

## Happy Father's Day from Gorbella's!

do something *special* for daddy this weekend



### Summer fun with Gorbella's!

Looking for stuff to do now that school's out? Gorbella's to the rescue! Join us at these playdates, where all ages are welcome and everyone has fun.

**June 19:** Storytime with Mr. Bob, 10:30am, Arlington Yoga Center (\$3 donation)

**June 27:** Mommy & Me Dance Class with Carmen, Arlington Yoga Center, (\$2 donation)

**Thursdays in July:** Mommy & Me Yoga with Marinda, class tuition benefits Gorbella's.

For details please visit the Fundraisers page at [www.gorbellas.org](http://www.gorbellas.org).



### Hey good lookin', whatcha got cookin'?

Share those scrumptious recipes with us! We're compiling your nutritious and delicious favorites in a family-friendly cookbook that will be for sale later this year. **Everyone who submits a recipe will get 1/2 off the sale price!** Additionally, everyone who submits a recipe will be invited to our **cookbook photo session!** **Whatcha waitin' for? Visit our website to [submit your recipe today!](#)** ☺



### Family-friendly finds!

**Good, clean, fun:** [CleanWell](http://www.cleanwell.com) is the first all natural hand sanitizer that contains no alcohol or harsh chemicals, yet still is proven to kill 99.99% of the harmful germs that make you sick. CleanWell is totally non-toxic, safe for kids and gentle on your skin.

([www.cleanwelltoday.com](http://www.cleanwelltoday.com))

**Best Workout for Moms:** Take the baby for a stroll around the park and get a great workout while you're at it. Tone the triceps and carve those abs, as baby plays in her stroller. Family-owned [SuperMommies Stroller Fitness](http://www.mysupermommies.com) is the best workout I know of for Moms. ([www.mysupermommies.com](http://www.mysupermommies.com))

**Dirty Diaper Disposal Solution:** Never be embarrassed to throw away a dirty diaper in public again. [Diaper Baggies](http://www.diaperbaggies.com), the first and only recycled plastic bags with a zipper closure, seal in odor and bacteria safely and securely. And the bags are really cute, too! ([www.diaperbaggies.com](http://www.diaperbaggies.com))



### Add Organic Produce to your List

On your next trip to the grocery store, put on your SuperParent cape and save your family from eating antibiotics, carcinogens and insecticides. If you've never bought organic groceries before, now is a good time to start. The Environmental Protection Agency (EPA) has announced 12 fruits and vegetables that are strongly recommended to buy organic because of their exposure to human carcinogens, pesticides, antibiotics, and other scary toxins. The report indicates even jarred baby food is effected by the contaminants. Arm yourself with education. Buy organic when ever possible! Read the full report on the Children's Health Environmental Coalition website, [www.chechnet.org](http://www.chechnet.org). We will post more health tips on our website, too.

#### Fruits and veggies to buy organic:

Peaches	Strawberries
Apples	Raspberries
Pears	Spinach
Winter Squash	Potatoes
Green Beans	Tomatoes
Grapes	Cantaloupe



### Father's Day Gift Ideas...

Gorbella's Gift & Gear Shop is now open for business. Great gift ideas inside...[www.cafepress.com/gorbellas](http://www.cafepress.com/gorbellas)

### Gorbella's & You

There are many ways you can become involved with Gorbella's, the nonprofit organization on a mission to create and promote family friendliness in our community. Join our e-mailing list, attend, participate and/or volunteer at our events, enlist your business to join us as a sponsor, or join our Board of Directors. Check the website for more information, [www.gorbellas.org](http://www.gorbellas.org).

#### Gorbella's Board of Directors

Eryn Hall, President  
 Jeff Hall, Treasurer  
 Cindy Nelson, Chief Volunteer Officer  
 Cynthia Lopez, Chairperson  
 Bianca Landis, Chairperson  
 Casey Snyder, Photographer

Open Board Positions & Opportunities:  
 Vice President, Secretary, Event  
 Coordinator, Photographer, Publications  
 Coordinator, Webmaster

Gorbella's mission is to create and promote family-friendly establishments in the community, with a long-term goal of establishing its own nonprofit coffeehouse that is communal, accessible, and attractive for families with young children to gather for food and drink, socialization, education, support, resources, and activities. The organization will promote community inclusion, social interaction, social networks, and healthy lifestyles, in an effort to prevent families with young children from being subjected to social and community isolation.

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