



# MOMS CLUB OF BROOMFIELD



## Message from the President

By Mary Sethna

There are 1,440 minutes in a day. And yet I still struggle to find time for myself. Indeed, it's the busy mother's dilemma.

Perhaps that's why a headline in my Google newsfeed grabbed my attention: "Denver mom creates mindful app to help moms take a moment for themselves."

Did Google's algorithm get it right this time, I thought? I meant to click on the article, but I was struggling to find the time. Several weeks went by before I finally read it.

I've always been interested in mindfulness. As a college student, I dabbled with Zen meditation. It didn't last long. When I was working at The Denver Post, I downloaded "Headspace," another mindfulness app. The mindfulness practice didn't stick.

But I knew I needed to set aside some time for myself, and so I decided to give mindfulness another try and review the "Mindful Mama" app for the MOMS Club newsletter.

## BOARD MEMBERS

**MARY SETHNA**

**President**

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**EMMA COOK**

**Membership Vice President**

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**AUDREY JOHNSON**

**Treasurer**

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## Message continued:

Some quick background. The “Mindful Mamas” wellness app was founded by Terra LaRock, a licensed psychologist, who worked as a family and child psychologist for Denver Public Schools. The idea came to her when she was experiencing her own issues with postpartum depression. According to LaRock, mindfulness is not a substitute for mental health treatment or therapy, but when practiced on a regular basis, it can help reduce anxiety and depression.

One of the first things that appealed to me was that this is an app designed specifically for busy mothers. It’s broken down into practices as short as 60 seconds or as long as 10 minutes.

The app tailors mindfulness practices to your “mamahood stage.” Examples include trying to conceive, fertility, pregnancy, 4th trimester, 1st year, toddler...all the way up to all grown up. You select which stage you’re in. The app also breaks down further into various categories that also offer specific meditations, like feeding baby.

For the purpose of this review, I did “7 Days of Basics,” 10 minute mindfulness practices for beginners, which are included in a 7-day free trial. My immediate concern was time management. How was I going to make this happen? It sounds simple; spend 10 minutes practicing mindfulness. But I knew I would experience obstacles — mainly, the busyness of being a mom. I decided to journal daily for each mindfulness practice.

But first, a disclaimer: The “Mindful Mamas” app is not endorsed or recommended by MOMS Club and this review reflects only one person’s experience and is not a guarantee, promise or reflection of the feelings of every user. The views and opinions expressed in this review are those of the author only, and no compensation or payment was received for this review.

[CLICK HERE](#), to read my seven-day journal, which documents the challenges I faced.



These are my conclusions after completing the trial. The “Mindful Mama” app is a great resource for mothers who want to practice mindfulness. The practices are relevant and the app provides useful tools to practice.

One issue I faced was how to find ways to get uninterrupted time to practice. I tried setting my kids up with an activity that would keep them busy for 10 minutes — like coloring or tablet time. I also enlisted my partner’s help when he was available. Other days, I embraced the interruption alongside the practice. Evenings didn’t really work for me — because I would almost fall asleep during the practice.

It was hard to squeeze mindfulness into my daily schedule. Yet, I always found time the time to do the dishes. Why was it so hard to devote time to myself? This is a question I am still grappling with. But as a mom, I am learning that my well being should be placed higher on my daily list.

“May I care for myself as much as I care for my family.” —A Mindful Mama mantra



## MOMS CLUB OF BROOMFIELD

# *Join our annual Nail It! Challenge*

### **Virtual cupcake or cookie decorating challenge**

Decorate your favorite sweet treat in a winter clothing theme.  
Send Emma a photo of your creation, email: [ecycook@gmail.com](mailto:ecycook@gmail.com) or  
text: (720)308-0569, by Dec. 19. Emma

will put them all up on our Facebook page so we can vote!

Mama's and kiddos are welcome to participate.

Winners will get to eat their own creations!

Participants will be also be featured in our monthly calendar.



## MEMBER SPOTLIGHTS: Q&A WITH BEKAH

Q: How long have you lived in Broomfield?

A: We have lived in Broomfield for a year and a half. We lived in Orlando for the previous five years.

Q: Book you last read?

A: "The Four Winds." I really enjoy reading historical fiction.

Q: What's the best vacation you've ever taken and why?

