

BEDFORD FAMILY CONNECTION

Strengthening the community by connecting and supporting local families with children ages 0-5 since 1988.

APRIL

Spring is in the air... it's everywhere you look around...do do do! The BFC is blooming with activity and we couldn't be more thrilled with all of the new members who are joining and getting involved. Although March typically feels like a long month... this one marched right on by for the BFC! Loads and loads of activities in the playroom and throughout... and what a fun time at the Easter Egg Hunt! Thanks to all the families who hopped out to enjoy this annual event - a lot better than the snow-filled field from last year.

April is showering us with even more memory-making events. We will be kicking the month off with our Paint Party Fundraiser. It was such a blast tihis fall - we are bringing it back... check out BigTent for more info. And don't forget - this is a great time to introduce new mamas to the BFC, as we have our annual New Mom's Brunch at the end of the month! We look forward to frolicking in the green grass with all of you this month.

We also wanted to mention a quick reminder that Dr. Nora Shine's *The Talk* has a new date of Tuesday, April 5, at 7:30pm.

Cheers Becky Gould and Kristine Shah





Dr. Nora Shine's THE TALK

Topic: The TALK: Talking to Adults, Listening to Kids (Realistic Strategies for Promoting the Sexual Safety of Young Children)

NEW DATE! April 5, 7:30pm-9:30pm

Location: First Parish, 75 Great Road, Bedford

Space is limited, Please RSVP to parented@bfctoday.com

Dr. Nora Shine, a Child Psychologist and parent of two young children, has created a two hour workshop in which she shares realistic strategies that parents (and teachers/counselors) can use to promote the safety of their young children, especially in regards to child sexual exploitation. Dr Shine draws upon her knowledge as a Child Psychologist, her experience as a parent, and her training as a facilitator in sexual abusé prevention from two nationally renowned organizations (D2'L and StopH-Now), to teach parents what really works in keeping kids safe from harm. In this workshop, Dr Shine will share research-based information about effective (and realistic) strategies that can be used to protect the children in your communities. After participating in the TALK workshop, parents and professional's will feel relieved to know that they can be a real part of creating safer communities for all children.

To learn more, visit: drshinethetalk.wordpress.com

It is important that everyone hear The TALK from the beginning. Please arrive before 7:30. The TALK will start promptly at 7:30pm.



PLEASE JOIN US FOR THE

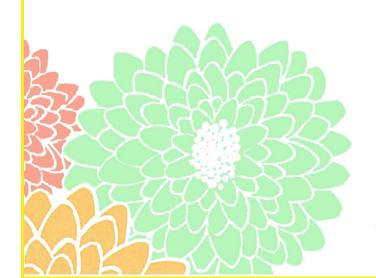
ANNUAL BFC NEW MOMS BRUNCH

SATURDAY, APRIL 30, 2016 11AM - 1PM

> OLD TOWN HALL THE GREAT ROOM 16 SOUTH ROAD BEDFORD, MA

PARKING BEHIND THE OLD TOWN HALL IS LIMITED.
PARKING ON STREET IS BEST.

Come and meet new moms in Bedford and enjoy delicious food and fun games. Babies are welcome, or take the morning off!



HOSTED BY THE
BEDFORD FAMILY CONNECTION

Please RVSP by
April 23
Newmomsbrunch@bfctoday.com

Spring Concert Starring:





Saturday May 14th

4pm @ First Church of Christ
25 Great Road, Bedford, MA

Tickets: \$5

Purchase in advance at eventbrite.com

 $https://www.eventbrite.com/e/bfc-spring-concert-starring-karen-k-and-the-jitterbugs-tickets-2\,l24\,l\,803\,807? aff=ebrowse$

Concert Presented By:



