanauts, 1917 Ocean Avenue
Cost: GGMG members pay a special rate of \$7 per child. Infants 6 months and under are free. Parents/caretakers are free. Must RSVP and PREPAY, limited spots available.

Noe Valley Stroller Walk
Come join other Noe moms with babies for a weekly stroller walk down Sanchez Street and then possibly a hang in Town Square! All ages of babies are welcome.

Date: Thursdays
Time: 11:30 a.m. to 12:30 p.m.
Place: La Boulangerie on 24th Street
Cost: FREE

GGMG New Mommies + Babies Meetup – November 2022
Are you looking for your mom village? Sign up to meet other moms! If you have children under 12 months old or are expecting, we would like to invite you to a small, casual gathering where you will meet GGMG moms like you. Snacks and drinks will be provided while you and other new moms meet, connect, and take the first steps to plan a stroller walk, find a workout buddy, or plan a playdate for your little ones.

Date: TBD
Time: 5:15 p.m. to 6:30 p.m.
Place: TBD, five locations in different parts of the city, will be emailed to participants close to the event date
Cost: \$5
Registration: See gmg.org/calendar or email playgroups@gmg.org for more info

dottie doolittle

We dress Babies and Beyond!

Layette, Babies, Girl 2-16, Boy 2-14

3680 Sacramento Street, SF, CA 94118
415.563.3244

CAREER & ENTREPRENEURSHIP

Free Career Change Workshop – November 4

Do you feel stuck in a soul-sucking job and long to do something that feels more fulfilling, even if you have no idea what that might be? Do you know you’re in the wrong career but feel stuck by fear or self-doubt when you think about trying to make a change? Do you think about starting your own business but feel scared to take the first step? Whether you’re going back to work after maternity leave, thinking about returning to the workforce after a break, or are currently in a job and just know you’re meant to do something more, this workshop is for you. Join career coach and GGMG mom, Julie Houghton, on Friday, November 4 at 11 a.m. for this popular workshop from the Career & Entrepreneurship Committee and take the first step towards finding work that is in alignment with who you are! The workshop will be held on Zoom and a recording will be sent to those who register. Sign up online at gmg.org and email entrepreneurs@gmg.org with any questions.



SOCIAL MEDIA

Want to join the GGMG Social Media team? We are seeking volunteers to join our small but mighty team here at GGMG. Our amazing committee gets the word out about all the fun GGMG activities, gatherings, and local parent information on our social media platforms. It’s a great opportunity to connect with other parents in the community and to be “in-the-know” about what’s happening. All the work can be done from your phone and it’s super simple! Please email socialmedia@gmg.org if you are interested!

PARTNERSHIPS

The Friends branch of the Partnerships Committee collaborates with local organizations and businesses to provide substantial discounts and resources for our members. We aim to develop mutually beneficial relationships with businesses in the Bay Area that provide useful services to mothers. Our preferred goal is to work with small, local businesses run by women and/or people of color in an effort to promote their professional advancements in our society.

The Partners branch of the Partnerships Committee manages our relationships with our large Partners including the Jewish Community Center of San Francisco (JCCSF), Luke’s Local grocery, and UrbanSitter. Reach out to partnerships@gmg.org for more information.

- Committee duties in Friends:
- Input new offers by local businesses (Friends) looking to provide substantial (20 percent or more) discounts to GGMG members
 - Maintain our relationships with our current Friends
 - Seek out potential new Friends who provide services useful to our members
 - Negotiate new business discounts
 - Update members on new discounts
- Committee duties in Partners:
- Maintain relationships with current Partners and seek out new Partners
 - Negotiate new business discounts to expand the discount offerings for GGMG members
 - Outreach for new Partners of interest with preference to small local businesses run by women and/or people of color

- Open Roles:
- Committee Co-chair in Friends (one hour per week)
 - Committee Co-chair in Partnerships (one to two hours per week)



CATHEDRAL
SCHOOL FOR BOYS

Shaping boys into scholars, citizens,
artists, and athletes for over 65 years



To learn more and to inquire, visit our website at
cathedralschool.net

1275 Sacramento Street | San Francisco, CA 94108



MTS

Where learning is revered,
and education is joyful.

