



LETTER FROM THE PRESIDENTS

Dear Vienna Moms,

It looks like Spring has sprung! The weather is getting warmer, days are lengthening, Spring sports are starting up, and people are venturing out and about town. Springtime, for many people, inspires change, renewal, and refreshment. We clean our houses, de-clutter, donate unused items (thank you, Philanthropy, for organizing the Hope Drive so some of these items can go directly to people who will use and care for them), reflect on successful school years, take or plan trips, work hard, and have lots of fun outdoor adventures with our kids. It's a great time of year!

Spring brings a change for Vienna Moms as well, with a new Board and Officer Team having been nominated, elected, and confirmed for next year's term, starting July 1, 2016. We are so happy to have such an amazing team of women volunteering their time to continue to grow and develop this organization. The full listing is contained later in this newsletter, but ***SPOILER ALERT!*** the new Co-Presidents are Erin Prentice and Kristin Skelton (previous Adult Social Chairs (AKA Mom's Night Out) who did a fabulous job and will continue to dedicate their time and brilliant ideas to Vienna Moms next year.) Please join us in congratulating these two, along with the rest of the new Board and Officers, if you run into them over the next couple of months.

Speaking of being out and about and seeing our Vienna Moms family and friends, we have had some great events lately, including our Monthly Meeting with Reptiles Alive, Speaker Series about raising kind kids and postpartum depression, playdates galore: outside on the playground, at Jammin' Java, and at the Wolftrap Fire Station, the aforementioned Hope Drive, and a much needed Mom's night out at Caboose Brewing Company. And all that was just in the last few days of March and the month of April! So far in May we've had the Speaker Series on mindfulness, our awesome Spring Party, and a lovely Mom's night out at the salon. Our amazing leadership team has lots more fun events slated for the next couple of months – a "Let's Celebrate Mom" playdate, a speaker on anxiety, our rescheduled Monthly Meeting with pizza and popsicles and the annual Rocknoceros concert are just a few!

Since the last newsletter in January, we've had approximately 76 new members join Vienna Moms, and it's so nice seeing everyone mingling, connecting with each other and making new friends. That's what Vienna Moms is all about, and we couldn't do it without people jumping in to volunteer, lead, and plan events. We'd like to make sure we extend a huge note of appreciation to our current Board and Officers, who have worked tirelessly this year to keep our calendars full, our organization on track, and our faces smiling. THANK YOU!

If anyone has questions, feedback, or suggestions for next year that you'd like to share, please, as always, feel free to contact Nicole or Amanda, and we look forward to seeing you soon!

Cheers,

Amanda Walker and Nicole Gilman



VIENNA MOMS IN ACTION

WINTER PARTY

On February 27, we enjoyed a fun afternoon of bounce houses, crafts and snacks.



SPRING PARTY

On May 7, nearly two hundred people joined us for the spring party this year. Despite the soggy weather the week before, the kids enjoyed games, crafts and Nottoway's great playground. Parents and children alike raved about the burritos and cookies provided by Rito Loco and Captain Cookie's food trucks.



VIENNA MOMS IN ACTION

PLAYDATES

Play N' Learn

On January 19, our kids enjoyed jumping, sliding, swinging and climbing at Play N' Learn while moms enjoyed meeting new friends and catching up with old ones.

Monkey Joe's

On February 5, Vienna Moms took advantage of the day off school to take a trip out to Monkey Joe's in Chantilly. The kids had plenty of games, bounce houses and slides to expel that pent up energy we all know too well in these winter months. The pizza was a big hit with the kids and moms alike!

Valentines Day Crafts

On February 8, the kids made Valentine's Day Crafts at Patrick Henry Library for mom, dad, or grandparents!

St. Patrick's Day Treasure Hunt

On March 16, we went to Glyndon Street Park to enjoy a coin hunt, some goodie bags and fun at the playground.

Jammin' Java

On April 22, we rocked out to Rocknoceros at Jammin' Java on a rainy day.

Wolftrap Fire Station

On April 23, the newest firehouse in Wolftrap was happy to show the kids all around the large bay filled with lots of emergency vehicles! They saw a fire engine, ambulance, tanker truck, mass casualty and even an off-roading vehicle for all the trails in the area. Just as the tour was ending the whole fleet went out on a call and the on-lookers got to experience how fast they pack up and turn the sirens on!

MOMS' NIGHTS OUT

Blackfinn Ameripub

On February 3, we enjoyed a well-deserved moms night out at Blackfinn after the kids finally returned to school following the seemingly endless snow days.

Culinaria

We braved the snowy weather and enjoyed a fabulous cooking demonstration and wine pairing at Culinaria cooking school on February 9.

Pure Romance

Thanks to Kadie Blaney for hosting the Vienna Moms wine chocolate and romance party on March 3! We had a presentation by Pure Romance and shopped while enjoying wine and a chocolate fountain.



Playdate at Play N' Learn



Monkey Joe's Playdate



Rocknoceros @ Jammin' Java Playdate



Wolftrap Fire Station Playdate

VIENNA MOMS IN ACTION

Caboose Brewing Company

We enjoyed happy hour at Caboose Brewing Company on April 19. We had a great group of 40 women join us for happy hour specials and cheese spreads!