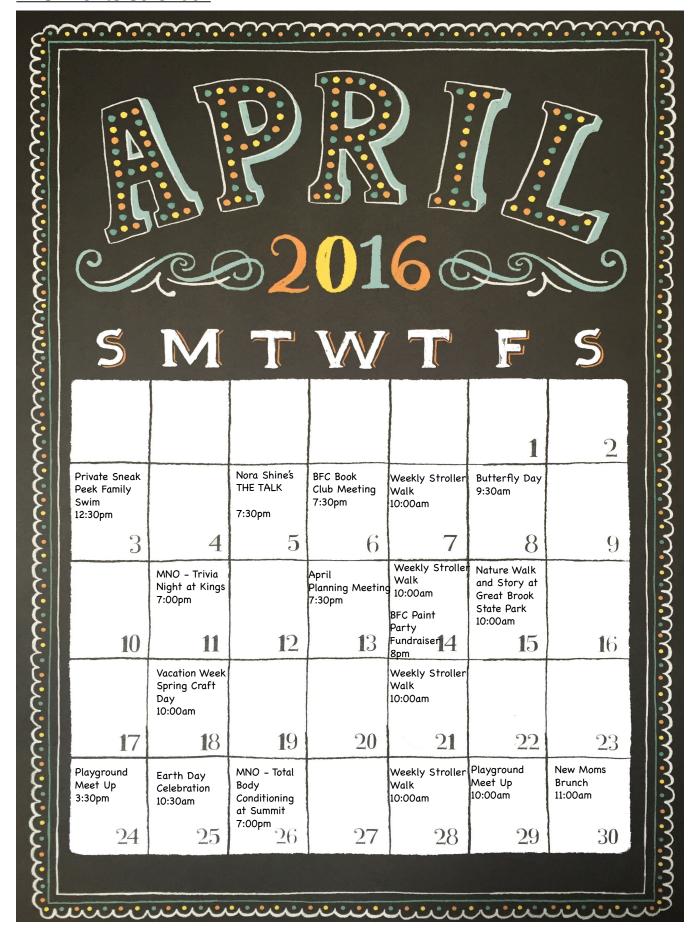


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BFC Events Calendar



Playroom

The BFC Playroom is open weekdays from 9:30–11:30am. It is located in the lower level of the First Parish Church at 75 Great Road (use the side entrance on Elm Street).

The BFC Playroom offers a warm, welcoming environment where children can play together and parents and caregivers can connect. In addition to various toys, books, and puzzles for children 0-5, the playroom offers all kinds of craft supplies and mini-projects, plus a large open floor space for imaginative play. This is a **nut-free** space. We ask that all visitors refrain from bringing in any outside snacks due to allergy concerns. An **individ**ually packaged child's snack and beverage are provided at 10:30am each day. Enjoy this great opportunity for fun and socializing. The rates are \$1.00 per child for BFC members, and \$3.00 for non-members. These playroom rates will help us better cover our annual donation to First Parish for use of the space and the cost of providing snacks. The BFC Playroom follows the Bedford Public Schools calendar.

April 2016 Opener Schedule

Mon	Tue	Wed	Thur	Fri
				1 Shaena Grossman
4	5	6	7	8
Leslie	Christie	Opener	Sara	Kristine
Savoy	Martin	Needed	Baker	Shah
11	12	13	14	15
Cyndi	Margaret	Jessica	Sara	Kelly
Futch	Root	Lynch	Baker	Breen
18 Amanda Carman	19 CLOSED	20 CLOSED	21 CLOSED	22 CLOSED
25	26	27	28	29
Cyndi	Margaret	Leslie	Sara	Maureen
Futch	Root	Savoy	Baker	Lally

OPENERS NEEDED!

We are currently in need of new volunteers to help keep the BFC Playroom running!

Responsibilities include:

- Retrieving the cash box from the church office
- Welcoming guests
- Serving snack
- Straightening the room at 11:30
- Returning the cash box to the office

If you can volunteer to open the playroom please email Erin Campbell (playroom@BFC-Today.com). You can volunteer on a regular, repeating basis, or occasionally—it all helps!

*All openers will be entered into a monthly drawing for a prize!

If you are scheduled to open but can't because your child is sick or you feel the weather is not conducive to driving, send an email to all of the openers and ask someone to cover the sudden need to open. If you have any questions, please email Erin Campbell at playroom@BFCToday.com.

Play Groups

Would you like your children to play with others their age? Are you interested in connecting with other parents? Join a BFC Play Group! The groups are organized by age of children. Both weekend and weekday groups are available. They will meet either in the BFC playroom or in participant's homes depending on each individual group's preference. Please email Rebecca Hagopian with the birthdate(s) of your applicable child(ren), available days and times that you would like to meet, and your contact information. Siblings may are welcome to join, also depending on each individual group's preference.









LOOKING FOR A FEW GOOD PARENTS!

We have many amazing volunteers who have stepped up to help run the BFC for 2015-2016...but we still need more! Please email director@bfctoday.com if you are interested in getting more involved. Some of the areas we are looking for help in are:

- -First Connections Liason
- -Hanscom Airforce Base Liason
- -Adoptive parents
- -Bedford Day Committee
- -Children's and Babies Activities
- -Dad's Corner
- -Parent Education

BFC Consignment Sale

The BFC is collecting baby and children's clothes as well as toys, books, and puzzles to consign at the annual LexFUN consignment sale on May 14, 2016. This is a great way to raise money for the BFC as we will earn 50% of items we sell while the other 50% goes to the LexFUN scholarship program. The scholarship program awards scholarships to area families in need to send their young children to preschools in Lexington and Bedford. All you have to do is donate your clothes and items and we will take care of tagging and bringing them to the sale.