REGISTER FOR A TOUR

MOUNT TAMALPAIS SCHOOL
An Independent K-8 School in Mill Valley
mttam.org



**WE EDUCATE, NURTURE AND CARE
FOR PARENTS AFTER THE
BIRTH OF THEIR BABY**

- POSTPARTUM CARE
- BREASTFEEDING & BOTTLE SUPPORT
- SLEEP EDUCATION



“A mother’s well-being in the first few weeks is just as important as caring for a newborn, the support gives a new mom/parents confidence, time to rest and loving baby care. Having someone caring, knowledgeable during those first weeks postpartum is truly a blessing.”

- INFANT MASSAGE
- LACTATION SUPPORT
- LOCAL RESOURCES
- VIRTUAL SUPPORT




**BAY AREA
NIGHT DOULAS & CO.**

5 Star Business **yelp**
★★★★★
JOIN OUR FACEBOOK GROUP!
facebook **family support group**
FROM BIRTH TO BABIES

QR CODE

BAYAREANIGHTDOULAS.COM

*Uplifting and empowering girls for a lifetime of success
through transformative music education*



**San Francisco
Girls Chorus**


**PREP
CHORUS**


OPEN FOR
GIRLS
AGES 4-6

NO
AUDITION
REQUIRED

45 minute weekly classes run January through May
in San Francisco or Emeryville

For more information or to register,
please visit sfgirlschorus.org/prep-chorus






**Pediatric
Dentistry SF**


*Dr. Ida Gorshteyn and her staff provide
comprehensive and compassionate pediatric
dental care, always with a side of fun!*

**Tiny Tots
Promotion:**
\$40 exam and
consultation for
our first-time
patients under 2!



Google
★★★★★ Reviews

2445 Clement Street in SF
Phone: 415-668-0600
www.PediatricDentistrySF.com
info@pediatricdentistrysf.com



New Village School

**THE LITTLE VILLAGE PRESCHOOL
IS NOW OPEN!**



~ OPEN HOUSE ~

**SATURDAY, OCTOBER 22
10AM-12PM**

LEARN ABOUT OUR NEW PRESCHOOL AND WHAT'S
TO COME IN KINDERGARTEN AND
GRADE SCHOOL

TOUR OUR VIBRANT CAMPUS
MEET OUR TEACHERS AND DIVE INTO OUR
DEVELOPMENTAL CURRICULUM

PRESCHOOL-8TH GRADE FAMILIES WELCOME!

RSVP:
ADMISSIONS@THENEWVILLAGESCHOOL.ORG
WWW.THENEWVILLAGESCHOOL.ORG

GIRLFRIENDS HELP

organize@girlfriendshelp.com | 415.279.1393

ORGANIZE	RELOCATE
Declutter	Manage
Home	Pack
Office	Donate
Kids' Rooms	Hire Movers
School Papers	Unpack
Storage Areas	Reorganize




GirlfriendsHelp.com

Wine Country Retreat

Enjoy a relaxing getaway in West Sonoma!
Local wineries, breweries, hiking trails,
and apple orchards nearby.



Features	Learn More
• Sleeps 10 people - 3 bed / 3 bath + 2 sleeper couches	Airbnb: familygetaway.org /2QjJAUn
• 1 hour from San Francisco	
• 15 min drive to Russian River / Bodega Bay	VRBO: https://www.vrbo.com /1835391
• Kids play area, heated pool, hot tub, shaded lounge, outdoor shower, and grill	



It's giving your child the best start.

Pediatricians with SPMF partner with you through all the milestones, from first steps to well-baby checkups, vaccinations and everything in between. We offer 24-hour nurse advice, same-day appointments and online messaging. Call or choose your child's doctor today.

It's a thousand things, big and small.

sutterhealth.org/spmf-pediatrics

SAN FRANCISCO CLINICS
 350 Rhode Island St., #200 | 415-826-7575
 3838 California St., #805 | 415-600-2403
 2645 Ocean Ave., #300 | 415-547-4800



Sutter Health
 Sutter Pacific
 Medical Foundation



DISCOVER. NURTURE. CHALLENGE.



MARK
DAY
SCHOOL



SAN FRANCISCO
WALDORF
SCHOOL



Inquire to visit and learn more
sfwaldorf.org

In the Early Childhood Program at San Francisco Waldorf School, you'll find a highly considered education that is creative and rooted in community. We start with purposeful play and nature connection and weave in art and movement to build foundational capacities for the academic learning to come. In a nurturing environment, students connect deeply with teachers, who are experts in child development. Our Parent-Child Classes are also an excellent introduction to Waldorf Education and offer support during the first three years of parenting.

