



BURLINGAME MOTHERS' CLUB

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Going Gluten-Free: A Survival Guide

< BY AGAPI BURKARD >

Are you a gluten-free mama, cupboards full of sorghum flour and xanthan gum? Whipping up GF muffins and pancakes like Betty Crocker, whizzing through the GF aisles at Whole Foods like they're your own private pantry? Well turn the page, this article is not for you. It's for those of you who are (like I once was) scared, wild-eyed, sweating with worry because your kid just got diagnosed with a gluten sensitivity. For those of you who are stressing because Aunt Ida is coming to *your* house for Thanksgiving dinner and everyone within earshot knows she *cannot* tolerate gluten. This article is going to make your lives much, much easier. I wish I'd had someone to guide me through the GF world when my son was diagnosed with a gluten intolerance five years ago. I had to learn by trial and error and I hope by sharing all the info I've collected over the years, I can save you some of the (tasteless!) confusion I faced.

First, a quick primer on the basics.

What the heck is gluten anyway, and why can't some people tolerate it?

Gluten (Latin for "glue") is a composite of proteins found in certain grains like wheat, barley, and rye. It helps dough rise and gives bread its chewy texture. Yum! But for many people, it means bloating, cramping, fatigue, and headaches. How come?

Turns out there are three distinct types of gluten intolerance. All three involve an abnormal immune response.

The most severe is celiac disease, an autoimmune disorder in which gluten damages the lining of the small intestine. This hampers the absorption of nutrients and can lead to malnutrition. It's serious. Those who have celiac disease must never eat gluten.

Another form of gluten intolerance is a wheat allergy, which is like any other specific food allergy (think peanuts). A wheat allergy can produce symptoms such as hives, difficulty breathing, and digestive problems; in serious cases, a person with this allergy can experience anaphylaxis, a sudden and severe reaction that can be life-

threatening. Obviously, those with that kind of response should never eat gluten either, at least not without an Epi-Pen at the ready.

The most common form of gluten intolerance is gluten sensitivity. Doctors now know that this too involves an abnormal immune response, not the *autoimmune* response that those with celiac disease experience, but rather a more fundamental inflammatory reaction. Symptoms of gluten sensitivity may include bloating, abdominal discomfort, pain, constipation or diarrhea; or it may present with a variety of extra-intestinal symptoms including headaches and migraines, lethargy and tiredness, attention-deficit disorder and "foggy mind," muscular disturbances as well as bone and joint pain.

"Wait a minute," you're saying, "I have abdominal discomfort! I have headaches! And I most definitely have tiredness! Does this mean I have a gluten sensitivity?" Well, maybe, maybe not. One way to tell is to eliminate all gluten from your diet for 2 to 4 weeks and see if the symptoms subside. And by all, I mean 100%, every last crumb, no soy sauce (made from wheat!), no beer (barley!), no malt vinegar (barley again!), you get the picture.

After a few weeks, do a check-in: Are the headaches still there? The tummy aches? Has the mind cleared? If the symptoms are still there, bake a cake, something else is the culprit. If the symptoms are gone – hallelujah! – go on to step two: confirm the diagnosis by binging on gluten. If it turns out you feel awful again, well, now you know. The good news is that you will have a new lease on life, a glorious life without headaches and tummy aches and joint pain or whatever your specific gluten-induced ailment was.

Next stop is your doctor, she'll want to confirm that it's just a sensitivity and not actually celiac disease. You'll also want to talk about making sure you're getting the proper nutrition now that you're not living off fortified breads and frosted flakes...well, maybe you weren't eating all that healthy on gluten to begin with. Anyway, a trip to the doc is in order.

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NEWSLETTERS ONLINE: Each newsletter is available on Big Tent by the 25th of the month PRIOR to that month's newsletter. For example, February's newsletter is posted on Big Tent on JANUARY 25th.

ONLINE COMMUNICATIONS

BMC members may submit items for email distribution. Email communications@burlingamemothers.org.

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Keep both your email and postal mail addresses current with BigTent. BMC cannot update these fields for you. To update these fields, click "my bigtent">settings. Then click on "membership info" on the left bar. To the right of the "Burlingame Mothers' Club" click on "Edit Group Membership Info". Please consider going green and receiving the Newsletter electronically via BigTent.

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www.burlingamemothers.org

BMC ON BIG TENT

Join BMC on Big Tent to ask questions and share information with other BMC moms and also to receive BMC emails, including the BMC E-Bulletin (distributed on the 15th of each month) and monthly newsletter. To register for Big Tent, go to www.bigtent.com.

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President's Letter

<BY JACQUELINE COOKE HAGGARTY AND EMMA MCCULLOCH>

Farewell, For Now

I joined the BMC Board in July 2006 – then, sporting just one little 3-month-old girl. I had just recently moved back to Burlingame from Washington, DC and heard of the organization from a friend. I looked to join the Board to get reconnected with my community and make a difference.

Six years and five months (and two more little girls) later, I step off of the BMC Board, feeling triumphant on both endeavors. Beautiful friendships were born, and as part of the Board, I was able to support the journey of our members – whether through taking notes and summarizing our speaker series (as secretary), or helping edit this newsletter (as an editor) or serving as the Community Voice coordinator in its inaugural year. Over the last two years as President, I worked to fill the very large footsteps of my predecessors (Kimarie Matthews and before her, Jennifer Tyler Lee and Ida Gruber), stretching my very average-sized feet to help guide this special organization into its 21st year.

But the time has come to say goodbye. I leave the BMC Board to be like most of you – a member benefiting from the incredible dedication of the women that serve each year on this Board. I leave the BMC in the enthusiastic and very capable hands of Emma McCulloch.

Motherhood without being a part of the BMC Board is a foreign concept to me. There is so much I will miss – the camaraderie, the commitment to supporting each other and those in our community, the empathy and the stunning skills and grace that each woman brings to our organization. But I look ahead with delight to the opportunities to support each other, our children and community beyond the BMC Board. Whether in my girls' preschools or my eldest in the Burlingame public elementary schools, I look forward to working again alongside so many former BMC Board members already years in to leading volunteer efforts there. I hope to see you there soon too.



So I say to you, farewell, for now. Thank you for the honor of serving as your President. Thank you for your support, your trust and your kindness. Thank you for the kind words and notes on my rants, reflections and ponderings shared with you in this newsletter on all things maternal. Whether it be on working motherhood, musings on sex after kids, spoiling this generation or recording the moment ... I look back now on these writings as a most meaningful (however onerous it seemed at the time) activity that came with this position. And I know some day my daughters will read them and get a glimpse into my maternal experience. And I know in reading, they will feel that I was very fortunate to have this organization and be surrounded by such remarkable women. I can only wish that they are as lucky when they begin their own motherhood journeys.

See you soon!