The LexFUN consignment sale is one of the largest in the area selling children's clothes from newborn up to size 10 as well as maternity clothes. You can also find large ticket items such as swings, bikes, and scooters as well as every kind of baby and toddler equipment. You might want to consider volunteering at the sale, which will earn you the opportunity to shop the sale before it opens to the public. Checkout

www.lexfun.org/programs/consignment-sale for more information.

Weekday Children's Activities

Stroller Walk

Recurring Thursdays, April 7 - June 16 10:00am -10:45am MinuteMan Bike Bath at Depot Park South Rd and Loomis St, Bedford



Walk, talk and air out the baby with local moms. We will be meeting weekly on the minuteman bike path at depot park (south road and loomis st) at 10:00 on Thursday mornings starting April 7th. We will plan on strolling for 30-45mins. Weather permitting!

Please RSVP on Big Tent

Butterfly Day

Friday, April 8, 9:30-11:30am BFC Playroom, First Parish Church 75 Great Road, Bedford

Come join us for a fun morning in the playroom. While you're there, help your child create some beautiful spring butterfly crafts that you can hang around your house. Everyone will enjoy a special butterfly themed snack, too. Happy Spring!





Please RSVP on Big Tent

Nature Walk and Story at Great Brook State Park

Friday, April 15, 10:00am - 11:30am Great Brook State Park 165 North Road Carlisle, MA

Spring is in the air! Join us for a nature walk and story reading at Great Brook State Park/Farm. Our park guide, Greg, will meet us at the Pavilion at the end of the main parking lot. Parking is \$2 per car.



Please RSVP on Big Tent

Vacation Week Spring Craft Day

Monday, April 18, 10:00am - 11:30pm BFC Playroom, First Parish Church 75 Great Road, Bedford

Looking for something to do over April vacation... come join us for spring-themed art projects. We will be making yarn wrapped bee puppets and colorful spring flowers using cupcake liners and glitter. Your little ones will be able to get creative without your house becoming a mess:) All ages welcome!

Please RSVP on Big Tent by April 16

Earth Day Celebration

Monday, April 25, 10:30am - 11:30am Town Center Playground Area Mudge Way, Bedford

Come Join Us to celebrate Earth Day. We will plant some seeds and read a story! Rain Location: BFC Playroom



Please RSVP on Big Tent

Playground Meet Up

Friday, April 29, 10:00am - 12:00pm Town Center Playground Area - Picnic Tables Mudge Way, Bedford

Yeah for Warm Weather!! Come out to the playground to bask in the sun! We will also bring our parachute and outdoor games to play.

Please RSVP on Big Tent



Weekend Children's Activities

A Private "Sneak Peek" Family Swim

Sunday, April 3, 12:30pm - 2:00pm Goldfish Swim School in Burlington 10 B Street, Burlington, MA 01803 Please join us for a "Sneak Peek" family swim at the new Goldfish Swim School in Burlington exclusive for BFC members.

Enjoy the tropics of their 90 degree pool before they open their doors for swim lessons this Spring! Family members are welcome to watch swimmers from the viewing area. Please only RSVP for the number of people who will be in the pool itself.

Goldfish Swim School ask that parents accompany their kids in the pool if they are under the age of 3. They will have life vests available for those children who can't swim a width of the pool independently (they must pass a test to be without a parent or without a life jacket). If a child can swim by themselves or are 3 and up with a life jacket, the parents can view from the parent viewing area or pool deck (it's 90 degrees in the pool area so parents should dress appropriately even if they aren't getting in and plan to stay on the deck! the viewing area is behind a glass wall and not as warm!).

Life jackets and swim toys will be available on the pool deck as well.



Please RSVP on Big Tent

Playground Meet Up

Sunday, April 24, 3:30pm - 5:00pm Bedford Town Library Mudge Way, Bedford

Let's enjoy the fresh air. Join us at the town center playground for some fun. We will meet at the picnic tables for a snack before heading in to play.

