

# JULY & AUGUST



## BEDFORD FAMILY CONNECTION

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



We made it!!! Our first year was more of a success than we had both imagined and we owe it all to our fabulously devoted committee members! You each bring a talent and spark to our organization that could blow away any fireworks' display! There are so many awesome events coming our way in the upcoming year. Before we welcome this new BFC year - we wanted to share some exciting news from our first year as Co-Directors. Here are some examples of the increases we saw this year: We had over 40 new members join our super hip organization - this is thanks to ALL OF YOU! You are all out there sharing your BFC plans and memories with friends, neighbors and strangers. Special shout out to Rebecca Hagopian for welcoming each new member promptly and warmly. We are grateful. Thanks to everyone, especially our fearless fundraising guru, Vivian Chang, we had a more than 9% increase in advertising! WOW! More ads = more money = more super coolness for our awesome kiddos! Thanks Viv. Certainly, we cannot forget about the huge push in fundraising that we received from our Whole Foods Day! Over \$4000 in proceeds were donated to us by that glorious December day. Ahhh, the memories. Because of the commitments and flexibility of many mamas - playroom admission was up 25%! Yup, you heard us right. Erin Campbell certainly orchestrated some killer talent to open up the room. We often had events and activities planned by many of you that drew big crowds. Special shout out to the Children's Activities crew for delivering such engaging activities - you each have stellar ideas and always thinking of new and exciting ways to get kiddos of all ages involved! Aren't we lucky?! Overall, we ended the year with over \$12k in our account compared to almost \$5k the previous year! BOOM. POW. There are too many of you to name individually and certainly the sponsors, all of whom we are incredibly thankful for! So, our fellow BFC families, we applaud you and look forward to an even better 2016-2017 year!

Happy Birthday America!

Becky Gould & Kristine Shah

\*\* please note: our kickoff meeting is set for August 17th - we encourage you to attend to go over year goals and budgets! Some of you will hear from us sooner in regards to budgets, based on summer activity level.

# BFC Events Calendar

# JULY



S M T W T F S

						1	2
Fawn Lake Picnic 11:30am			BFC Book Club Meeting 7:30pm	Camp BFC: Firework Painting 10:30am			MNO: Wine and Sign Party 7pm
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
	Camp BFC: Culinary School 3:30pm				Camp BFC: Field Trip to Drumlin Farms 10:30am		Camp BFC: Tye-Die 9:00am
17	18	19	20	21	22	23	
24		Camp BFC: Beach Day 10am					
31	25	26	27	28	29	30	

# AUGUST

2016

S M T W T F S

	Chip In Farm Camp 4:00pm 1	Chip In Farm Camp 4:00pm 2	BFC Book Club Meeting 7:30pm Camp BFC: Campfire Cookout 3:30pm 3	Chip In Farm Camp 4:00pm MNO: Movie Screening of Bad Moms 7pm 4	5	6
7	Camp BFC: Pirate Day 10:30am Kindergarten Popsicle Party 4pm 8	Camp BFC: Under The Sea Craft Day 3:30pm 9	Camp BFC: Aquarium Field Trip 10am 10	Camp BFC: Water Day 10am MNO: Tiki Bar 7:30pm 11	Camp BFC: Finding Dory Movie Club 10am 12	13
14	15	16	BFC Planning Meeting - kicking off a new year! 7:30pm 17	18	Discovery Museum Nature Playgroup 10am Camp BFC: Field Day 3:30pm 19	Camp BFC: Field Day 10:30am 20
21	Chip In Farm Camp 4:00pm 22	Chip In Farm Camp 4:00pm 23	Chip In Farm Camp 4:00pm 24	25	4H Fair Meet Up 9am 26	27
28	29	30	31			

# SAVE THE DATE

Bedford Day  
September 17, 2016

BFC goes Under the Sea!  
Stay tuned for parade prep this summer!



## Playroom

# THE BFC PLAYROOM IS CLOSED FOR THE SUMMER. SEE YOU IN SEPTEMBER!

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 **individually 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](#).