Yours truly,

Jacquie



The BMC has almost doubled from 1000 members to more than 1900 in the past six years. Jacquie's dedication and commitment to all those members has never ceased to amaze me. Jacquie's confidence and unwavering passion for Burlingame has driven this BMC board to accomplish hundreds of outings, a great number of speaker series events and helped so many people less fortunate than ourselves. It is that dedication and commitment that caused me to worry I might not be able to emulate, but with Jacquie's mentoring these past few months, I'm now ready for the challenge. Together with the fabulous 42 board members, we can reflect on the club's 21 years and hopefully the BMC will continue to go from strength to strength.

Emma

Helping Hands

< COMPILED BY CELESTE FERBER, BETTY FLETCHER, RENEE FISHER AND BIRTE SCHOLZ >

KINDNESS CELEBRATION

Saturday, November 10th

10:00am-12:00 noon

Lincoln Elementary School Gymnasium

1801 Devereux Drive, Burlingame

Please join the BMC at our annual Kindness Celebration to kick off the Thanksgiving season. We ask families to bring both canned and boxed goods for our food drive to benefit Samaritan House. For a detailed list of requested food drive items click here http://samaritanhouse.com/new/donate_volunteer/wish_list.shtml. This event is a great way to involve your children in giving back to the community. Kids will enjoy variety of seasonal crafts, face painting, music, snacks and entertainment!

Please RSVP at <http://www.bigtent.com/group/calendar>



Samaritan House is a private nonprofit organization providing services to help meet the essential daily needs of more than 12,000 low-income people within San Mateo County. They provide an interim "safety net" for individuals and families in need while ultimately helping them move toward self-sufficiency. Samaritan House has provided food, clothing, shelter, healthcare, worker resources and counseling services at no cost to low income families for over 37 years.

To learn more about Samaritan House and how you can get involved, check out their website at http://samaritanhouse.com/new/donate_volunteer/wish_list.shtml

BMC Volunteers

< COMPILED BY ELAINE JUN AND LESLIE VOLK >

The BMC would like to warmly thank the following members who recently completed their volunteer requirement for the year:



Thank you for providing at least one meal to a fellow mom!

Lisa Brennan
Larke Brost
Amy Cantu
Marisa Cappiello

Angela Comer
Maggie Chen
Monnette Fung
Grace Gengoux
Adrienne Hayashi
Ami Jampolis
Amber Johnson

Deanna Kung
Joan Lafferty
Tam Madden
Kara McCarthy
Amy McHugh
Stajonne Montalvo
Kendra Orr

Kathleen Poteet
Holly Rockwood
Jennifer Sarver
Jeanne Stewart
Kim Tramel
Elisabeth Wells
Sue Yeon Choi

The IN-A-PINCH Program (IAP) is a wonderful benefit provided to club members. If you are expecting in the next few months, contact our IN-A-PINCH coordinators at iap@burlingamemothers.org as soon as possible. At your request, we will announce your exciting news and set up three meals to be delivered to you and your family following the birth of your child. Meals are prepared by other members of the club who volunteer to help out their fellow moms. Don't miss out on this wonderful club benefit!

Reading All the While

< BY BETSY CORCORAN >

August was a big month in our home. Peter, my youngest son, turned 13-years-old and family members unanimously judged him to be taller than me. So many "little kid" snapshots flashed through my mind on his birthday--faces smeared with chocolate ice cream, squeals and tangled limbs after a satisfying Slip 'n Slide session on the front lawn, drowsy children in footed dinosaur PJs padding off to bed. All that is the stuff of memories and photo albums now. Yet one great pleasure of those early years continues on; reading together.

Countless studies have illustrated the importance of reading. Reading to and with children is one of the most pivotal developmental boosts you can give to a child. Research suggests that reading to young children for 20 to 30 minutes a day will get them on a positive path towards success in school and work¹ and instill in them a love of books.

This compelling research is one reason I've always read to my children. But our family has found yet another powerful reason that has supercharged our reading. It has been--and continues to be--a deeply shared activity, one that bonds us as a family. And another reason--it is, quite simply, fun. Over the years, we realized that there were several ways in which we were instilling a love of reading in our children.

First and foremost, we exposed them to books daily by simply pulling out a book at the end of the day and reading a story. Almost any story. When they were young, they frequently wanted the comfort of a familiar story with a happy ending. Our copies of *Good Night, Gorilla*, *Sheep in a Jeep*, and *Counting Crocodiles* grew ragged after hundreds of readings. As the boys grew older, they thirsted for tales of exploration and daring--something that would surprise them. The three volumes of *Tucker's Travels* enthralled us for weeks, and of course, *Harry Potter* and *Lightening Thief* ruled. Every car trip was a chance to share books on tape. We'd borrow stacks of CDs from the library and the whole family would listen (and argue over) whodunit mysteries and magical tales as the miles raced by.

Second, we went to the library and let the boys choose their own books and stories. This

had a magical power all its own. Our boys frequently bumped into playmates at the library--a marvelous reinforcement that the library was the place to be. Burlingame statistics back this up; children in Burlingame and Hillsborough (the two principle towns served by our libraries) check out an average of 39.5 books a year. According to the American Library Association², the nationwide average for circulation of children's materials in 2009 was a heartbreaking 2.7 materials per capita. California's statewide numbers are even worse at 2.3 materials per capita.

The library was also a safe place for my boys to explore. A safe place to practice talking to adults. When Matthew wanted a dinosaur book, for instance, I nudged him to go ask the librarian. The librarian would patiently listen to his mumbled request then ask a few questions: A book about real T-Rexes? An adventure story about dinosaurs? The librarians also always had a handy list of similar titles on hand to recommend. Had Matthew tried *My Father's Dragon*? My sons were proud to discover new favorites and stood a tiny bit taller after having a thoughtful exchange with a librarian, who always treated them as full-fledged patrons.

Third, we attended book events. We always enjoyed the story hours at the library. But we particularly loved the unique events the Burlingame library hosted; from celebrations of the publication of a new book, such as *Harry Potter*, to opportunities to meet favorite authors, hear them read their works out loud and explore some of the back stories behind the tales. To this day, the library hosts many wonderful events. For elementary school children, I believe the most delightful annual book event is the mouthwatering Holiday Tea. It features a marvelous selection of holiday cookies and a special appearance by a wonderful children's book author. Past authors have both read their stories and engaged children in the art of storytelling.

This coming year, the event will be held on December 2 from 10:00 a.m. to noon at the Burlingame library and will feature author and illustrator, Elisa Kleven³ whose stories are "about the power of imagination to transform old into new, familiar into fantastical." (See details on page 13).

¹ For more information see the University of Michigan Health System's "Reading, Literacy and Your Child" (<http://www.med.umich.edu/yourchild/topics/reading.htm>) and Reach Out and Read (<http://www.reachoutandread.org/impact/>).