Please RSVP on Big Tent

BFC Adult Events

The TALK: Talking to Adults, Listening to Kids (Realistic Strategies for Promoting the Sexual Safety of Young Children)

Tuesday, April 5, 7:30pm - 9:30pm First Parish Church 75 Great Road, Bedford

Dr. Nora Shine, a Child Psychologist and parent of two young children, has created a two hour workshop in which she shares realistic strategies that parents (and teachers/ counselors) can use to promote the safety of their young children, especially in regards to child sexual exploitation. Dr Shine draws upon her knowledge as a Child Psychologist, her experience as a parent, and her training as a facilitator in sexual abuse prevention from two nationally renowned organizations (D2L and StopItNow), to teach parents what really works in keeping kids safe from harm. In this workshop, Dr Shine will share research-based information about effective (and realistic) strategies that can be used to protect the children in your communities. After participating in the TALK workshop, parents and professionals will feel relieved to know that they can be a real part of creating safer communities for all children. To learn more, visit: drshinethetalk.wordpress.com It is important that everyone hear The TALK from the beginning. Please arrive before 7:30. The TALK will start promptly at

Please RSVP on Big Tent

7:30pm.

BFC Book Club

Wednesday, April 6, 7:30pm-9:30pm BFC Playroom, First Parish Church 75 Great Road, Bedford

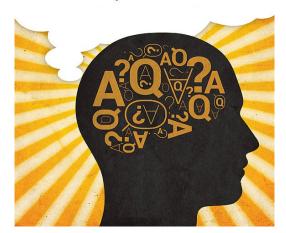
Join us! We will be discussing "My Sunshine Away," by M.O. Walsh, which is available from the library (http://find.minlib.net/iii/encore/record/C__Rb3192398) and also from Amazon (http://amzn.to/1RYQvLP). Finishing the book is not required! We ask only that you bring a light snack or beverage to share with the group. Please RSVP on Big Tent (and please note in the RSVP what you plan to bring to share). Hope to see you on April 6! And if you'd like to stay up to date on what's happening with the Book Club, please join the Book Club subgroup on Big Tent.

MNO - Trivia Night @ King's

Monday, April 11, 7:00pm - 9:00pm Kings Bowling 52 Second Ave, Burlington

Join other BFC moms to put our heads together & test our knowledge playing Stump Trivia at King's Lounge. We need at least one group of 2-6 players! Prizes include bowling passes, rewards cards, gift certificates and CASH!

TRIVIANIGHT



Please RSVP on Big Tent

April Planning Meeting

Wednesday, April 13, 7:30-9:30 pm Kristine's House RSVP on Big Tent for Address

Who wants to plan SUMMER fun!? Join us for our monthly meeting where we will wrap up our spring events and plan a great summer for BFC.

Please RSVP on Big Tent

BFC Paint Party Fundraiser

Thursday, April 14, 8:00pm - 10:00pm First Parish Church - Bacon Room 75 Great Road, Bedford

BFC Paint party is back by popular demand!! Paint, have fun and raise some money for BFC with local artist J.J. Long! Paint Parties are so much fun and a great opportunity to be creative, have fun and socialize!! J.J. will teach us step by step how to create a painting from start to finish in a fun, laid back atmosphere! All skill levels welcome. You can follow directions to "T" or follow your own creativity - either way you'll have a great painting to show for it! J.J. will generously donate \$15/painter back to the BFC. This is an open event to all, everyone is welcome (members or not), feel free to spread the word. If you would like to attend, please RSVP on Big Tent and then pay in advance using the following link:

http://www.jjartworks.com/store/p338/ April_5,_2016_-_BFC_Paint_Party_Fundraiser. html

J.J. will also donate 25% of his artwork purchased at this event, so look at his work on his website and if you see something you like, let him or I know in advance so he can bring it to the party. The first BFC paint party was so much fun, you don't want to miss this one!



Please RSVP on Big Tent

MNO - Total Body Conditioning at Summit

Tuesday, April 26, 7:00pm - 8:30pm Summit Health and Fitness 65 Wiggins Ave

Come join us in getting fit at Summit Health and Fitness Center!! We'll take a free class with Sandy Morvillo (aka Bootcamp Sandy) and then partake in some wine, cheese, water, and socialization after (does this defeat the purpose...?) All participants will also receive a 1 week free trial at Summit beginning 4/30 as well! You don't want to miss this! All abilities welcome (dads too!)

Please RSVP on Big Tent

BFC Annual New Moms Brunch

Saturday, April 30 11:00am - 1:00pm Old Town Hall- The Great Room 16 South Road

If you have had a baby after April 1, 2015 please join us for the annual BFC New Moms Brunch. Whether it's your first baby or fifth come and meet new moms in Bedford and enjoy delicious food and fun games. Babies are welcome, or take the morning off! If you interested in attending, please e-mail us with your full name, address, phone number, and your child(ren)s name(s) and birth date(s). A formal invitation will arrive in the mail. Know a mom who is not a BFC member? We'd love to invite her too, so please spread the word!

All information and/or questions can be e-mailed to: newmomsbrunch@bfctoday. com. We hope to see you there!