## **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](mailto:playroom@BFC-Today.com) (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](mailto: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 be 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...but we still need more! Please email [director@bfctoday.com](mailto: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
- Bedford Day Committee
- Children's and Babies Activities
- Parent Education

## **Adoptive Families**

Hello! We are Dawn Mesite and Bethany Slack, two adoptive moms excited to be the new Adoptive Families Liaisons for the BFC. We're looking forward to connecting with other foster, adoptive, or pre-adoptive families in town! We've begun compiling a list of resources and events in and around Bedford, and we'll add them to the newsletter periodically.

If you're a foster or adoptive parent, or interested in learning more about adoption, we'd love to hear from you! We can be reached at [adoptivefamilies@bfc.org](mailto:adoptivefamilies@bfc.org)

## **Weekday Children's Activities**

### **Camp BFC: Firework Painting**

Thursday, July 7, 10:30am-12:30pm  
BFC Playroom, First Parish Church  
75 Great Road, Bedford

Just because July 4th is over, doesn't mean we still can't have fireworks! Come join us in the playroom where we will use paint (dress accordingly) to create our very own firework paintings. \*\*Remember, we will have a picnic lunch after we finish

Please [RSVP](#) on Big Tent



### **Camp BFC: Field Trip to Drumlin Farms**

Friday, July 15, 10:30am - 12:30pm  
Drumlin Farm  
Lincoln, MA

Join us for a morning at the farm. Kiddos who want to participate can also play a farm BIN-GO game along with us as we look at the animals and gardens. Feel free to bring a picnic if you want to join us for lunch.

Please [RSVP](#) on Big Tent

### **Camp BFC: Culinary School**

Monday, July 18, 3:30 pm – 5:30 pm  
First Parish Church, Common Room  
75 Great Road, Bedford, MA

Calling all mini Chefs. Come make your own pizza, decorate cookies, and master your cooking skills.

Please [RSVP](#) on Big Tent

### **Camp BFC: Beach Day**

Tuesday, July 26, 10:00am - 12:00pm  
Lynch Field Park  
55 Ober Street, Beverly, MA

We are headed to the BEACH!! Pack up your sunblock, towels, and sand toys. Let's meet at Lynch Park in Beverly for beach fun, splash

pad, and picnic areas. Please pack a picnic lunch for you and your kiddos. There is a \$8 parking fee.

Please [RSVP](#) on Big Tent

**Chip In Farm Camp: August 1,2,4,  
22,23,24**

4pm -6pm

Chip-In Farm

201 Hartwell Road, Bedford

Come to Chip In Farm and become a farmer for a day. Help Farmer Sandy feed the animals, tend to the garden, and go on a tractor ride. This event is for children ages 2 and older only. Space is limited to 10 children per day.

It is \$15 per child per day. You can sign up for one day or all six. It is first come first served.

Parents can choose to stay or drop your child off. Sandy will have helpers with her for this camp.

Please contact Lindsey at [Igiunta29@yahoo.com](mailto:Igiunta29@yahoo.com) with the following information:

1. Day(s) you would like
2. Child's name
3. Child's age
4. Your name
5. Your phone number as an emergency contact

Payment can be cash or a check made out to: Sandy Covee. Make sure to include your child's name with the payment.

Payment must be mailed or dropped off before July 22nd for the August 1st, 2nd, and 4th dates to:

Lindsey Giunta  
3 Warren Ave.

Payment for the August 22nd, 23rd, and 24th dates must be received by August 21st.

Remember checks are made out to Sandy.

Your child may only attend if payment has been received by the due dates.

Please e-mail if you have any questions.  
[Igiunta29@yahoo.com](mailto:Igiunta29@yahoo.com)

**Camp BFC: Campfire Cookout**

Wednesday, August 3, 3:30pm - 5:30pm

Kelly Breen's Home

Hot Dogs and Smores over the fire plus some campfire songs and games.

Join us at Kelly's house for a special camping experience. Must RSVP for address.