² <http://www.ala.org/tools/libfactsheets/alalibraryfactsheet06#userspecific>

³ <http://www.elisakleven.com/>

Outings - Event Recap

< COMPILED BY NATASHA ANDERSON, EMMA McCULLOCH, SARAH PADILLA MORAN AND DIANA SCHUMAKER >

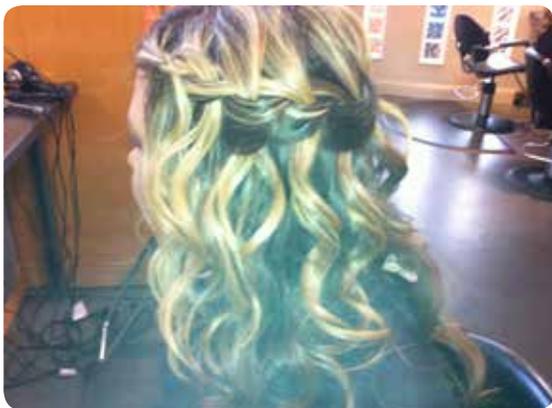


BabyGap Pregnant Moms Event

BMC pregnant moms were treated to some refreshments while they shopped at BabyGap on Burlingame Avenue. Thanks to the generous team at the BabyGap store, new BMC members and some second time pregnant moms received 15-25% discount on their items. Store manager, Keelie Stambaugh, gave a brief talk on what babies will need in the first six months and the different styles and function of the clothes. It was a fun evening and baby bump friendships were formed!

Little Gym of Millbrae

The Little Gym of Millbrae hosted a wonderful event for our BMC members. The children tumbled and swung from bars to mats with much laughter and fun the whole time. They offered parents discounts on future classes and were wonderful with the children. Thank you Little Gym of Millbrae for being a supportive company to our Burlingame Mothers Club!



Moms Night Out at Trio Hair Salon

The positive feedback from BMC moms just keeps rolling in from the Trio Hair Salon event! Trio Salon hosted us for an evening of pampering, relaxing, reclining & indulging. Trio's talented stylists treated us to a heavenly hair wash, beautiful blow-out, and cutting edge styling tips. Attendees also enjoy cocktails; appetizers and chances to win raffle prizes. Last but certainly not least, every guest left with a goody bag and 20% off of their next scheduled appointment at Trio Hair Salon. We can't wait to host another BMC outing at Trio again soon!

Free Lunch at Blue Line Pizza

The new Blue Line Pizza restaurant on Burlingame Avenue has been good to the BMC! Two free lunch events in two months... yes please! BMC families met for lunch and enjoyed Chicago style deep dish pizzas, New York Style thin crust pizzas, Panini sandwiches and organic salads. Need a quick and yummy fix for dinner or a party? Order ahead and pick up their "half-baked" pizzas; perfect for busy moms like us!

Don't forget to check the BMC eBulletin for upcoming holiday outings!

New Members

< COMPILED BY JANE KANG & VERONICA OLDENBURG >

ZONE: BURLINGAME

Franklin

Julissa and Wayne Westerman enjoy life with 6-month-old son, Josh. Julissa is a veterinarian originally from Chile and likes to swing dance in her free time.

Lincoln

Kendra and Matthew Giorgio are eagerly awaiting the arrival of their first child, due in October. Kendra has a Bachelor in Business Administration from Saint Mary's College of California in Moraga. She currently works as an Administrative Director at a CPA firm and her hobbies include spending time with friends and family, fast walking, and shopping.

McKinley

Najwa El-Nachef and Aaron Keesler have 19-month-old son, Ramsey. Najwa has a BS in Biology from the University of Michigan and an MD from Wayne State University. She is a gastroenterologist and lived in San Francisco before moving to Burlingame.

Roosevelt

Katie and Manuel Tellez have five-year-old daughter, Luana, and are anxiously awaiting the arrival of their second child, due in October. Katie was born and raised in Brazil and moved from Southern California to the Bay Area seven years ago. When she is not busy studying for her BA in Accounting, she likes to have fun with her family.

Meredith Thacker and her family will soon have their hands full with seven-year-old daughter, Madeline, four-year-old daughter, Gwyneth, and a new baby due in October.

New Member Wine & Cheese

Wednesday, December 5, 2012
from 7:00pm-8:00pm

Come meet other new BMC moms! Invitations for the event will be sent out via Evite approximately two weeks in advance.

For more information, please email
membership@burlingamemothers.org.

Washington

Elana Lian and her family are at this point, sleep deprived, but happy with their six-week-old newborn son, Arden. Elana has an MBA from the Kellogg School of Management. Before moving to Burlingame, Elana lived in Boston, Toronto, and Chicago. She specializes in business development and M&A.

Kalani Vasquez and Dennie Marengo have five-month-old daughter, Solstice. Kalani graduated from SFSU with a Bachelor in Psychology and a Master in Counseling. Kalani lived in Hawaii, Fresno, Los Angeles, and San Francisco before settling down in Burlingame almost four years ago. Her hobbies include traveling, photography, exercise, music, and spending time with family and friends.

ZONE: SAN MATEO

Baywood

Brielle Batory and her family are going to be very busy with a new baby due in January in addition to two-year-old daughter, Baelyn. Brielle did her undergrad studies at the University of Wisconsin-Madison and spent a year abroad at the University of Madrid. Before moving to the Bay Area, she lived in Miami and New York City. She currently is President of Partner Programs and Project Manager at The Fresh Diet. In her free time, she enjoys cook-

ing and exercising.

Jamie and Sinclair Hwang are proud parents of 14-month-old daughter, Audrey. Jamie has a BA in Asian Studies and Government from the University of Texas. Before moving to the Bay Area, she lived in Austin and San Francisco. Her interests include reading, current events, travel, food, and wine.

Michelle Jaeger and her family have 19-month-old daughter, Madison. Michelle has a Bachelor of Science in Marketing from Santa Clara University. Her hobbies include running and tennis.

Heather Thornton and her family enjoy life with three-year-old son, Kai.

Highlands

Jennifer Bolich-Daleiden (a native of Idaho) and Robert Daleidon are eagerly anticipating the arrival of their first child in March. Jennifer received her bachelors and doctorate at UC Davis and works as a small animal veterinarian where they currently live, San Mateo. As a couple they have a passion for the outdoors. You can find them skiing, cycling, swimming masters, or surfing at the local beaches.

Jennifer and Jason Lipton are juggling life with 19-month-old twin sons, Nathan and Brian. Jennifer has a BS in Health and Community Service from

California State University, Chico. Before moving to San Mateo, Jennifer lived in Sandpoint, Idaho for 3.5 years and San Francisco for seven years. When she has a spare moment, she likes to exercise, cook, bake, scrapbook, and shop.

Horral

Sasha and Robert Chapdelaine are patiently awaiting the arrival of their first child, due in December. Sasha has a BS in International Business and Economics from Sophia University in Tokyo. Sasha lived in Tokyo and Alpharetta, Georgia before moving to the Bay Area two years ago. Sasha works for the Peninsula Humane Society & SPCA in the Behavior Department. She enjoys tennis, cooking, reading, and socializing.