Parent-Child Classes for newborns to age 3
Nursery for ages 2 to 4
Kindergarten for ages 4 to 6

Information Sessions offered online
Parent Tours weekly through December
Open Houses October and November

Explore the extraordinary difference

San Francisco Waldorf School 2938 Washington St. San Francisco, CA 94115 (415) 875-7202



READY TO FIND YOUR NEW HOMETOWN IN THE BAY AREA?

Suburban Jungle Strategists have helped countless people find their new hometown. And we can help you find yours.

Schedule a custom strategy session today.
SUBURBANJUNGLEGROUP.COM



**SUBURBAN
JUNGLE**
 LOVE WHERE YOU LIVE

LEARN MORE



THE WHEN YOU BALANCE LEARNING WITH INQUIRY EXTRAORDINARY HAPPENS

Join us for a TOUR

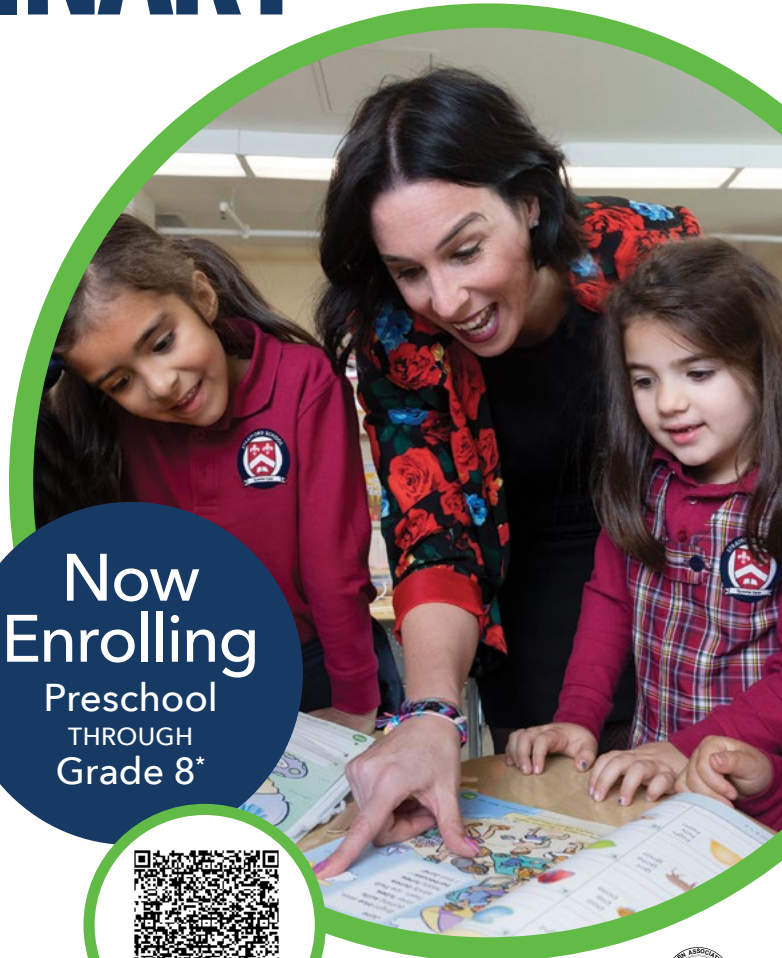
Explore Stratford's advanced, intentionally designed STEAM-based curriculum and see firsthand how we foster creative-thinking, innovation, and collaboration.



**STRATFORD
SCHOOL**

Contact us today to sign up for a private tour
or open house. StratfordSchools.com

Now
Enrolling
Preschool
THROUGH
Grade 8*



San Francisco

Ingleside
Kindergarten - Grade 5
301 De Montfort Ave.
(415) 333-3134

Middle School
Grades 6 - 8
75 Francis St.
(415) 715-8648

14th Avenue
Preschool - Grade 5
Mandarin Bilingual Program
645 14th Ave.
(415) 742-4254

Parkside
Preschool - PreK
Mandarin Bilingual Program
2425 19th Ave.
(415) 564-6250

San Bruno

Crestmoor Canyon
Preschool - Grade 5
2322 Crestmoor Drive
(650) 837-9222

*Grades offered vary by location. Preschool State License: 384001837, 414004014, 384004006, 384004165. Copyright © 2022 Stratford Schools, Inc.