Please [RSVP](#) on Big Tent



**Camp BFC: Pirate Day**

Monday, August 8, 10:30am - 12:30pm

Bedford Town Center Playground

Arrrrrrrrgh! Come dressed like a pirate and join us for a treasure hunt, pirate games and of course, pirates booty. Pack a picnic if you want to join us for lunch...or else you walk the plank!

Please [RSVP](#) on Big Tent

**Kindergarten Popsicle Party**

Monday, August 8, 4:00pm - 4:30pm

Davis School Playground, Davis School  
410 Davis Road Bedford

All incoming Bedford kindergartners are invited to come together to celebrate the big transition to kindergarten! Join us at the Davis School Playground for a tasty popsicle treat and the chance to get to know your future classmates. The BFC will provide the popsicles and baby wipes from 4:00-4:30pm. Then stay and play as long as you'd like! Please RSVP on Big Tent so we can be sure to have enough popsicles for everyone. And of course, siblings are welcome! Please send your child's kindergarten teacher's name along with your RSVP so that we can help you meet other classmates at the event.

RAIN DATE: Thursday, August 11, 2016 from 4:00 - 4:30pm

Please [RSVP](#) on Big Tent



### **Camp BFC: BFC Under The Sea Craft Day**

Tuesday, August 9, 3:30pm - 5:30pm  
BFC Playroom, First Parish Church  
75 Great Road, Bedford MA

Join us for some art project related to the ocean! We will make some items to take home and for the Bedford Day Float.

Please [RSVP](#) on Big Tent



### **Camp BFC: Aquarium Filed Trip**

Wednesday, August 10, 10:00am - 12:00pm  
New England Aquarium  
1 Central Wharf, Boston, MA 02110

Touch a shark, meet the seals, and talk to the penguins at the Boston Aquarium. We will meet at the main entrance at 10am. After we have explored the aquarium we will walk two blocks to a park for a picnic.

Please [RSVP](#) on Big Tent

### **Camp BFC: Water Day**

Thursday, August 11, 10:00am - 12:00pm  
Leslie's House

Water slides. Water Balloons. Baby Pools. And More! All things water for some backyard fun. Address will be provided for all that RSVP.

Please [RSVP](#) on Big Tent

### **Camp BFC: Finding Dory Movie Club**

Friday, August 12, 10:00am - 12:00pm  
Burlington AMC

Join us for a matinee of the new Finding Dory Movie. Exact time will be determined closer to the date.

Please [RSVP](#) on Big Tent

### **Discovery Museum Nature Playgroup**

Friday, August 19, 10:00am - 11:00am  
The Discovery Museum of Acton  
177 Main Street (Route 27) Acton, MA 01720

Join the BFC at the Discovery Museum of Acton for their nature playgroup. It's held outside, no matter the weather--so please dress appropriately! The outing includes games, songs, special art projects, and exploring the Great Hill conservation land adjacent to the museums. All ages are welcome but activities are designed for 2 to 6 year olds. \*Please note that the conservation land trails are not handicap or stroller acces-



sible. For more information about Great Hill, please visit <http://actontrails.org/DescGreatHill.htm>.

\*Thanks to the Highland Street Foundation, admission to the museum is FREE today! The playgroup goes from 10-10:45am. We can stay afterwards to explore the museum.

Please [RSVP](#) on Big Tent

### **Camp BFC: Field Day**

Friday, August 19, 3:30pm - 5:30pm  
Bedford Playground Field  
Mudge Way, Bedford

Field Day Part 1:

Camp BFC is coming to a close. Like any fun camp we are going to have an amazing field day. Relays and games and of course, medals! Please [RSVP](#) and let us know how many kiddos will participate.

Please [RSVP](#) on Big Tent

### **4H Fair Meet Up**

Friday, August 26, 9:00am - 12:00pm  
4-H Fair Grounds- Westford  
55 Chelmsford Rd. Westford, MA 01886

Come join us at the 2016 4H Fair. It is always fun to see all the animals, go on a hayride, and maybe even run into Farmer Sandy! They have pony rides, a moonwalk, face painting, etc.