Diamond Spa

On May 9, moms enjoyed some post-Mother's Day pampering with manicures, pedicures and refreshments. Thanks to Lauren Dufresne at PR at Partners in Tysons for providing the swag gift bags!

MONTHLY MEETINGS

January

On January 6, kids and parents enjoyed a performance by Peter McCory - The One Man Band.

March

On March 28, we enjoyed a fun and informative presentation by Reptiles Alive, the premiere live animal show in the DC area. The children learned about the colorful, exotic animals, and then had a chance to safely interact with them after the show.

SPEAKER SERIES

January 13: Mindful Eating Strategies from Shelby McDaniel, TNT Nutrition Coach

On Wednesday, January 13th approximately twenty Vienna Moms learned about Mindful Eating Strategies from Shelby McDaniel, TNT Nutrition Coach. We learned to ask ourselves "Am I Hungry" before we eat. We also learned about some of the different reasons behind why we eat and discussed triggers that sometimes result in eating when we are not truly hungry. This was a fun night of learning and discussion about eating habits and behaviors. I think all of us walked away with a better understanding of what's behind certain eating habits and some tips to overcome our triggers in the future.

For more information about Shelby and TNT Nutrition please see www.tntnutrition.org and the resources filed in the Big Tent files.

February 18th: 529 College Savings Plans

A crowded room of VMI Members and a few Vienna Dads listened as Jason Epps, Vice President and Private Wealth Advisor with KFA Private Wealth Group talked to us about 529 College Savings Plans and other financial management strategies. The group walked away with valuable information about planning for college and our family's future.

March 2: Estate Planning

Fellow VMI member, Peggy Yee, facilitated an Estate Planning Panel that consisted of a financial professional,



Moms' Night Out at Blackfinn Ameripub



Moms' Night Out at Culinaria



Moms' Night Out with Pure Romance



Moms' Night Out at Caboose Brewing Company

VIENNA MOMS IN ACTION

Steven Galko of AXA Advisors and Bettina Lawton, Esquire, specializing in Estate and Trust Planning and Administration. During this session we learned about real life situations involving financial planning and estate and trust administration and learned the importance of getting started with this process early rather than waiting for the unexpected to happen. Bettina and Steven were very informative and not only provided us with valuable information but they answered all of our questions and stuck around a little later to talk with some attendees one on one.

March 10: "Unlock the Smart N Your Child"

Maureen Loftus, Executive Director of Vienna and Reston Learning Rx, presented "Unlock the Smart N Your Child". An intimate group of VMI members got the chance to learn about Maureen's fascinating organization that works with children through adults to enhance and improve their cognitive skills. Maureen provided us with information about what her organization does and also engaged each of the attendees in cognitive exercises. www.learningrx.com

April 5: Little Loving Hands/ littlelovinghands.com

Lily Yeh, VMI Member, spoke to us about raising kind kids and she also talked about her Charity, Little Loving Hands, and the ways that they help organizations in need. Lily's idea about the need to raise empathetic and kind kids came from raising her own kids. Like many of us, she noticed that her girls were often asking for the new doll or toy and she realized the opportunity to work along with them to give back to others. We discussed and learned some tips and strategies for raising our own kind kids and brainstormed practical ways to do so. For information on Lily's charity her website is www.littlelovinghands.com.

April 13: Adrienne Griffen: Postpartum Depression

Our group met at the Stroke Comeback Center, courtesy of Amy Georgeadis, Fellow VMI Member, for an intimate discussion about Postpartum Depression and resources available (and still not readily available) to moms. Adrienne Griffen is the founder of and now runs the Postpartum Support Virginia group, www.postpartumva.org, and in addition to sharing her personal story with us, she taught us about how to recognize signs of postpartum depression in our friends and ourselves. Adrienne started the VA Support Group because when she started out with postpartum symptoms, no help was available to her, and while support for this depression has come a long way, it is still not readily available to all pregnant moms unless it is asked for. There is so much valuable information on Adrienne's website listed above. Please visit it if you or someone you know is in need of PPD Resources. Do not be afraid to ask for help!



January Monthly Meeting with Peter McCory



March Monthly Meeting with Reptiles Alive



Speaker Series: Estate Planning



Speaker Series: Mindful Eating Strategies

VIENNA MOMS IN ACTION

May 3: Torie Gorges and Martha Brettschneider:
What is mindfulness, and how can you use it to invite more calm into your life?

Vienna Moms listened as speakers Martha Brettschneider and Torie Gorges spoke about their personal journeys into practicing mindfulness in their daily lives. They each painted the picture of their often chaotic and stressful parenting lives before mindfulness and then the more enjoyable and rewarding lives after they incorporated mindfulness into their lives. After learning about the practices they use we all got to participate in a few exercises. There was lots of good discussion and questions asked during the session. We had a really great turnout for this session. Hope to see everyone at our grand finale, Transferring Anxiety to Our Kids, on Thursday, May 19!

BOOK CLUB

Book Club met on May 11 at 7:30 pm @ Clarity. We discussed the *Guernsey Literary and Potato Peel Society* by Mary Ann Shaffer and Annie Barrows.