Laurel

Bridget Bertrand and Matt Paulson are enjoying life with their five-year-old daughter, Chloe. Bridget has an MA in Counseling Psychology from Santa Clara University and is a marriage and family therapy intern. She's originally from Tennessee and lived in New York City for ten years before moving to the Bay Area. Her interests include swimming, hiking, reading, and water skiing.

Sunnybrae

Jean and James Stamatis have their hands full with three sons—four-year-old Jack, two-year-old Luke, and four-month-old Nicholas. Jean has an MBA from Duke University with a concentration in marketing and health sector management. She lived in New York City, Indianapolis, San Francisco, and Los Angeles before moving to San Mateo. Her hobbies include hiking, reading, and baking.

< continued on p.11 >

What Love Smells Like

How I discovered gratitude quietly rising in my oven, and learned the joy of sharing it with children.

< BY ANNI LAYNE RODGERS >

It was Thanksgiving Day 2010. My mother had died six days earlier. I was 3,000 miles away from my family in Santa Cruz. And the idea of giving thanks — of sitting down to reflect on life's gifts and to toast them with warm gravy — not only seemed foreign, it physically repulsed me. Thanksgiving made me mad.

When my father called the Friday before, when he told me that the tumor had won and she'd slipped away before dawn, I hung up the phone and walked silently outside. I took a rake from the shed and began to pull it across the lawn. I raked leaves for six hours that day. I bagged and hauled them most of the next. Then I dusted, mopped, and scoured sinks. In other words, I avoided the grief.

I'm good at that — at keeping my hands so busy that they fool my mind into thinking progress is being made, logic is being followed, and the world is making sense, even when it's not. Especially when it's not.

But just try to elude a broken heart on Thanksgiving. Try to block a lifetime of memories with the smell of pumpkin pie and turkey hanging in the air. Try to convince yourself that the bounty at your table can fill the hole in your soul. It's impossible.

Had the cancer struck three years earlier, I wouldn't have bothered trying. I would have spent Thanksgiving Day refinishing the deck or polishing the cars. I would have built up the wall higher and stronger. But this year I couldn't disappear because it would mean missing my daughter's first Thanksgiving and my son's third. It would mean sacrificing another important family joy when so much had been lost already.

So I sat at the table that Thanksgiving Day, angry at the glioblastoma that took her in just eight weeks. Angry at the brain surgery that came too late. Angry at cancer, and turkey, and holidays, and small talk.

And then I stopped.

The oven timer was going off. The bread was done. I walked to the kitchen and pulled out the two, braided loaves, then slathered them with butter. I cut two steaming slices and blew on them until they cooled. Then I brought them to the living room.

"MacKinlay and Charlotte," I said, "come sit on my lap. I want to tell you a story."

And I told my kids about how their grandmother had — for as long as I could remember and well before that — spent the days before Thanksgiving and Christmas kneading mound after mound of dough, a bright red bandana tied over her hair. How she pounded each sticky mass with her fists, threw it down on the chopping block, sprinkled it with more flour, and began again until the dough was smooth and soft. How she filled the oven beginning at dawn and stacked the kitchen with perfect golden twists all day. Then how we piled into the car and drove to our friends' and neighbors' houses, sharing our favorite family comfort food with each of them.

"Do you smell it?" I asked, lifting the fresh slice to my nose. Mack leaned in and sniffed hard.

"Yes, mommy. I do."

"That's the smell of grandma," I said. "When we miss her very much, we can bake this bread and feel she's right here with us. That is such a special gift. We should feel so grateful."

And I did. I really did feel grateful— not only because she gave me everything in life but because my mom left so much for her grandchildren. There is the hand-painted toy box, the growth chart built from a salvaged Strato-caster neck, the hand-sewn summer dresses not in pink, and the soft flannel race car quilt that her friend, Janine, finished when grandma couldn't. And, of course, the bread.

But what I'm most grateful for is the occasion these gifts give me to tell my kids about their grandma. Now 5 and 2, Mack and Charlotte don't remember her. But that doesn't mean they don't know her.

When Charlotte pulls the stuffed hedgehog from her shelf or Mack snuggles his button-eyed teddy bear, I tell them how grandma made those things for me when I was a girl. I tell them how lucky I am that grandma left us with so many pieces of her heart. But how especially grateful I am for the two pieces that hug me tight when I miss her most.

A Los Altos native, Anni Layne Rodgers (annirodgers@gmail.com) was a Homestead H.S. Mustang before attending the Medill School of Journalism at Northwestern University and then the UCLA Anderson School of Business. She now serves as Web Director for The Build Network and lives in Mystic, Connecticut with her husband and two children.

Vote Yes on Measure D!

< BY CHRISTINE THORSTEINSON >

Many years ago my husband and I, and our two young children, left the hustle and bustle (and the fog!) of San Francisco for the sunshine and schools of Burlingame. Our then four-year-old would soon be entering kindergarten and we wanted a strong public school system for her. After ten years in this district, I know that we made the right choice for our family.

Our local schools are a source of community pride. With strong classroom instruction and quality core educational programs, students consistently earn top scores on statewide exams. That is why I believe families continue to move to Burlingame – because of the quality of education our local schools provide.

As a parent of a high school freshman and a fifth grader, I have come to understand the great challenges our schools face in maintaining their excellence. State education funding for our local schools is decreasing and cannot support the excellent education our community expects from our local schools.

Our schools need renovations, both for safety purposes and to keep up with 21st century educational standards. On average our Burlingame schools are 70 years old, and while some of them have seen renovations, many of them have not. On top of this, with ever-growing student enrollment that will only continue to increase, our schools need additional classrooms to prevent overcrowding and accommodate new students.

We know we can't rely on the State to fund the repairs and updates we need for our local schools. That is why for decades residents have joined together to strengthen neighborhood schools because our priority is quality education for local children.

This past August, after careful consideration of all options available, the Burlingame School District Board of Trustees placed Measure D on the November 6, 2012 ballot. Measure D will ensure all students have access to modern and safe classrooms, science labs and updated technology, while at the same time saving money to help retain teachers and protect academic programs. A "yes" vote will:

- Update classrooms, libraries and educational facilities to meet current earthquake, fire and safety codes
- Provide adequate classroom teaching tools, science labs and instructional technology for all schools
- Provide additional classrooms and school facilities to reduce overcrowding
- Upgrade outdated electrical, plumbing, heating and ventilation systems
- Update classrooms to provide access for students with disabilities

To ensure that all Measure D funds go towards voter approved purposes, fiscal accountability provisions are included. No funds can be taken by the State, and an independent citizen oversight committee, along with annual reports to the community will be required. The measure requires a 55% "yes" vote to pass.

For some BMC parents, elementary school may seem a ways off, but it is never too early to get involved. Get informed, get involved, talk with your neighbors, vote. Measure D is not just about our public schools, it is about the quality of life in our community.