Please see the pricing below (cash only):

Admission:

\$6.00 per adult

\$3 children 4-9yrs

Children 3 and under are free

Parking by the gate: \$5.00

Face Painting \$1.00

Hayride \$1.00

Moonwalk \$2.00

Pony Rides \$3.00

Henna Tattoos \$3.00

Meet other BFC families by the admissions table at 9am. You can bring a picnic lunch if you like.

Please [RSVP](#) on Big Tent

## **Weekend Children's Activities**

### **Fawn Lake Picnic**

Sunday, July 3, 11:30am - 1:00pm  
Fawn Lake  
Sweetwater Ave. Bedford, MA

Join the BFC for a picnic at Fawn Lake, one of Bedford's hidden gems! We'll also walk along the trails to look for birds and other animal friends.

\*The Parking lot & access to the main trail is located on corner of Sweetwater Ave. & the Narrow Gauge Rail Trail. The lawn is on Sweetwater Ave.

Please [RSVP](#) on Big Tent

### **Camp BFC: Tie Dye**

Saturday, July 16, 9:00am-10:00am  
Bedford Town Center Playground  
Mudge Way

Let's get ready for Bedford Day by tie dying shirts. Meet us by the picnic tables at the town playground. Bring a shirt to tie dye and a plastic bag to bring it home in. We will supply everything else you need. Don't forget to wear your shirts for Bedford Day!

Please [RSVP](#) on Big Tent



## **Camp BFC: Field Day**

Friday, August 19, 3:30pm - 5:30pm  
Bedford Playground Field  
Mudge Way, Bedford

### Field Day Part 2:

If you couldn't join us yesterday, or if you'd like to play again please join us!

Camp BFC is coming to a close. Like any fun camp we are going to have an amazing field day. Relays and games and of course, medals! Please RSVP and let us know how many kiddos will participate.

Please [RSVP](#) on Big Tent

## **BFC Adult Events**

### **BFC Book Club**

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

The July BFC Book Club meeting is on Wed. July 6th at 7:30pm in the BFC playroom at First Parish.

We will be discussing "Let's Pretend This Never Happened," by Jenny Lawson, which is available from the library ([http://find.minlib.net/iii/encore/record/C\\_\\_Rb2955324](http://find.minlib.net/iii/encore/record/C__Rb2955324)) and also from Amazon (<http://amzn.to/1RL0Ta5>).

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 July 6th!

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.

### **BFC Book Club**

Wednesday, August 3, 7:30pm-9:30pm  
BFC Playroom, First Parish Church

75 Great Road, Bedford

The August BFC Book Club meeting is on Wed. August 3rd at 7:30pm in the BFC playroom at First Parish.

We will be discussing "A Man Called Ove," by Fredrik Backman, which is available from the library ([http://find.minlib.net/iii/encore/record/C\\_\\_Rb3167063](http://find.minlib.net/iii/encore/record/C__Rb3167063)) and also from Amazon (<http://amzn.to/1RJ7NX>).

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 August 3rd!

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.

### ***Looking ahead:***

Wed. Sep. 7th: "The Rosie Effect," by Graeme Simsion

### **MNO: Wine and Sign Party**

Saturday, July 9, 7:00-9:00pm  
Tara O'Loughlin's House

Please join us for a "Wine and Sign" party at Tara O'loughlin's home on Saturday, July 9, from 7:00-9:00 pm! The owner of The Cotton Wood Company, Nicole Tully, (<https://m.facebook.com/cottonwoodcomp/?t-sid=0.9362389950547367&source=typeahead>) will be leading our group and helping us make our own personalized family sign. The price is \$45, which includes all prepared blank wood signs, all paint supplies (you choose your colors for your sign that night)... and unlimited wine and sangria while you create your masterpiece!

Space is limited, as you will need room to spread out and make your creation!

We do ask that you RSVP and pay by Satur-

day, July 2. The reason is a good one! Nicole needs time to purchase and prep all the materials needed for your one of a kind piece. Please leave your email address in RSVP comment section, as Nicole will be emailing you a week beforehand to confirm attendance, design details and payment details. And of course, please feel free to stay after our projects are finished to hang out & relax by the fire pit! An email will be sent out with Tara's address the week of event.