Community Service Committee

During the BFC Spring Concert on May 14, there will be a card making station! Our little ones can color and create a beautiful card for our friends at Carleton Willard, right here in Bedford. Let's help brighten their day with a thoughtful and colorful spring greeting card!

Community Bulletin Board

Look here for community parenting news and events, classified ads, and special member offers

2016-2017 Davis School Kindergarten Screening

Hello Incoming Kindergarteners! BEST/PTO (Bedford Elementary Schools Together) will be selling Davis T-Shirts at Kindergarten Screening between March 31-April 8! Show your school spirit in one of these adorable green shirts designed by BFC and BEST parent Tara O'Loughlin! T-shirts are \$15 each and all proceeds will be used to support the Davis and Lane Schools. The Davis Staff and the BEST volunteers can't wait to meet all the 4 and 5 year olds out there! See you soon! Questions? Email BEST President Dawn Kociubes at best.pto.bedford@gmail.com.





Bedford Cub Scout "Kid Stuff" Sale

Bedford Cub Scout Pack 194 is having a "Kids' Stuff Sale" on Saturday, April 9th, from 10-2 PM, at First Church Congregational, 25 Great Road here in Bedford. Kids' clothes, toys, sports equipment, games, etc. at very low prices! It supports the Cub Scouts and it's a great way to get things for kids while being green!

Bedford Library Spring Book Sale

The Friends of the Bedford Library will host the Spring Library Book Sale on April 8, 9 and 10. We have thousands of books ready for your spring and summer reading! Please see the information in the attached flyer and post it in your newsletters, bulletin boards and areas where it will be visible to all. We look forward to seeing everyone at this wonderful event. Thank you for your continued support! -Friends of the Bedford Library

FRIENDS OF THE BEDFORD LIBRARY

SPRING BOOK SALE APRIL 8-10

FRIDAY 8^{TH} 1-5PM SATURDAY 9^{TH} 10AM-4PM SUNDAY 10^{TH} 1-4PM



Bedford Public Library 7 Mudge Way, Bedford, MA 01730

Be a Voice for Children - This April is Child Abuse Prevention Month!

Make a pinwheel garden in your yard to

show your support. Visit https://mam-abeareffect.ecwid.com/?~~mode=pro-duct&~~id=62493049#!/Local-Delivery-Pin-wheel-Garden/p/62493049 to order your pinwheel garden kit: Includes:

- -One 18" x 24" April is Child Abuse Prevention Month Yard Sign
- -12 Every Child Matters Pinwheels Kit will be dropped off at your door step.



First Connections Spring Playgroups

Play is a child's work. Play creates pathways in a child's developing brain that are critical for receiving information and learning. Our spring programs provide quality play time that can actually alter and enhance the brains of children who participate..

Spring groups will run from April 7 to June 22. Registration is required by emailing lmatthews@jri.org or calling 978-429-8284. Playgroups are free of charge and require a caregiver participant. Sign-up age is based on the first day of class. Families may sign up for one weekly group per child. If you are unable to register for a playgroup due to space limitations, and have a group of friends who are looking for a space to meet on your own, our playroom is available at regular times during the week for use.

Infant Playgroup

This playgroup is for babies not crawling or walking yet. The group includes developmental discussions and handouts, playtime, circle

time with finger plays, rhymes and songs. 3-9 Mos Babies meets Thursdays, 10:30-11:30 at Boxborough Library

12-24 Month Steady Walkers Playgroup

This group is for confidently walking toddlers and will include free play with time to work on social skills such as sharing and waiting for a turn, some art and sensory activities, and a circle time with story. Each family will bring home a different bag of books to read each week, and exchange the bag the following week for more books. Tips will be included on using dialogic reading techniques with children including PEER and CROWD methods. Meets Thursdays, 10-11:15, at First Connections in Acton

Outdoor Explorations Group for Ages 3 1/2 thru 5

After a long winter we are looking forward to warmer temperatures and exploring nature trails in our area. We'll learn about what is happening in the ponds, fields and woods around us. We'll read a different book each week and allow the children to talk about what they may have discovered in their own back yards during the week. The places we will be walking are not stroller-friendly. Babies are welcome if they are worn in a carrier/sling/ backpack, but siblings younger than 3 will not be able to keep up. This group will meet or 3 weeks at a time in the following locations: Ripley Playscape in Concord, Grassy Pond in Westford, and Minuteman National Park in Lincoln on Mondays, 2-3:00

Goldfish Swim School is opening this Spring in Burlington!