A: A couple years ago my husband and I spent three weeks in Spain and Italy. I still daydream of all the delicious food we got to try!



## Q&A WITH MARY

Q: What's your favorite local restaurant?

A: I love Japango for sushi in Boulder. My husband and I ate there a few times when we first moved to the area. So good! They had (maybe still have?) this half-off happy hour deal at an ungodly time that we'd do before having kids. But we loved it!

Q: What is one unique thing about you that people wouldn't suspect?

A: I've taught high school in five different schools in four different states, including Hawaii.

Q: Show you last watched?

A: I just finished Trying on Apple TV+. I'd definitely recommend if you're like my husband and I, who caved to get the subscription only to watch Ted Lasso and want to see what else is on the channel!

DECEMBER 2021

## Q&A WITH AMANDA

Q: How long have you lived in Broomfield?

A: I've lived in Broomfield since February 2021 (almost a year).

Q: Book you last read?

A: The last book I read was Harry Potter (the whole series), but I'm currently reading "Hunt, Gather, Parent" by Michaelaleen Douclev.

Q What's the best vacation you've ever taken and why?

A: The best vacation I've ever been on was a trip pre-baby to Australia with my husband. Diving the Great Barrier Reef was on my bucket list since I first learned about it in the second grade, so it was so amazing crossing that off my list with my husband.



## Q&A WITH KRISTEN

Q: What's your favorite local restaurant?

A: Favorite local restaurant in Broomfield is Hollan-Dazed.

Q: Show you last watched?

A: Show last watched is "Lupin."

Q: Favorite holiday and why?

A: Favorite holiday is Halloween because the family gets together and laughs a lot.



## Q&A WITH BETHANY

Q: How long have you lived in Broomfield?

A: Four years.

Q: What's your favorite local restaurant?

A: Heidi's Deli.

Q: What is one unique thing about you that people wouldn't suspect?

A: I went for a five-day overnight dogsledding trip in college.

Q: Book you last read?

A: "The Way of the Pilgrim."

A: Show you last watched?

A: "Avatar: The Last Airbender."

Q: Favorite Instagram follows?

A: What's Instagram?

Q: What's the best vacation you've ever taken and why?

A: Greece - Santorini is the most beautiful place I've ever been to.

Q: Favorite holiday and why?

A: Pascha - so full of meaning, brightness and food.

