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Getting Mama Out of the House

By **Valerie McDermott**

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Some mama's I know are all over the mama get-together idea from the day they deliver their little bundle of joy. Scrapbooking, girls night out, dinner and drinks, shopping, even a movie are all perfect and deserving breaks. Other mothers, however, especially new mom's find that the idea of a regular get together with her girlfriends can be just another added stress. How do I find the time or energy? Can I leave the baby? Do I deserve time away?

Please don't stress. It doesn't take a late night out on the town to recharge your battery. Think baby steps! Can you get a one or two hour slot of time in the following month that can be just for you? Of course you can! Just think, it could be a Saturday or Sunday morning or a Friday afternoon lunch. There are no right ways or wrong ways to have fun and reconnect with the special women in your life.

Some quick, easy, get your feet wet ideas — coffee, paint pottery, lunch at a fancy restaurant, a walking date, a scrapbooking party, Barnes and Noble for coffee and swapping book ideas, brunch on Sunday...the list is endless. Just remember these simple rules:

You must make it a priority at least once a month

No kids! Plan ahead of time for stress free day care and plan for at least two hours of time.

I guarantee after three or four months of these mini get togethers you will see the benefits. You'll then be ready for the late night out on the town! Remember Mama — Baby Steps!!

Valerie McDermott is a mother of 2 and co-founder of
a website

devoted to helping mother rediscover their favorite pastimes and put themselves back on the top of
the to-do list.

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FUN LOOK AT A LADY HANG-GLIDER

By VJ Gibson

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Women can be sports widows when husbands take to the tube, but what's a man to do when his lady
love is a hang-glider? Cyril May and Jack McDonald explore this question in their playful tune, Macho
Mountain Mama on their CD, "Off The Beaten Track."

`When warm winds from the valleys

Sweep on up the mountain side

When the thermals are a pumping all around

When the birds are all grounded

`Cause the wind's too rough to fly

Then Macho Mountain Mama's up there flyin' high.'

In the song, Cyril's lyrics show a real appreciation for the adventurous woman obsessed with a pastime
that leaves her man far below. But a twinge of jealousy for her high-flying freedom comes through as
well. The lilting instrumentals add bounce to the piece, and keep our feet tapping along in time. Jack
McDonald adds his special arrangements to the mix, and the result is a musical romp.

`She's my Macho Mountain Mama

Like a bird, her spirit's free

She flies a big hang-glider through the skies

And I feel up there she's closer

Getting Mama Out of the House

To her real true love than me

And I envy how my Macho Mountain Mama flies'

For more commentary of everyday life, check out sample tracks of "Off the Beaten Track" at www.cyrilmay.com or contact him at by phone: 562/433-0734, email: divingds@juno.com or snail-mail: 266 Orizaba, Long Beach, CA 90803.

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