We cater to the safety and development that your children need in swim lessons. Our pools are kept at 90 degrees to make the water inviting and shiver-free! Our class sizes are small - no more than four children per instructor in group lessons - so kids receive the personalized attention they need. We teach children of all ages and varying stages from

introductory parent-tot programs to beginner swimmer lessons to advanced pro-level lessons. We also offer a recreational swim team for those swimmers that want to swim for an hour and learn how to read a pace clock, practice flip turns and prepare for the next stages of competitive swimming. Lastly, we offer weekend birthday parties and open swim times for families. The new pool will be located at 10 B Street, Burlington.

WEBSITE

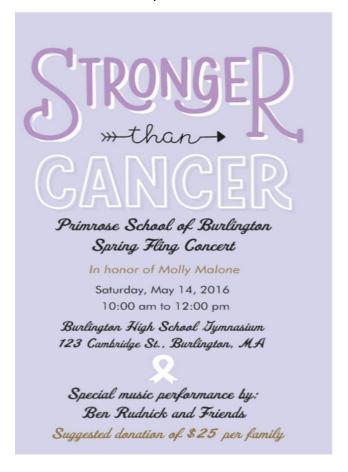
www.burlington.goldfishswimschool.com

FACEBOOK

www.facebook.com/goldfishburlington

Primrose School of Burlington Spring Fling Event

In honor of Molly Malone, a 15 year old girl who was recently diagnosed with Ewing Sarcoma, a rare form of bone cancer. Molly is a neice of a Primrose parent.



Join the BEST/PTO Color Run June 4!



Bedford Babysitting Coop

The Bedford Babysitting Coop is open to families living in Bedford. The coop is limited to 30 families, but currently has a few openings. Once 30 families are enrolled, we maintain a wait list. Most families have been introduced to the coop through referrals by other members, so there is a high level of familiarity between the families.

Everything coop related is tracked through a Yahoo group. When a member needs someone to watch their kids they send an email to the mailing list with the details and anyone who can sit will respond and coordinate with the requester directly.

Sits are paid for with "points". Standard rates are one point per hour for the first kid and 1/2 point per hour for any additional kids. One additional point is paid if the sit is at the requester's house. Points are earned by sitting

for other families. Points can also be earned/ spent by bartering other services (cat sitting, dog walking, rides, etc.)

One of the benefits of using the coop for daytime sits is it gives a chance for the kids to play together. It is like a play date as far as the kids are concerned.

We have annual dues of \$10 that pays for a party, which is also an opportunity for coop families to get to know each other. We also try to have socials throughout the year. Everyone pays one point a year to pay for the officers.

Please contact Kathy Recca (knittingkathy@ yahoo.com) if you are interested in learning more about the coop.

New Cartridges for Kids BEST/PTO Recyling Fundraiser

BEST/PTO has started a new Cartridges for Kids (CFK) fundraising program to benefit the Bedford Public Schools. Your old cell phones, laser and inkjet printer cartridges, MP3 players/iPods, e-readers/notebooks, PDAs, and laptops can be recycled AND earn money for the schools! Collection boxes are available in the lobby of Davis & Lane Schools right next to the marker collection boxes

As of mid-February, collection boxes will also be at the BFC playroom and at Beford's Town Center building.

This program is also a great opportunity for the community to participate in recycling, and support the local public schools to raise funds for enrichment programs, school equipment, and supplies.

If you have questions, please email Michele Waldron at Cfkfundraiserbedford@yahoo. com or Shaena Grossman at shaengro@gmail.com

First Parish Church Parenting Support Group

First Parish in Bedford has recently started a parenting support group for parents/caregivers of school age children who are dealing with emotional/behavioral/scholastic challenges like depression, anxiety, autism, learning disabilities (dylexia/ ADD/ADHD) sensory issues ect.

This is a small group of parents/caregivers who meet once a month to share their stories and offer support/resources to other parents who are in the same situation. If you would like more information please contact Liz Hanegan at haneganliz@yahoo.com.

Mom to Mom

Wednesdays, 9:30-11:30am St. Michael Church, 90 Concord Rd, Bedford

As a young mother, do you feel:

- Isolated without extended family or friends in the area, in neighborhoods without other moms at home, missing the camaraderie of the workplace?
- Insignificant in a culture that minimizes your role and values as a mother?
- Intimidated by information overload by parenting resources?

If so, consider joining the Mom to Mom (MTM) program at St. Michael's Church. MTM is a Biblically based parenting program designed around the Titus 2:4 concepts of older women teaching and encouraging younger women in their relationships with their husbands and children. It includes quality parenting instruction and small group discussion between more experienced and younger moms. Both a place of nurture for committed Christian women and a "safe place" to bring community friends, MTM often becomes a bridge into the church. The program was founded by Linda Anderson, a former Lexington resident who has been teaching parenting groups and Bible studies for over two decades and integrated much of her own life and readings into her

teaching. Free childcare is provided so while you are being inspired as a parent, your child/children will enjoy playing with toys and other children.