To learn more about Measure D and its volunteer opportunities, visit www.ExcellentBurlingameSchools.org.

Christine Thorsteinson is the mom of a high school freshman (Lincoln Elementary alumni) and a fifth grader in the Spanish Immersion program at McKinley School. She has lived in Burlingame for 10 years and is a passionate supporter of public education. She is the executive director of an educational nonprofit, is the Measure D Campaign Co-Chair, and has served as the President of Burlingame Community for Education. Someday she may learn to say no, but for now she loves to be involved and volunteer for Burlingame schools.

Community Events

< COMPILED BY JEN O'CONNELL AND AMY MISHRA >

Save the Date:

The King Center Community Room Lighting

Friday, November 30th
6:30pm
The King Center
725 Monte Diablo Avenue, San Mateo

Burlingame Tree Lighting and Holiday Celebration

Friday, December 7th
7:00pm
Burlingame City Hall
501 Primrose Road, Burlingame

Election Day

Tuesday, November 6th
Be sure to read up on Measure D, Prop 30 and Prop 39 - all are directly tied to the future of our children's public education!
Forget where to vote? Check here: <https://www.shapethefuture.org/>

Around Town:

Easton Bedtime Story Time

Every Wednesday
7:00pm
Easton Branch Library
1800 Easton Drive, Burlingame
Come dressed in your pajamas for a fun evening of stories and songs with the Easton Library Children's staff! This event does not require prior registration. FREE

Soak in a little culture:

Discovery Days at AT&T Park

Saturday, November 3rd
11:00am-4:00pm
AT&T Park - San Francisco
AT&T Park will become a science wonderland when the Bay Area Science Festival concludes again with this FREE science extravaganza. Enjoy interactive exhibits, experiments, games, and shows, all meant to entertain and inspire. With more than 150 exhibits, there is something for everyone to unleash their inner scientist!

Hiller Aviation Museum "Soar with Books"

Saturday, November 24th
11:00am-12:00pm
601 Skyway Road
San Carlos
Special tour, aviation book reading time, and craft project for aviators aged 3 to 5. \$1.50 per child plus museum admission (free to members). No reservations necessary. Purchase ticket from gift shop on morning of program.

Burlingame Museum of Pez

First Thursday Free Admission Day
10:00am
214 California Drive, Burlingame

CuriOdyssey "Community Days"

Friday, November 2nd - Free admission on a selected day each month (check their calendar!)
10:00am-5:00pm
1651 Coyote Point Drive, San Mateo

Sanchez Adobe

Tuesday-Thursday, 10:00am-4:00pm;
Saturday & Sunday, 1:00pm-5:00pm
1000 Linda Mar Blvd., Pacifica
The Sanchez Adobe House was constructed in the 1840s by Francisco Sanchez. The adobe home is the second oldest building in San Mateo County. Artifacts from archeological digs offer evidence of the house's history as a speakeasy and hotel. Kids here are encouraged to indulge in fun crafts, demonstrations and activities illustrating California's history.

Peninsula Art Museum

Wednesday-Friday, 12:00pm-4:00pm;
Saturday & Sunday, 1:00pm-4:00pm
10 Twin Pines Lane, Belmont
www.peninsulamuseum.org
This tiny museum is an excellent place to introduce children to art and museums as a visit here doesn't take long. The museum includes a collections room, formal gallery, and a reference library of more than 1,200 art-related books. FREE

Community Events (cont.)

< continued from p.10 >

San Mateo County History Museum

Friday, November 2nd - Free admission the first Friday of every month!

10:00am-4:00pm

2200 Broadway Street, Redwood City

Explore the museum, enjoy stories from the past and a General Tour. FREE

Family Sundays at the SFMOMA

Through December 30th

11:00am-3:00pm

Kids get in free every Sunday at SFMOMA.

Enjoy docent-led family friendly tours, book readings, movie screenings and more. FREE

Enjoy the Outdoors:

A Runner's Mind

Every Thursday night

7:00pm

1199 Howard Avenue, Burlingame

All runners welcome, whether you run a mile in 4 minutes or 12 minutes, there will be someone there to join you and maybe even push you on! (or get your autograph if you run

a 4 minute mile!) Routes between 3 and 5.5 miles. FREE

Bicycle Sundays on Canada Road

Every Sunday

10:00am-Sunset

Bike, jog or roller skate without worrying about traffic on Canada Road. Every Sunday. FREE.

Around the Bay:

San Jose Harvest Festival

Friday- Sunday, November 23rd-25th

San Jose Convention Center

This post-Thanksgiving event is a major shopping opportunity, featuring thousands of handmade gifts like fine art, jewelry, specialty foods, clothing, and home décor for sale. The kids will enjoy a puppet show, crafts like gingerbread cookie decorating, and their own KidZone sponsored by Nature of Art for Kids, a company offering non toxic and eco friendly art supplies. 12 and under free; Adults \$9

New Member Bios (cont.)

< continued from p.7 >

ZONE: FOSTER CITY

Jo and Simon Fletcher are sleepy but happy parents to five-week-old daughter, Alexandra. Jo has a Doctor of Physical Therapy from the University of Puget Sound and a Master of Public Health from San Diego State University. Before moving to the Bay Area, Jo lived in San Diego and North Caldwell, New Jersey. Her interests include swimming, running, pilates, hiking, and cooking.

ZONE: MILLBRAE

Judy Cheng and her family have 16-month-old son, Alex, and are eagerly awaiting the birth of their second child, due in January. Judy has a BS and an MA and works in a Family Office. Judy has lived in Boston, Chicago, Seattle, and San Francisco.

ZONE: REDWOOD CITY

Trudy Hodges and her family are enjoying life with six-month-old son, Jeffrey.

ZONE: SAN FRANCISCO

Amy Tato and her family have two-year-old son, Rex. Amy enjoys walking, cooking, and reading.

Kali and Garrett Zivitz are proud parents to four-year-old son, Nathaniel.

ZONE: SOUTH SAN FRANCISCO

Stephanie Lim and her family are patiently awaiting the arrival of their first child, due in January.

ZONE: OTHER

Boston

Jessica Smith and Amitabh Handa are proud parents of two-year-old son, Bodhi. Jessica has a Bachelor in Psychology from Skidmore College and a Master in Counseling Psychology from Boston College. Jessica and her family are in the process of moving to Burlingame after 15 years of life in Boston. Jessica is a VP of Marketing and enjoys exercise and art.

Chicago

Manisha and Rakesh Loonawat have three-year-old son, Neil. Manisha and her family are in the process of relocating to Burlingame from Chicago.

Stephanie Lim and her family are patiently awaiting the arrival of their first child, due in January.