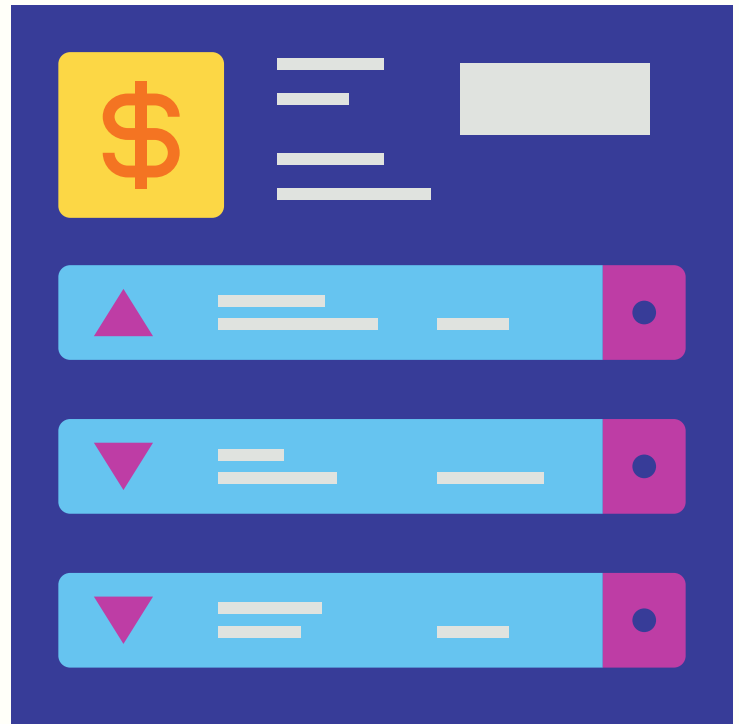
# Quarterly Numbers

+6 New members

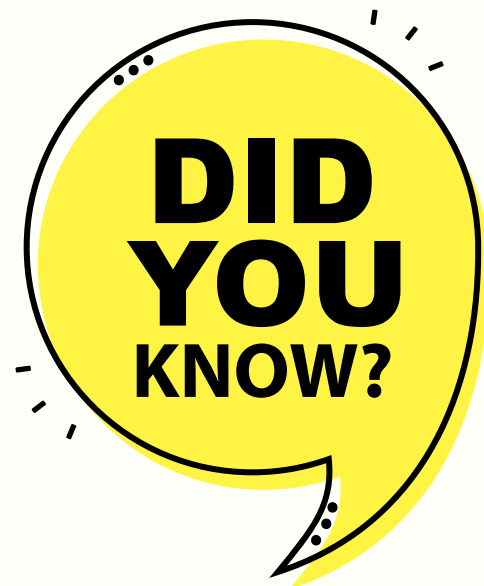
+\$120 in dues

-\$5 expenditures:

International MOMS Club conference fee



*As a registered 501c3 charitable non-profit, the majority of our budget goes toward donations & service projects that benefit children in addition to operating expenses. Do you have an idea for a service project? Share it with our group!*



## INTERNATIONAL MOMS CLUB

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# MOMS CLUB OF BROOMFIELD



## Message from the President

By Mary Sethna

"I'm your guide here. In the evening-dark morning streets, I point and name. Look, the sycamores, their mottled, paint-by-number bark. Look, the leaves rusting and crisping at the edges. I walk through Schiller Park with you on my chest. Stars smolder well into daylight. Look, the pond, the ducks, the dogs paddling after their prized sticks. Fall is when the only things you know because I've named them begin to end."

-Maggie Smith, excerpt from "First Fall."

As parents, we are entrusted to teach our children about the world.

We respond to their cries with our touch, teach them their first words with our voice, and nurture their hearts with our love.

It is perhaps our greatest undertaking.

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## Message continued:

Eventually, we send them off to school, and their world expands beyond the scope of home.

My son recently started first grade. As we anticipated his first day, we were full of excitement and anxiety about the upcoming transition.

My son wondered if any of his friends from kindergarten would be in his class again. His classmates had formed a cohort. And they were bonded together like paper and glue after a year of remote and in-person learning.

I reassured him that this year, there would be no sections at recess. All the first graders would get to play together.

Parents would also get to see classrooms in person for the first time since the pandemic started during an open house.

Admittedly, I was a little nervous. While the school's orange brick exterior was familiar to me, the inside was not.

As a family, we walked to the school and down the hallway to my son's first grade classroom, where we met his teacher.

I scanned the classroom full of bright colors and school supplies. I was so captivated by the experience that I tripped and nearly fell over.

A couple of days later, school officially started, and we began our walk-to-school routine.

One day, as my 2-year-old daughter and I walked home after drop off, she insisted on getting out of the stroller and walking by herself.

As she collected rocks by the sidewalk, I slowed my pace to match hers. I breathed in the morning air and gazed up at the evergreens and the mixture of green and yellow leaves attached to the maple trees. It was the very beginning of fall.



As the day progressed, my daughter asked to put on her shoes so we could go get her brother. "It isn't time to pick him up yet," I told her. We missed him.

After pickup, the children played together with extra exuberance — bounding around the house with a game of chase.

As bedtime approached, my son asked to play a subtraction game. "I have 100 toothbrushes," I said. "And I'm taking away 33."

I watched him work through the numbers using his head and fingers. We did this several times, before I reminded him that it was time to read our bedtime story.

Later that evening, I reflected on how he was already learning new things at school. I'm still his guide, I thought. But his independence was growing. I was learning when to lean in — and when to let go.

Click [here](#) to read or listen to the full version of Maggie Smith's poem.

## MEMBER SPOTLIGHTS: Q&A WITH MAYRA

Q: What's your favorite local restaurant?

A: My favorite restaurant is any, because I like food.

Q: What is one unique thing about you that people wouldn't suspect?

A: Probably something that people don't know about me is that I like to go to the opera and musicals.

Q: Book you last read?

A: I'm reading a book called "Love and Respect." Really good to understand your partner.

Q: What's the best vacation you've ever taken and why?

A: My favorite vacation was to the east coast, and I liked it because I didn't pay a penny. It was a present.