We look forward you being part of the MTM group. Please contact Niki Curry for questions or to complete a registration at (781) 710-4754 or currymn@comcast.net

Grands and Me

Thursdays, 10:00-11:00am Bedford Council on Aging Center 12 Mudge Way, Bedford

The Bedford Council on Aging is planning to offer an hour for Grandparents to connect with the little ones during some playtime at their center. Contact Alison Cservenschi, Director of the Council on Aging, at acservenschi@bedfordma.gov for more details.



Bedford Box Tops for Education



For many of you in the BFC, your children will soon be at Davis School. Did you know that you might be throwing away packages that could be used to raise money for Davis, and the rest of Bedford Public Schools? Bedford Public Schools participate in the Box Tops for Education program, which has helped America's schools raise over \$525 million since 1996. Every year, our students and supporters collect thousands of Box Tops, which we redeem for 10 cents each. Last year, we raised \$8,500 to fund enrichment programs at Davis, Lane, and John Glenn Middle

School. We would like to ask for your help in collecting Box Tops. You can drop them off in the container at the BFC playroom, the collection bin at the Bedford Stop and Shop, or mail them to Box Tops Coordinator, 66 Sweetwater Ave., Bedford, MA 01730.

Wellness Corner



Last month we focused on getting stronger. That extra activity can sometimes lead to muscle injuries and good form and a strong core are very important to minimize such mishaps. The wellness of your tendons is easy to ignore. But those tough bands of connective tissue that link muscles to bones can easily be injured. Hotspots for such strains, sprains, and inflammation include the shoulder, elbow, knee, and ankle — tennis elbow and ruptured Achilles might ring a bell. Gradual wear and tear from overuse and aging or repeatedly performing the same motion during daily activities, work, and exercise can leave you prone for pain.

Here are some tips for keeping your tendons healthy:

Changing your activities or how you do them. For example, avid runners should include other pursuits like swimming from time to time. When exercising, take lessons from a certified trainer to ensure your technique is up to snuff. Warm up before and stretch after you exercise.

Your diet may also influence tendon strength: Foods rich in vitamin C — especially berries, citrus fruits, papaya, broccoli, Brussels sprouts, spinach, and tomatoes — assist in producing collagen, which is necessary to keep the tissues hardy

Low-fat dairy products, salmon, sardines, broccoli, collard greens, and spinach may help supply the required calcium for healthy

tendons

Many raw fruits and vegetables are rich in enzymes, which tendons use to remove damaged tissues.

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(Have some tips of your own to offer? Email us at wellness@bfctoday.com)

2015-2016 BFG EXECUTIVE COMMITTEE

Co-Director	Kristine Shah	director@bfctoday.com	
Co-Director	Becky Gould	director@bfctoday.com	
Secretary	Margaret Root	secretary@bfctoday.com	
Treasurer	Alona Ayres	treasurer@bfctoday.com	
Newsletter Editor	Tara O'Loughlin	newsletter@bfctoday.com	
Publicity	Tyne Jeffrey & Kara Cournoyer	publicity@bfctoday.com	

2015-2016 BFG COMMITTEES & CHAIRS

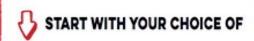
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Moms Night Out	Bethany Boglarski, Jocelyn Finn, Shaena Grossman	momsnightout@bfctoday.com	
Chip In Farm Coordinator	Lindsey Giunta	mtocoordinator@bfctoday.com	
BEST Liason	Holly Munsie	schoolliason@bfctoday.com	
Bedford Unplugged / Ice Cream Social	Sue Udell and Rachel Mark	icecreamsocial@bfctoday.com	
BFC Playroom	Erin Campbell	playroom@bfctoday.com	
BFC Book Club	Heather Black	bookclub@bfctoday.com	
Children's Activities	Kelly Breen, Rachel Mark, Shaena Grossman, Sara Baker, Amanda Carman	activities@bfctoday.com	
Community Service	Annmarie Silver, Sarah Scoville, Noelle Oliveira	communityservice@bfctoday.com	
Dad's Corner	OPEN		
Family Wellness	Anuja Rotella	wellness@bfctoday.com	
First Connections Liaison	OPEN		
Fundraising	Vivian Chang	fundraising@bfctoday.com	
Halloween Party	Kara Cournoyer, Michelle Savage, Gretchen Heid, Jessica Leudde, Rachel Mark	halloweenparty@bfctoday.com	
Playgroups	Rebecca Hagopian	playgroups@bfctoday.com	
New Moms' Brunch			
Parent Education Workshops	Christie Martin	parented@bfctoday.com	
Social Media	Heather Black	socialmedia@bfctoday.com	
Kindergarten Popsicle Party	Amanda Carman, Sue Udell, Jessica Leudde	kindergartenparty@bfctoday.com	
Potluck Supper	Isabella Snider	potluck@bfctoday.com	
Spring Egg Hunt	Rebecca Hagopian and Jessica Leudde	springegghunt@bfctoday.com	
Concerts	Kelly Breen, Maureen Lally	concerts@bfctoday.com	
Website (BFCToday.com)	Sarah Castillo	webmaster@bfctoday.com	
Working Parents Connection	Michelle Savage, Lindsey Giunta, Erica Callahan, Lauren Doty	workingparents@bfctoday.com	