Births & Great Expectations

< COMPILED BY ELAINE JUN AND LESLIE VOLK >

Births

Lauren Cony, Dave Hackos
and Dylan Cony Hackos
Julian Cony Hackos
8lbs, 8oz; 20 inches
May 11, 2012

Samantha, Nicholas and
Vivienne French
Madeleine Wang French
8lbs, 10oz; 21.5 inches
July 6, 2012

Katie, Bob and Benjamin Grohs
Sophia Eugenia Grohs
6lbs, 10oz; 20 inches
August 21, 2012

Leah and Ehren Koepf
Eliza Mary Koepf
5lbs, 14oz; 18 inches
August 22, 2012

Rebecca Olson, Brian
and Ronan Bissonette
Elliot Olson Bissonette
8lbs, 4oz; 21 inches
August 28, 2012

Patty, Joe and Caleb Bandel
Andrew Joseph
8lbs, 11oz; 22 inches
September 1, 2012

Heather And Philip Van Dervort
Maxim «Max» Viggo Van
Dervort
7lbs, 9oz; 20 inches
September 2, 2012

Melissa Lin and Ryan Young
Ava May Lin Young
7lbs, 10oz; 19.5 inches
September 4, 2012

Debbie, Duncan and
Megan Clendenin
Lucy Caroline Clendenin
8lbs, 9oz; 21 inches
October 11, 2012

Great Expectations

Arti Dusane
November 15, 2012

Kathy Chan
November 21, 2012

Renata Demello
November 27, 2012

Ellen Curry
December 14, 2012

Liz Keleher
January 1, 2013

Christina Funk
January 3, 2013



Jillian Hamilton
January 20, 2013

Brielle Batory
January 23, 2013

Stephanie Lim
January 23, 2013

Abbi Eastburn
February 7, 2013

Karen Kreuzkamp
February 12, 2013



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Happy Thanksgiving!

Reading (cont.)

< continued from p.5 >

All this bookishness continues to pay off, even now as the boys have become teens. Around meal times, we often share excerpts from news stories. The boys typically read from their cell phones as my husband and I still clutch a paperbound magazine or the occasional newspaper. And recently, when I was laid low with a cold and buried under the covers, Peter peeked into my bedroom, book in hand and asked sweetly, "Would you like me to read you a story?" Nothing could have made me feel better.

Betsy Corcoran is chair of the Burlingame Library Board of Trustees. She has lived in Burlingame for 15 years and was a member of the Burlingame Mother's Club for 5 years when her two teenage sons were little. These days, she also runs EdSurge.com, a leading news and information site devoted to the latest education technology. She loves tea, cookies and great books.

The Burlingame Children's Holiday Tea

December 2

10:00 - noon

At the Burlingame Public Library

Featuring Elisa Kleven

Elisa Kleven is known for her exuberant and joyful stories. Among the dozen she has published are:

- **THE LION AND THE LITTLE RED BIRD**, The tale of a lion who turns his tail into a paintbrush, and the walls of his cave into a sunlit, painted world.
- **THE PUDDLE PAIL** The story of Ernst, the crocodile sees ordinary rain puddles as sparkling, collectible treasures.
- **THE PAPER PRINCESS**, The story of a drawing on paper that becomes full of possibilities. By turns it is a paper doll, a crumbled wad of litter, a birthday card, and a beloved doll again.

This event typically sells out several weeks in advance!

Tickets are \$20 for children, \$40 for adults and the proceeds support the Library. You can order tickets online from the Burlingame Library Foundation website at <http://www.burlingamelibraryfoundation.org/>.



How do librarians always seem to just know what perfect books to recommend?

I'll spill the secret, Burlingame's librarians have compiled stacks of lists of great children's stories, based on age, grade and topic.

There's a high-tech project afoot, too. Stuck on the inside cover of a growing number of elementary school books is one of those black-and-white patchwork "QR" codes. If you have a smart phone, download a free QR reader. Then scan the code with your phone and voila! It will pull up a list of similar titles. The QR project just got rolling this autumn; picture books do not yet have the codes.

Here's a list of some of recently acquired books for young children, all recommended by our local librarians:

Board Books:

Hippopposites by Janik Coat

My Dad is the Best Playground by Luciana Navarro Powell

Countdown! With Milo by Mike Austin

Baby Cakes by Karma Wilson

The Bear Went Over the Mountain by Rosemary Wells

Duck & Goose, 1, 2, 3 by Tad Hills

Picture Books:

Creature Count: A Prehistoric Rhyme by Brenda Huante

Dog Gone! By Leeza Hernandez

Homer by Elisha Cooper

Just One More! by Tracey Corderoy

Lucy Can't Sleep by Amy Schwartz

Mousterpiece by Jane Breskin Zalben

Oink-A-Doodle-Moo by Jef Czekaj

Rocket Writes a Story by Tad Hills

Very Special Friends by Jane Chapman

Twinkle Twinkle Little Star by Jane Cabrera

The Obstinate Pen by Frank W. Dormer

The Princess and the Pig by Jonathan Emmett

Wild About You! by Judy Sierra

Going Gluten Free (cont.)

< continued from p.1 >

In the meantime...Welcome to the club! I won't lie, there's a bit of bad news – it's not going to be quite as easy to get lunch on the go from now on (sayonara Starbucks sandwiches). On the bright side, with a little adjustment to your routine you can eat healthier than ever before (thank you Whole Foods for your amazing quinoa salads!). In fact, my husband, going only semi-gluten-free by virtue of having to eat what I prepare for dinner and on the weekends, lost 8 pounds without trying, and that's with eating lots of GF baked goods and breads.

But wait, there's more good news – living gluten-free is easier than ever before, and there are delicious GF alternatives out there for everything from pancakes to pizza crusts.

OK, so I (or my kid, or Aunt Ida) can't eat gluten. What do we eat?

A quick list of what you have to avoid:

Wheat	Cous cous	Kamut
Barley	Durum flour	Orzo
Rye	Farina	Semolina
Bulgur	Graham flour	Spelt

Be sure to read all labels, you'd be surprised at the types of foods they'll sneak gluten into, like some sausages and salad dressings! Also, inquire at restaurants – wheat flour is often used to thicken sauces or coat meats before sautéing, turning what sounded like a simple, safe chicken breast into a gluten-dusted gut-buster.

But enough of what you can't eat. Here's what you *can* eat:

Potatoes
Rice (but if it's flavored or rice pilaf, check the label. Rice pilaf usually contains orzo, which has gluten.)
Corn, Cornmeal, Polenta and Hominy
Quinoa, Millet, Sorghum, Teff (these are grains)
Buckwheat (no actually wheat!)
All Vegetables
All Fruit
Fresh Meats, Fish and Poultry (not breaded, batter-coated, or marinated in soy sauce, which is made from wheat)
All Beans, including Soy
All Seeds, including Amaranth and Flax
All Nuts
Eggs
Most Dairy Products (no malted milk and read labels for processed dairy products)
Tapioca
Tamari (instead of soy sauce)
Oats (With a caveat. Oats themselves don't naturally contain gluten but can be cross-contaminated with traces of gluten in the growing/harvesting/transport/refining process. Most people with sensitivities aren't affected by these trace amounts, but those with celiac disease may be. Luckily, there are certified gluten-free oats out there by companies like Bob's Red Mill, available at stores such as Mollie Stone's and Whole Foods.)