Please [RSVP](#) on Big Tent

**THIS MNO IS NOW FULL. DUE TO SO MUCH INTEREST, ANOTHER WILL HOPEFULLY BE PLANNED THIS FALL...STAY TUNED!!**



### **MNO: Movie Screening of Bad Moms**

Thursday, August 4, 7:30pm - 9:30pm  
AMC Burlington Cinema  
20 South Ave, Burlington, MA 01803

Need some comic relief to cool you down from the summer heat? Join other BFC moms to see the movie "Bad Moms":

Young Amy (Mila Kunis) has a great husband, overachieving children, beautiful home and successful career. Unfortunately, she's also overworked, exhausted and ready to snap. Fed up, she joins forces with two other stressed-out mothers (Kristen Bell, Kathryn Hahn) to get away from daily life and conventional responsibilities. As the gals go wild with their newfound freedom, they set themselves up for the ultimate showdown with queen bee Gwendolyn and her clique of seemingly perfect moms.

We'll aim for a 7 or 9 pm show time. Meet in the theater lobby 15-20 minutes prior to show time.

\*Alternate date: Sunday 8/7/16. Exact show time is TBA closer to event date.

Please [RSVP](#) on Big Tent

### **MNO: Sunset Tiki Bar at Nashoba Valley**

Thursday, August 11, 7:30pm - 10:30pm  
Nashoba Valley  
79 Powers Road, Westford, MA

Come join us at the Sunset Tiki Bar (79 Powers Rd, Westford, MA) on Thursday night August 11th for some drinks and live music with other moms. If the weather turns out to be not so nice that day we could meet at a local establishment instead such as Red Heat.

### **BFC Planning Meeting**

Wednesday, August 17, 7:30pm - 9:00pm  
Kristine's House  
Address to be e-mailed out week of event

Come join us as we gear up for another awesome year for BFC. We'll finalize Bedford Day, the playroom's grand re-opening and get started on planning our busy fall activity/event schedule.

Please [RSVP](#) on Big Tent

## **Community Service Committee**

**There is a need for school snacks at our Bedford Davis and Lane Elementary Schools.** Please drop off boxes of individually wrapped, nut free snacks to the Davis School and / or Lane School front office anytime between now and the end of the school year. The office will distribute them to the classes that need them. If weekdays / school hours are tricky for you to drop off please let me know and we can make other arrangements. Sarah Scoville [sscoville11@gmail.com](mailto:sscoville11@gmail.com)

## **Community Bulletin Board**

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

### **For Incoming Davis Kindergarten Class**

DAVIS SCHOOL IMPORTANT EVENTS  
2016 – 2017

#### **Incoming Kindergarten Play Date – July 27th**

(this is a new date than previously stated)  
10-11AM – Davis Playground

**Summer Mail** – A letter from your child's new teacher will arrive in August.

Placement information for Kindergarten, 1st & 2nd grade students will be mailed in August along with a letter from the principal.

**Incoming Kindergarten Bus Run** – Meet at Davis School Cafeteria on Wednesday, August 17th

-9:30am bus run for students whose last name begins with the letters A - L

-11:00 am bus run for students whose last name begins with the letters M - Z

**Bus Route Assignments** – Bus Routes will be printed in the Bedford Minuteman newspaper one or two weeks prior to the start of school. They also will be posted on our school website at [www.bedford.k12.ma.us](http://www.bedford.k12.ma.us) at this time.

**First Day of School (K-2)** – Tuesday, 9/6/16

-Tuesday 9/6 is the first day of school for 1st and 2nd graders – school begins at 9:02am and the doors open at 8:55 am.

-Tuesday 9/6 is visiting day for Kindergartners with their family (please see summer packet for your specific visitation time)

-Wednesday 9/7 is the first full day of school for Kindergartners

Please remember that for safety reasons students cannot be dropped off before 8:55am.

At 8:55am we will begin greeting students either helping them off of their bus or out of the car. School ends at 3:20pm, dismissal begins at 3:05pm.