## Q&A WITH VERGINIA

Q: How long have you lived in Broomfield?

A: Five years.

Q: What is one unique thing about you that people wouldn't suspect?

A: Born and raised in Bulgaria.

Q: Show you last watched?

A: Nevertheless, I love watching Korean dramas.



## Q&A WITH MARY

Q: How long have you lived in Broomfield?

A: Two years this past July.

Q: What's your favorite local restaurant?

A: My kitchen! Just kidding, but if my husband and I could eat out more often, we would definitely have to say either Northside Tavern or Thai Stellar.

Q: What is one unique thing about you that people wouldn't suspect?

A: I am crazy scared of wild animals, as in too panicked at the idea of possibly running into one that we have yet to go camping or hiking as a family. I'm also pretty terrible at most sports. I only enjoy running for exercise.

Q: Book you last read?

A: The Roly-Poly Spider.

Q: Show you last watched?

A: Kids show: "Higgly Town Heroes." Adult show: "How to Get Away with Murder."

Q: Favorite Instagram follows?

A: Probably my sister's account. She posts some pretty good stuff.

Q: What's the best vacation you've ever taken and why?

A: We went on a family vacation to Hawaii and swam with dolphins, relaxed on the beach, drank margaritas, made sandcastles, and became certified hula dance instructors. Just kidding! But so far, most of our vacations have been trips home to Texas. We hope to go to Disneyland (and maybe Hawaii someday!) in a year or so.

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# MOMS CLUB OF BROOMFIELD



MOMS Club service project team member, Aloy, is pictured donating items to A Precious Child.

## Message from the President

By Mary Sethna

*"Alone we can do so little; together we can do so much."*  
–Helen Keller

Together, our chapter donated over \$150 of new items to A Precious Child, a Broomfield-based charitable non-profit, which aids families in need, including those affected by the Marshall fire.

Special thanks to everyone who donated items and to our service project team members! Thank you for all your hard effort – from coordinating drop-offs to promoting our drive in the greater community.

We could not have done it without you!

As we wrap up the end of the third quarter on a service project high, we are looking ahead to elections.



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club website:





## Message continued:

Every June, MOMS Club® chapters hold elections for board positions for the following fiscal year which begins July 1.

This is a great opportunity for our chapter to expand its board.

It's also a fun volunteer opportunity and a way to get involved and share your skills with our group.

Right now, we are looking for members to join our nomination committee in our search for officers. If you are interested in helping, send an email to [Mary.Sethna@gmail.com](mailto:Mary.Sethna@gmail.com).

This committee will be then be reaching out to members in our group about joining our board.

If you're interested in learning more about a board position, let a board member know!

Still unsure?

Take the Mommy Quotient personality test — a fun (and totally unscientific) quiz from International MOMS Club.

[https://drive.google.com/file/d/lawjPqCW\\_hQQjstZnU4hTfLqgJfcQhqGH/view?usp=sharing](https://drive.google.com/file/d/lawjPqCW_hQQjstZnU4hTfLqgJfcQhqGH/view?usp=sharing)

Read the officer descriptions.

Attend our monthly all-members business meeting.

Scroll on down to our MOMS Club flowchart!

Good-to-know fact: International MOMS Club offers an online training course for board members and training at their regional conferences!

### **President**

Preside at meetings, organize club activities with the board, act as chapter liaison to International MOMS Club, organizations and the community.

(Currently filled by Mary Sethna)

### **Membership VP**

Promote membership, publicize the group, help collect dues, and coordinate hospitality at meetings.

(Currently filled by Emma Cook)



A volunteer collects items at A Precious Child.

### **Treasurer**

To be responsible for all group funds, to deposit funds to our local bank account, to maintain financial records and keep available for review.

To receive and legally disperse any funds as directed by the board — and to give vouchers and receipts for any transactions.

To prepare and present a financial report at least once a year, and to prepare any other financial reports as may be required.  
(Currently filled by Audrey Johnson)

### **Administrative VP & Service Project Coordinator**

Assist the President in fulfilling her duties of the office, assume the duties of the President when she is not available, coordinate our service project.

(Not filled)

### **Secretary**

Compile a roster of all members and distribute, coordinate or prepare any necessary correspondence, take minutes of the meetings, and keep those minutes available for review.