And of course, all of the delicious GF alternatives there are out there! We've been gluten-free for about four years now, and I can tell you that we are living in a great time and place for it. The range and quality of options are multiplying by the month, it seems, and there is no reason to feel like you're missing out because you're gluten-free. Even Target stocks gluten-free items! Here's a short list of my personal GF favorites:

- **Ancient Harvest Quinoa Pasta.** Actually a mixture of quinoa and corn, this is far better than the rice pastas out there and so tasty that my family actually prefers it to regular pasta.
- **Canyon Bakehouse Gluten-Free 7 Grain Bread.** I know there's the Rudi's versus Udi's debate, but trust me, this sandwich bread blows all of them out of the water. Soft, chewy,

yummy sandwich bread like you remember. No one will notice it's gluten free. In the bread section at Whole Foods.

- **Udi's Gluten Free Bagels.** For bagels, Udi's wins in my opinion. In the frozen section at Mollie Stone's and Whole Foods, defrost for a bit so you can pry it apart, pop it in the toaster, and you get a bagel that's crispy on the outside, white and fluffy on the inside, spread it with Earth Balance Buttery Spread or better yet Tofutti Better Than Cream Cheese...heaven.

- **King Arthur Flour GF Pancake Mix.** Leave it to the king of flours to come up with a pancake mix that is identical – identical! – in flavor and texture to the "real" thing. Whip up scrumptious pancakes and waffles and feel the love.

- **Glutino Chocolate Vanilla Creme Sandwich Cookies.** The GF Oreo. K-Toos makes a version too, but I think Glutino does it better.

- **Kinnikinnick KinniKritter Animal Cookies.** In Chocolate, Vanilla, and Graham Style. Really close to "regular" animal cookies. Annie's makes similar GF bunny cookies, but to my palate they taste chalkier.

- **Glutino Gluten Free Pretzels.** Slightly crispier than their gluten counterparts, these guys are crunchy, tasty, and satisfying.

- **Late July Organic Sweet Potato Tortilla Chips.** OK, so these aren't technically a gluten-free "alternative," since tortilla chips generally don't contain gluten to begin with, but I had to throw these in. You'll probably hate me for introducing you to them, they're so delicious and addictive. Good thing they're made with nutritious stuff like chia seeds and sweet potato so you won't feel so bad when you polish off a bag.

Not only are there tons of gluten-free options in the stores, but more and more restaurants are recognizing that a large portion of their customer base is gluten-free. You know that gluten-free has gone mainstream when Dominos offers a GF pizza! As does Amici's pizza, Extreme Pizza in San Bruno, Red Brick Pizza in San Mateo and BJ's Restaurant and Brewhouse at Bridgepoint – they get extra mention for their gluten-free menu that includes their Gluten-Free Chocolate Chip Pizookie®, a deep dish chocolate chip cookie for dessert. Also deserving a special mention is Urban Bistro here in Burlingame, for their vast gluten-free color-coded options (any of their 13 sandwiches can be made on GF bread, they have 5 GF soups, and any of their 7 flatbreads can be made GF). I would be remiss if I didn't mention PF Changs in Palo Alto for their separate gluten-free menu, including items like GF Singapore Street Noodles (to die for), GF Beef a la Sichuan, and GF Chang's Spicy Chicken.

As for gluten-free baked goods, Crave, a bakery at the San Francisco Ferry Building, has a huge selection of gluten- and casein-free baked goods from cakes to tarts to cookies. They also sell packaged products to Mollie Stone's, Whole Foods, Lunardi's, Piazza's Fine Foods, and Andronico's. We also have Zest in San Carlos, a gluten-free bakery with a varying selection depending on the season; I've gotten delicious fresh baked focaccia rolls and tasty cookies there. There is also a wide variety of frozen options at both Whole Foods and Mollie Stone's that are pretty good.

For home bakers, there are a lot of GF cookbooks hitting bookshelves these days. I highly recommend *The Allergen Free Baker's Handbook* by Cybele Pascal and *Blackbird Bakery Gluten-Free: 75 Recipes for Irresistible Gluten-Free Desserts and Pastries* by Karen Morgan. I've had great success baking from both.

What about Thanksgiving? How do I go GF for the holiday?!

Now that you know all about living gluten-free, hopefully you're not as intimidated by the thought of having to eliminate gluten for a meal, or even forever. I'm going to make it really easy for you and hand you my tried-and-true Thanksgiving recipes, gluten-free and dairy-free (GFDF) to boot. Pick up a GF pie crust in the Whole Foods' frozen section and some dinner rolls from Zest Bakery in San Carlos (or try the amazing GFDF Dinner Rolls from *The Allergen-Free Baker's Handbook*), and enjoy!

< continued on p.15 >

Going Gluten Free (cont.)

< continued from p.14 >

GFDF Corn Bread

Makes 2 loaves

3 cups yellow cornmeal (not coarse ground)
2 cups sifted Bob's Red Mill GF All Purpose Baking Flour
1½ teaspoons xanthan gum
2/3 cup sugar
2 tablespoons baking powder
1 teaspoon salt
3 cups rice or coconut milk
3 sticks Earth Balance Buttery Sticks, melted and cooled
4 eggs, slightly beaten

Preheat the oven to 400° F. Butter two 9 x 5 x 3-inch loaf pans. Combine the cornmeal, flour, sugar, baking powder, and salt in a large bowl. Mix the milk, butter, and eggs in a medium-size bowl. Stir the milk mixture into the cornmeal mixture just until moistened.

Pour batter into the prepared pan or spoon into tiny muffin tins. Bake until golden, 35 to 40 minutes. Cool on a wire rack 5 minutes. Remove from pan; cool completely on rack. Once cool enough to handle, cut into 1-inch cubes and leave out, uncovered, overnight.

GFDF Sherry Gravy

Makes about 3 cups

Roasting pan with juices from your turkey
1 cup dry Sherry (or can use a dry Riesling)
4 ½ cups giblet stock, either homemade or store bought (but make sure it's GF!)
6 tablespoons cornstarch
2 tablespoons Earth Balance Buttery Sticks

Pour pan juices from your turkey roasting pan into a gravy separator, and let stand until separated, 10 minutes. Pour off fat, leaving juices. Place your turkey roasting pan over 2 burners on medium heat. Add the Sherry or wine, and simmer, stirring and scraping pan constantly, for 2 minutes. Add the reserved pan juices and 4 cups stock, and bring to a simmer.