**Back to School Night** – Tuesday, 9/20/15 and Wednesday, 9/21/15 from 6:30 – 8:00 PM

Specific classroom dates will be defined in the September School Newsletter.

Back to School Night is a wonderful opportunity to meet your child's classroom teacher, learn about grade level curriculum and the school's 2016-2017 goals.

For adult learning purposes this evening is dedicated ONLY to Parents/Guardians

#### **Conferences** –

Fall specific classroom dates/times will be determined by the classroom teacher  
Wednesday, November 9th from 2:00pm – 4:20pm

Wednesday, November 16th from 2:00pm – 4:20pm

Thursday, November 17th from 4:00pm – 8:00pm

Spring specific classroom dates/times will be determined by the classroom teacher

Wednesday, April 5th from 2:00pm – 4:20pm

Thursday, April 6th from 4:00pm – 8:00pm

Wednesday, April 12th from 2:00pm – 4:20pm

**Character Parade** – Friday, 10/28/16, 1:30pm – 2:30pm

**Spring Concert/Celebrations of Learning** – Morning of 5/18/17, 5/19/17 & 5/20/17 specific classroom dates will be determined

**Field Day** – Wednesday 5/31/17 – Rain date Thursday 6/8/17

**Fenway Day** - TBD (likely in mid April)

K-12 Art Show - Friday, 5/5/17, Saturday, 5/6/17 & Sunday, 5/7/17

**BPS Integrated Preschool  
Fall 2016 Admission**

The Bedford Public Schools' Integrated Pre-school Program has openings for Fall 2016 admission! We are inviting neighborhood children who will be three years old by August 31st, 2016 for a screening for possible enrollment. The preschool is located at the Bedford High School.

Please contact the Early Childhood Director, Tanya Kalantari, to make an appointment. She can be reached at Tanya\_Kalantari@bedford.k12.ma.us or 781-275-1700 x3248. We look forward to hearing from you!

### **Goldfish Swim School has opened 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](http://www.burlington.goldfishswimschool.com)

#### **FACEBOOK**

[www.facebook.com/goldfishburlington](http://www.facebook.com/goldfishburlington)

### **Bedford Babysitting Coop**

The Bedford Babysitting Coop is open to fam-

ilies 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.

### **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 (dyslexia/ 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](mailto:haneganliz@yahoo.com).

### 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



#### Human Touch

Summer is here and my first grader will tell me that means time at the beach, sprinklers and general water play! However, uplifting Summer can be for many, global unrest, stories of mass-violence, current events can get you down. Uplift yourself by injecting a little goodness into the world. Your efforts can make a difference. So try some of these steps, in the spirit of Summer— you may be the one who benefits most.

Smile at everyone you encounter, whether you know the person or not  
Donate whatever you can spare to a cause you care about  
Buy a homeless person lunch... or better yet, bring a homemade one  
Send a letter of thanks to a soldier overseas  
Give a hand-written note of gratitude to a family member or friend  
Prepay for the person behind you in line at the car wash  
Call your local children's hospital and ask if you can volunteer to read to the kids  
Interview your oldest relative — and really listen  
Bring a fruit basket to neighbors or your local senior center  
Offer to babysit for a busy mom or dad you know  
Return a stranger's shopping cart from the parking lot  
Wish you all a very happy, healthy and strengthening summer! Stay hydrated!  
Used with permission from Health Enhancement Systems ©2015  
(Have some tips of your own to offer? Email us at [wellness@bfctoday.com](mailto:wellness@bfctoday.com))

## 2015-2016 BFC EXECUTIVE COMMITTEE

Co-Director	Kristine Shah	<a href="mailto:director@bfctoday.com">director@bfctoday.com</a>
Co-Director	Becky Gould	<a href="mailto:director@bfctoday.com">director@bfctoday.com</a>
Secretary	Margaret Root	<a href="mailto:secretary@bfctoday.com">secretary@bfctoday.com</a>
Treasurer	Alona Ayres	<a href="mailto:treasurer@bfctoday.com">treasurer@bfctoday.com</a>
Newsletter Editor	Tara O'Loughlin	<a href="mailto:newsletter@bfctoday.com">newsletter@bfctoday.com</a>
Publicity	Tyne Jeffrey & Kara Cournoyer	<a href="mailto:publicity@bfctoday.com">publicity@bfctoday.com</a>