(Not filled)

## MEMBER SPOTLIGHTS: Q&A WITH AGUSTINA

Q: How long have you lived in Broomfield?

A: We bought a house and moved to Broomfield a year and a half ago. We live in LAC Amora.

Q: What's your favorite local restaurant?

A: Honestly, we cook so much at home. My husband is quite the chef so he spoils us. Since COVID we haven't been out much. We had a couple of dates Hickory and Ash and the food was delish!

Q: What is one unique thing about you that people wouldn't suspect?

A: I grew up in Argentina until I was 16, then moved to the states, although I think people can still detect the accent here and there.

Q: Book you last read?

A: "How to Avoid a Climate Disaster" by Bill Gates.  
"Raising Good Humans" by Hunter Clarke-Fields.

Q: Show you last watched?

A: GOT (Game of Thrones) for the second time hahah.  
My hubs said I missed a lot the first time.

Q: Favorite Instagram follows?

A: I'm not super active on SM anymore, but  
@mothercould, @brightly.eco.



New member, Agustina, is pictured with her children.

Q: What's the best vacation you've ever taken and why?

A: Best vacation (kinda) was living abroad. I don't know if that counts, but we had monthly getaways to little towns surrounding Switzerland and it was beautiful!





New member, Cate, is pictured with her daughter.

## Q&A WITH CATE

Q: How long have you lived in Broomfield?

A: We moved to Westminster from San Francisco November 2020, and we moved to Broomfield June 2021.

Q: Show you last watched?

A: Currently watching "Love is Blind" and "Inventing Anna" on Netflix.

Q: Favorite Instagram follows?

A: Taylor Swift - I'm a huge fan!

Q: What's the best vacation you've ever taken and why?

A: Our honeymoon was pretty great! We stayed on the Pacific side of Cabo at a zen-like adults only resort. So relaxing, and the tequila bar was a blast!



# MOMS Club® is run by volunteers!

START



FINISH





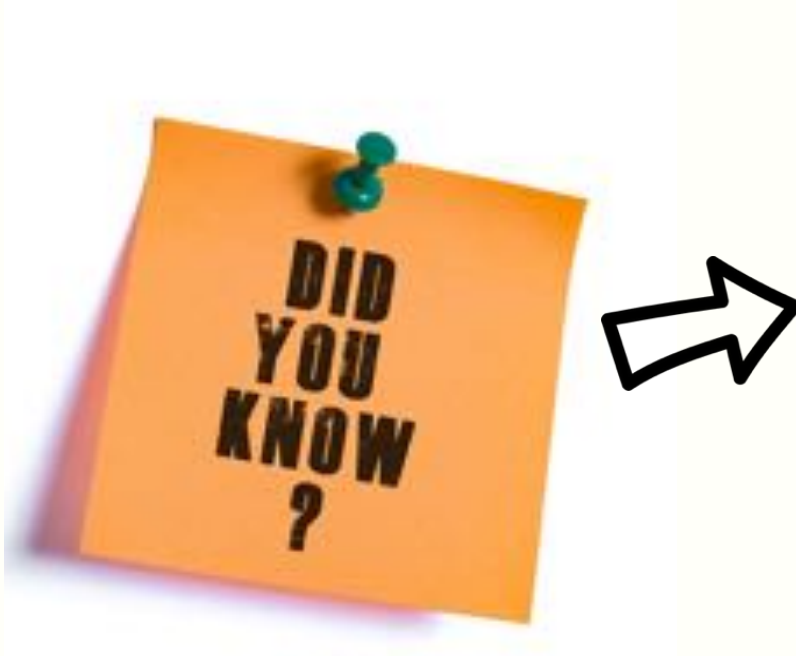
## Third Quarter: Dec. 1-Feb. 28

*+ 3 New member*

*+ 2 Renewing members*

*+\$100 in dues*

*\$0 expenditures*



*You can buy International  
MOMS Club merchandise  
on their website! Visit  
<https://momsclub.org/store/>*

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JUNE 2022



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By Mary Sethna

It's MOMS Club election season!

Come vote on our slate of officers for the July 2022-June 2023 fiscal year at our monthly virtual business meeting on June 24 at 9:15a.m.

Voting will take place by show of hands since all candidates are running unopposed.