Diving Into My Fears

By Sandy Woo

Boulders crash down a bucolic hillside flecked with daisies, picking up speed towards the exposed cottage at the bottom. Fade to black and silence except for the peaceful, moonlit water with a white figure floating. And beckoning. Here my eyes invariably jerk open, my chest hurting from an imagined lack of air and a wildly beating heart. Welcome to my own recurring horror movie, a work of my subconscious from approximately age 5 to early adolescence.

Perhaps I watched one too many scary movies with my grandmother, who loved all the classic supernatural films, the kind that sabotages the dreaming and twists even your waking hours. Or perhaps my fears stemmed from nearly drowning as a 5-year-old, an event mostly tucked away by the responsible adults of that ill-fated day.

In those Halcyon days of benign neglectful parenting, some relatives of mine took my cousin and me to play at a family friend's pool. We all, of course, know how this story ends, as neither my cousin (who was developmentally delayed) nor I knew how to swim. After she wandered into the deep end, I attempted to help her, not knowing that I, too, would be sucked into that vortex of oxygen deprivation. An eagle-eyed adult finally noticed either the silence or the splashing, and saved us. My cousin thanked our hosts by throwing up into the pool. I merely stared at it, not realizing that a lifetime fear was born that day. Tragedy averted and in Chinese fashion, bad thoughts were repressed. My dad has no recollection of ever being told about it!

I blame being born under a water sign for my inexplicable affinity toward it even as I fear it. Splashing around in it, sure, no problem. But swimming in it, especially in open water? Forget about it. I never could get completely comfortable swimming, holding at bay mild panic attacks whenever the occasion called for it. It wasn't that I couldn't swim, though admittedly it took a while to learn. Irrational fear seized my mind whenever I was in the water where my feet couldn't touch the bottom.

The most logical thing to do then was to sign up for a triathlon, albeit mountain bike distance (sprint), where swimming is the first leg. Training would force me to vanquish



this fear. Well, let's say they sent the safety patrol on surfboards out for me that day. Swim freestyle like I trained? How about back-roll-over-to-side panic stroke, doggy paddle, and the famous god-help-me-I'm-drowning-stroke? I would clock in at 21 minutes for the swim portion (400m) that typically takes about 10 minutes. My memory is fuzzy now but I believe a heavily pregnant woman beat me. I'm certain a collective exhale of relief rippled from

the lake when I was no longer submerged.

Four races later and still I feared the horrors below the water's surface, real and imagined. Each exposure, however, chipped away at that ossified neural pathway leading to panic whenever I found myself in a body of water not in my bathtub.

**"Irrational fear seized my mind
whenever I was in the water where my
feet couldn't touch the bottom."**

When pregnancy rendered most other aerobic exercise painful, I swam at the local pool, delighting in feeling less whale-like in the water. I considered a water birth. Why not combine the two most morbid fears of my life

together? My water broke 5 weeks early, ending that fantasy, and I would not swim for another 3 years. We threw my son into the water early as I was determined he would love it from a young age and would swim well. He hated it—in his eyes, on his face, in the shower. The protesting and crying eventually gave way to him being the first one diving into water of any temperature. (I naturally watched from a safe distance).

This summer we traveled to Hawaii with the grandparents and my son. We took M snorkeling for the first time, including at night with the manta rays. Since no one else had been, I had to be the first to jump into open water—without snorkel and fins on. No panic; no telling myself to breathe slowly. It was just a blue, clear calm. Amidst all the splashing and no bottom in sight, I was floating on the top of the world in the water with my favorite little person.

I don't know if the figure in white in my recurring nightmare was my guardian angel as someone had suggested. I will never know what my subconscious was trying to process all those years. I only know that my great fear had to be faced repeatedly until it receded.

Sandy is still mostly like a fish out of water while in it but is hoping to finally take the swim test at Camp Mather during a summer not too far away.



GGMG | GOLDEN GATE
MOTHERS GROUP

Golden Gate Mothers Group
P.O. Box 475866
San Francisco, CA 94147

Are you a Bay Area mom?
Want to receive this magazine?
Join GGMG today at ggmg.org.

Presorted
First Class Mail
US Postage
PAID
Oakland, CA
Permit #2319

statement of purpose:

*nurture ourselves, our children,
our partners, and our community;
create an environment of support,
information sharing, and connection;
learn, teach, create, have fun, and
provide balance in our lives and in
the lives of our growing families.*



SAN FRANCISCO

NOW ENROLLING
2 - 6 years old

9 Pelton Pl. | (415) 932-6023



SEABIRDPRESCHOOL.COM