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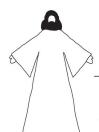
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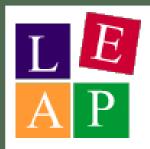
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The Bedford Citizen

Free, reliable, online – welcome to The Bedford Citizen!

If you are not already a reader, please go to www.thebedfordcitizen.org ASAP and check us out. Our mission is to provide information about the decisions and activities of our town boards and committees and to report on the rich array of events and programs offered by our various local organizations. Eager to stay informed about what's happening with the School Committee? Curious about the ongoing construction in The Bedford Marketplace? Looking for a photo of one of your kids from Bedford Day to share with an out-of-town grandparent? We've got it all – multiple times a week or as news breaks, and you can also read us through Facebook. You can subscribe for email delivery through our website. Your feedback always welcome – email us or contact me, Ginni Spencer, President, 781-275-2284 or ginni.spencer@verizon.net.



Bedford Family Connection

Membership Form 2015–2016

Email: membership@BFCToday.com
P.O. Box 636, Bedford, MA 01730
www.BFCToday.com

To enroll as a member of the Bedford Family Connection (BFC), you can do any one of the following:

• Fill in your contact information below and give it to a BFC representative at an event. S/he will have BigTent* send you an invitation via email to join the BFC. You will be able to click through the email and enroll, as well as pay the dues online.

OR

• Go to www.BigTent.com/groups/bfctoday and register first with BigTent* and then with the BFC. The BFC will need to approve your membership and then you will be able to pay the dues on-line.

OR

Fill in your contact information below and mail it, along with a check made out to the Bedford Family Connection, to the address above. Upon receipt of your information, a BFC representative will have Big Tent* send you an invitation via email to join the BFC. You will be able to click through the email and enroll. Select "personal check" when prompted for payment

BigTent Tips

BigTent is the private on-line platform used by the BFC to organize and connect Bedford families. Once you are registered with BigTent, please use the **MyBigTent** link to customize your profile, privacy settings and email settings, etc. Choose how you'll receive information from BigTent: do you want individual emails or a daily digest? To change your BigTent email settings, log into BigTent, select MyBigTent in the black bar at the top, then select Email Settings in the drop-down list. This is where you can manage all communications from BigTent, such as turning off the Daily Deals email, and customize the BigTent Blink. To ensure you get all event notifications in a timely manner, you can set it for "every day"; otherwise you may miss some reminders. The BigTent Blink is a summary email of anything new posted on the BFC group each day, including reminders and changes to event dates/times/locations. Please note that any last minute changes to events and cancellations will also be posted on the BFC Facebook page

Our membership year runs September 1 to August 31. Once registered with BigTent, you will begin receiving a copy of the current monthly newsletter and BigTent notifications of BFC events. If you have any questions, email BFC membership. Also, please "like" us on Facebook! Thank you!

Fill in your contact information below and hand to a BFC representative, or mail to the address above.

Membersh	nip Status:				
	Renewing Family Membership, \$30/year (Please update fields as appropriate when renewing on BigTent)				
	New Family Membership, \$30/year (How did you hear about us?)				
	Corporate Sponsor, \$25/year (Includes monthly newsletter & an advertising discount. No BigTent access)				
	Associate Membership, \$15/year- For families whose youngest child is 6 years or older and won't participate in all activities, but want to stay involved in family field trip activities (e.g. apple picking), mom's night out or book club.				
Family Info	ormation: ** <u>PLEASE I</u>	PRINT NEATLY**			
Mother/Partner's Full Name		Phone Number _			
Father/Partner's Full Name		Phone Number _			
Preferred E	E-mail Address <i>(requir</i>	ired)			
Mailing Ad	dress				