Slate of Officers includes:

Mary S. - President

Emma - Administrative Vice President

Verginia - Treasurer

Aloy - Membership Vice President

Join meeting via Google Meet:  
[meet.google.com/knz-myqg-pii](https://meet.google.com/knz-myqg-pii)

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club website:



## MEMBER SPOTLIGHTS: Q&A WITH CAITLIN

Q: How long have you lived in Broomfield?

A: I have lived in Broomfield since 2016.

Q: Book you last read?

A: The current read I have in hand is "Strange Situation, A Mother's Journey into the Science of Attachment" by Bethany Saltman. I definitely recommend it!

Q: What's your favorite local restaurant?

A: Favorite local restaurant is the Tavern.



Caitlin, right, is pictured with her sister on Mother's Day.

## Q&A WITH KATHERINE

Q: How long have you lived in Broomfield?

A: One year.

Q: What's your favorite local restaurant?

A: Don't have one yet. Suggestions are welcome.

Q: Book you last read?

A: "Memory man," by David Baldacci.

Q: Show you last watched?

A: Technically it was "Learning with Ms Rachel" on YouTube or "Bubble Guppies." But of my shows it would be "90 day Fiancé" or "Friends."

A: What's the best vacation you've ever taken and why?

A: Hawaii. It was something I didn't think I was ever going to be able to go do. I had an amazing time seeing all the sea life.



Katherine is pictured with her granddaughter.





Jennette is pictured with her family.

## Q&A WITH JENNETTE

Q: How long have you lived in Broomfield?

A: I have lived in Broomfield for 3.5 years. Moved here from Denver and have lived in Colorado for 12 years.

Q: Book you last read?

A: I last read "Little Witch Hazel" by Phoebe Wahl to my daughter and for myself "The Nature of the Beast" by Louise Penny (#11 in the Inspector Gamache series).

Q: Show you last watched?

A: "Severance." Does anyone want to talk about it? It was so good and also crazy.

Q: Favorite Instagram follows?

A: Currently Aglassofbovino. She does new traditional/grandmillennial style and does fun polls/discussions about how people pronounce different words, plus she loves green as much as I do.





JUNE 2022

## QUARTERLY NUMBERS

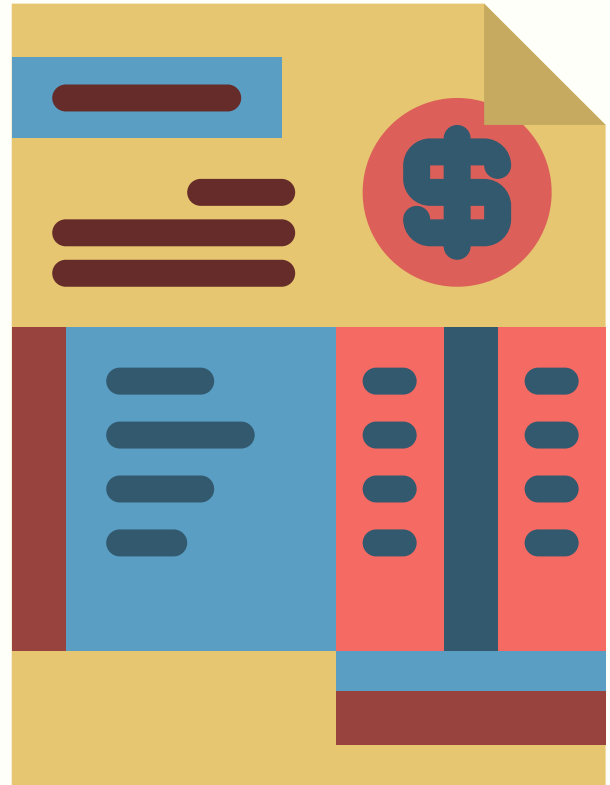
+8 NEW MEMBERS

+\$160 IN DUES

-\$417.75

EXPENDITURES:

INTERNATIONAL MOMS  
CLUB RE-REGISTRATION  
FEE, MOMS CLUB  
MARKETING MATERIALS  
(SIGNS & FLYERS), AND  
CHARITY DONATIONS



As a registered 501c3 charitable non-profit, the majority of our chapter's budget goes toward charity donations, service projects that benefit children, and operating expenses. Do you have an idea for a service project? Share it with our group!

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