Meanwhile, whisk together remaining ½ cup stock and the cornstarch in a bowl until smooth. Whisking constantly, slowly add cornstarch mixture to the pan. Simmer until gravy is reduced by half and coats the back of a spoon, 10 to 12 minutes. Remove from heat, add buttery sticks, and swirl pan until it has melted. Pour through a fine sieve, discarding solids. Serve immediately or keep warm over low heat. Gravy will thicken as it sits.

Agapi Burkard is mom to two GFDF boys: Dane, age 6 and West, age 2. In her quest to provide delicious GF treats to her little guys, she has perfected her gluten-free baking and is working towards opening a GF bakery here in Burlingame. Her husband Bruce is the official taste tester and is still 8 lbs lighter. In the meantime, you can reach her at agapi-burkard@yahoo.com.

GFDF Chestnut, Sausage, and Apple Corn Bread Dressing

Adapted from Martha Stewart's Herbed Corn Bread Dressing
Makes about 16 cups

NOTE: Make the GF Corn Bread and soak the raisins in Cognac the day before!

1 cup dark raisins
1 cup Cognac
4 cups chopped onions
4 garlic cloves, minced
2 sticks Earth Balance Buttery Sticks
2 pounds bulk pork sausage (not Italian-style), rolled into 1-inch balls
1 cup chopped shallots
3 cups chopped tart apples
2 cups chopped celery
2 loaves Gluten-Free Corn Bread, cut into cubes and left out overnight (see recipe below)
2 15-ounce cans chestnuts, drained and roughly chopped
1 cup snipped fresh flat-leaf leaf parsley
2 tablespoons dried sage leaves
4 teaspoons dried marjoram leaves
2 teaspoon dried thyme leaves
½ teaspoon ground cloves
¼ teaspoon cayenne pepper
2 teaspoons coarse kosher salt
2 teaspoons freshly ground black pepper
4 eggs, beaten

Soak the raisins in Cognac overnight. In a large skillet, sauté the onions and garlic in the butter over medium heat until soft, about 5 minutes. Add the sausage and shallots; cook until sausage is brown and starts to caramelize, about 10 minutes. Stir in the apples and celery; cook until soft, about 10 minutes. Drain.

Combine corn bread cubes, raisin mixture, sausage mixture, and remaining ingredients except eggs. Toss; stir in eggs. At this point, except for the raw eggs, the mixture is basically cooked through; what it needs is about 40-60 minutes in the oven or slow cooker to meld the flavors and cook the eggs. I put a range of time here so you can cook it in the same oven as your pie or turkey, which is probably cooking somewhere in the 325°F - 375°F range. Baste with pan juices from the turkey every 15 minutes or so.





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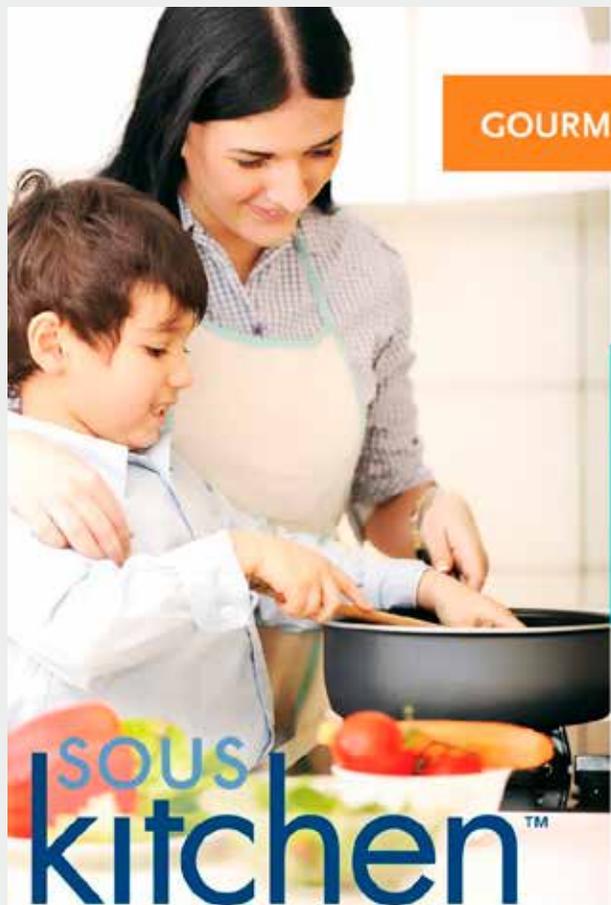
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CLASSROOM TOUR DATES:

All tours begin at 8:15 am in the Fireplace Room

October 18, November 8 & 29, December 13, January 10, 17 & 24

OPEN HOUSE EVENT:

Sunday, December 2 – 2:30 pm – 4:30 pm

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Big Feet (5-6 years) Micro (4-5 Years) Micro (6-7 Years) Micro (8-9 Years) Micro Advanced (6-9 years)**

Youth Winter Futsal Leagues

REGISTRATION IS NOW OPEN!

2013 Youth Winter Competitive Futsal League

We have 40 club teams committed so far from around the peninsula for our Youth Winter Competitive Futsal season starting in January! Spots are filling up quickly and we have less space available than last year so please contact kevin@burlingamer.com immediately to register your club team.

Registration deadline is 11/16/12.

Play With Your Friends Winter Recreational Futsal League

Registration is open for our youth recreational futsal league starting in January! Sign up with your friends or be placed on a team. The trainings will be headed by professional coaches and we will provide our professional coaches for games as well to ensure a constructive and positive experience for our youth recreational futsal players.

3v3 format for U6-U8 and 5v5 format for U10-U14.

League includes: a t-shirt uniform, 8 games and 3 academy style trainings.



Adult Futsal Leagues

We have mens divisions, co-ed divisions and we are planning to launch our first all womens league in December! Please e-mail kevin@burlingamer.com for league info and to find out when our leagues begin.



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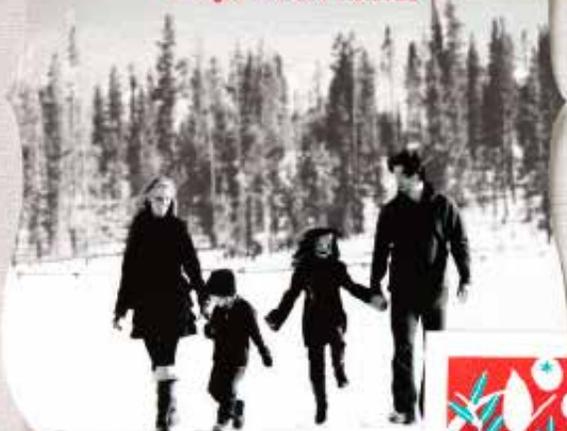
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SAVE THE DATES!

Annual Preschool Forum
Wednesday, January 16th
7:00pm-9:00pm
Location: Burlingame Rec. Center



Burlingame School District Information Night

(A panel discussion with our Superintendent
and all 5 Elementary Principals)

Wednesday, January 23rd
7:00pm-9:00pm
Burlingame Intermediate School



Please **RECYCLE**