NEW MEMBERS

Since our last newsletter, we have welcomed about 76 new members into Vienna Moms, and are looking forward to getting to know everyone at events over the next few months. Several newer members have been nominated for officer positions next year, so will bring a welcome fresh perspective and new ideas to Vienna Moms!

BABY ANNOUNCEMENT

TIMOTHY LUKE MCCLOSKEY

Parents Laura and Kyle McCloskey
Born 5/1/16
7 lb. 15 oz, 20 in
Joins big sister Charlotte Rose, 23 months



BOARD & OFFICERS 2016-17

Congratulations to the 2016-2017 Vienna Moms Board and Officers! The term begins July 1, 2016, and we are looking forward to a new year of fun events and activities.

PRESIDENTS

Erin Prentice and Kristin Skelton

VICE PRESIDENT - MEMBERSHIP

Kristin Macey

VICE PRESIDENT - SOCIAL

Maria Hill

SECRETARY

Mandy Ryan

TREASURER

Wendy Rosner

SOCIAL CHAIR/ ADULTS

Allison Kreps, Megan Shadrack, and Amy Cordone

SOCIAL CHAIR/ KIDS

Alison Garen, Alicia Downs, and Amita Patel

PHILANTHROPY

Kadie Blaney and Heidi Grieser

SPEAKER SERIES

Tableigh Niethamer and Julie Printer

WELCOME COMMITTEE

Erin Gross, Patti Owan, and Rebecca Grimm

NEWSLETTER

Carrie Cassinelli

PLAYGROUP COORDINATOR

Julie Rogers

PLAYDATE COORDINATOR

Laura McCloskey, Jessica Jones, and Cara Lane

MONTHLY MEETING COORDINATOR

Michelle Maxey and Helen Barbeau

UPCOMING VMI EVENTS

MAY

MAY 16 - "Let's Celebrate Mom" Playdate. 4:30-6 pm @ Glyndon Park. Join us for a fun afternoon at the playground, we will be taking pictures of the kids and the kids can decorate some frames to take home.

MAY 19 - Speaker Series. 6:30-8 pm @ Patrick Henry Library. Jennifer Brown Guiney will discuss Anxiety Management Strategies for Parents.

MAY 20 - Monthly Meeting. 4-6 pm @ Glyndon Park. Pizza & Popsicles at the Playground.

JUNE

JUN 15 - Rocknocos on the Town Green. 6:30-7:30 pm @ Vienna Town Green. Bring a blanket and dinner - or buy dinner from one of our co-sponsors, WholeFoods or one of the many local eateries nearby - and get ready to enjoy some music liked by the entire family! Thanks to our co-sponsors, Whole Foods and Evergreene Homes!

Please check BigTent for more details on TBD events.

A REMINDER TO RSVP

If you plan on attending an upcoming VMI event, please RSVP on BigTent so we can get an accurate headcount for planning purposes. If your plans change, and you can no longer make an event, please kindly change your RSVP.



TOWN OF VIENNA EVENTS

For more information on the below events, please visit: www.viennava.gov.

MAY

MAY 14 - **Teens on the Green Concert.**
11 am - 3 pm @ Vienna Town Green.

MAY 19 - **Public Works Open House.** 2 pm - 6 pm @ Northside Property Yard.

MAY 20 - **Summer on the Green.** 6:30 pm @ Vienna Town Green. Sarah Bennett Swanner - soulful blues
Teen Park Takeover. 7 pm - 9 pm @ Glyndon Park. Flashlight Tag at Glyndon Park.

MAY 22 - **Summer on the Green.** 6:30 pm @ Vienna Town Green. Navy Band Sea Chanters - U.S. Navy's official chorus.

MAY 28-30 - **ViVa! Vienna!** 10 am - 10 pm. Vienna Town Green/Church Street. Amusement rides, food, crafts, vendors and entertainment.

JUNE

JUN 3 - **Summer on the Green.** 6:30 pm @ Vienna Town Green. Kingsley Winter Band - rock.

JUN 10 - **Summer on the Green/Vienna Idol Finals.**
6:30 pm @ Vienna Town Green.
Teen Park Takeover. 7 pm - 9 pm @ Glyndon Park. Flashlight Tag at Glyndon Park.

JUN 11 - **Bike Rodeo.** 10 am - 1 pm @ Vienna Volunteer Fire Department. Helps kids develop bike safety skills.

JUN 17 - **Chillin' on Church.** 6:30 PM @ Church Street. Food, drinks, music and a moonbounce.

JUN 24 - **Summer on the Green.** 6:30 pm @ Vienna Town Green. Nitehawks - swing band.

JUN 26 - **Summer on the Green.** 6:30 pm @ Vienna Town Green. Dead Men's Hollow - bluegrass.

RECURRING EVENTS

FRI - **Mayor's Walk.** 9:30 am @ Town Hall.

SAT - **Farmer's Market.** 8 am - 12 pm @ Faith Baptist Church - Parking Lot.

SUN - **Bingo Night.** 4 pm @ Vienna Volunteer Fire Department.