## 2015-2016 BFC COMMITTEES & CHAIRS

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



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Monday-Friday 9:00 am - 12:00 noon  
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Early Drop Off at 8:00 or 8:30 am

Stay & Play daily until 3:00 pm

*Open Arms Christian Preschool admits students  
of any race, color, and national or ethnic origin.*



Open Arms Christian Preschool is a Ministry of The Lutheran Church of the Savior

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781-271-1148 • [OpenArmsBedford@lcsavior.org](mailto:OpenArmsBedford@lcsavior.org)

[www.lcsavior.org](http://www.lcsavior.org) (click on "Open Arms Preschool" tab)





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**We offer an outstanding early childhood program where strong caring relationships are at the core of our philosophy.**

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- Morning/3:30/Full day

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**Join us for our weekly Open House Tours at each LEAP School.**

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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](http://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](mailto:ginni.spencer@verizon.net).



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**Half and Full day, 3 and 5 day options**

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**2, 3, or 5 day AM Programs**

**Optional lunch program M-F until 1PM**

**Optional Extended Day Program M-Th until 3PM**

### **A welcoming school for all children**

**100 Pine Hill Road  
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(781) 275-1383  
[www.stpaulsweekdays.org](http://www.stpaulsweekdays.org)**

**Now Enrolling for 2016-2017!**

**Call for more information or to visit the school  
Lee Frank, Director**

St. Paul's Weekday Nursery School does not discriminate on the basis of race, religion, cultural heritage, national origin, political beliefs, disability, marital status, or sexual orientation in hiring practices, admission of children, or admission of policy. Toilet training is not required as a pre-requisite for admission.

Find us at [BFCToday.com](http://BFCToday.com), [facebook.com/bfctoday](https://www.facebook.com/bfctoday), [@bfctoday](https://twitter.com/bfctoday)

PO Box 636 Bedford, MA 01730



# KID'S MENU



START WITH YOUR CHOICE OF **1 MEAL**



**CHICKEN FINGERS**



**MAC & CHEESE**



**HOT DOG & CHEESE**  
WRAPPED IN A TORTILLA



**QUESADILLA**



**HAMBURGER**



**GRILLED CHEESE**



ADD YOUR CHOICE OF

## 3 SIDES

- CUCUMBERS
- CELERY & CARROTS  
WITH HUMMUS
- APPLE SAUCE
- FRUIT KABOB
- FRENCH FRIES
- ONION STRINGS
- APPLE SLICES  
WITH PEANUT BUTTER
- TORTILLA CHIPS
- KETTLE POTATO CHIPS
- SEASONAL VEGGIES
- FROZEN VANILLA YOGURT

## 1 DIPPER

- RANCH DRESSING
- HONEY MUSTARD
- SALSA
- BBQ SAUCE
- SOUR CREAM

## 1 DRINK

- APPLE JUICE
- CRANBERRY JUICE
- SODA
- CHOCOLATE MILK
- MILK

RIGHT SIZE.  
RIGHT PRICE.

**\$6.95**

**GAMES** ➡

These menu items may be served raw or undercooked. Consuming raw or undercooked meat, shellfish, eggs or poultry may result in food-borne illness, especially if you have certain medical conditions. Before you place your order, please inform your server if anyone in your party has a food allergy.

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**(NEXT TO WHOLE FOODS)**

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**FRIENDS**  
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# Bedford Family Connection

## Membership Form 2016–2017

Email: [membership@BFCToday.com](mailto:membership@BFCToday.com)

P.O. Box 636, Bedford, MA 01730

[www.BFCToday.com](http://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](http://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](mailto:membership@BFCToday.com). 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.**

### Membership 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 Information: **\*\*PLEASE PRINT NEATLY\*\***

Mother/Partner's Full Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Father/Partner's Full Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Preferred E-mail Address (required) \_\_\_\_\_

Mailing Address \_\_\_\_\_