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# TWIN TALK

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September 2004

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Ahh, the whirlwind of the fall season! Back to school, back to work, back to reality and back to rain! Although as many of you have already heard my endless whining, I am one of us that is happy to see the rain get here. This summer was way too hot for me! Not only am I excited to see the rain, I am vibrating with excitement over all the new and wonderful events and things going on in our little club!! I won't even bother boring you with what my family did (or rather didn't do!) over our summer, there is WAY too much to go on about within the PoCoMo Moms Club. Where to start...

Well I guess the first news is to announce the changes to the Club Leadership. As we all know Mary and Alison have served their time and are now free to..... well, be free! After some thought, it was decided that because our club is expanding so rapidly (almost doubled in size in the past year!) we might benefit from three co-leaders this term. So with a little coaxing, I have joined Brenda Stewart and Nareeta Stephenson in this position. To learn a little more about us, check out our Bios on page 3 in the new "Member of the Month " Column. Be prepared it may soon be your month to be featured.

Anybody been websurfing lately? Then you may already know our big secret! A very eager and talented Liz Dustan and her father, Mike, took up the task of building us a brand new WEBSITE. I am please to formally announce the launch of [www.momsflotsoftots.com](http://www.momsflotsoftots.com) . For those of you with email addresses (and we know who you are) you will have to visit this soon (ok, finish my newsletter first, I did put a lot of work into this!) in order to participate in our questionnaire, your vote counts! The site is still under construction but will soon contain valuable information about our club, great links to multiples websites, a great forum for our members only and a calendar of events. Mike and Liz have done an incredible job and Mike designed our new logo himself. Kudos to the Dustans!

Notice the name of the site is a new one? Well, we realize that we have really outgrown our PoCoMo name, considering we have members from Burnaby all the way out past Mission! So, Alison came up with this (what I think is GREAT) new name for our site and we will soon take a vote to decide if it is suitable for a new Club name.

I could go on and on, but just read ahead, you will see some of the wonderful fun things planned for the upcoming year! Looking forward to seeing you all on September 16<sup>th</sup>!

## September Birthdays

Rosemary Adrian	September 6 <sup>th</sup>
Mark Adrian	September 25 <sup>th</sup>
Grant Armstrong	September 5 <sup>th</sup>
Elizabeth Bajcic	September 14 <sup>th</sup>
Alma barranco	September 9 <sup>th</sup>
Janice Cardinal	September 1 <sup>st</sup>
Denise Eisner	September 4 <sup>th</sup>
Cora Naylor	September 8 <sup>th</sup>
Gordon Swail	September 23 <sup>rd</sup>
Ashley Arnold	September 12 <sup>th</sup>
Stephanie Arnold	September 12 <sup>th</sup>
Laura Borgford	September 22 <sup>nd</sup>
Sofia Borgford	September 22 <sup>nd</sup>
Alexandra Bajcic	September 18 <sup>th</sup>
Maya Bajcic	September 18 <sup>th</sup>
Jacob Cardinal	September 16 <sup>th</sup>
Christian Cardinal	September 16 <sup>th</sup>
Nicholis Stewart	September 17 <sup>th</sup>
Matthew Stewart	September 17 <sup>th</sup>
Russell Halladay	September 18 <sup>th</sup>
Jake Halladay	September 18 <sup>th</sup>
Ryan Janzen	September 28 <sup>th</sup>
Madyson Jungen	September 24 <sup>th</sup>
Jabob Jungen	September 24 <sup>th</sup>
Michelle Kaczor	September 25 <sup>th</sup>
Sara Kaczor	September 25 <sup>th</sup>
Jordan Edwards	September 8 <sup>th</sup>
Ryan Edwards	September 8 <sup>th</sup>
Jacob Pauls	September 9 <sup>th</sup>
Hana Pauls	September 9 <sup>th</sup>

Brandyn Stewart

September 4<sup>th</sup>



After you get the older ones off to school relax by taking some time to enjoy a cup of coffee with other moms for a couple of hours once a month:

*New Moms* (newborn to 8 months)  
Contact Robyn Steed at (604) 465-0666

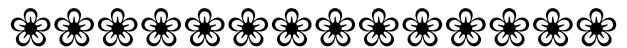
*Toddler Moms* (8 months to 24 months)  
Contact Brenda Stewart at  
(604) 937-5534

*Toddler Moms* (12 months to 2 years)  
Contact Laura Dewit at (604) 465-4186

*Toddler Moms* (2 years – 3 years)  
Contact Deanne Iacobucci at  
(604) 939-9958

*Preschooler Moms* (3 years and up)  
Contact Renee Smalcel at (604) 931-7915

You will notice that there is an overlap of ages between some groups. We will let you decide which group you would like to join.



### FOUND:

Old Navy mauve flowered visor and khaki and cream plaid floppy hat. Left at Summer BBQ at Darla's. To claim, please contact Robyn.



## MEMBER(S) OF THE MONTH CLUB

As I mentioned earlier, Twin Talk has a new feature Column starting this issue. Our Member of the Month Club is a column that will help us all learn a little more about each other outside of being busy Mothers of Multiples (MoM's). Each month will feature a few member profiles or interviews with chosen individuals who will enlighten us all on what they do outside of our little club. We figured that the newest co-leaders would be good guinea pigs for this column so....

### ***Brenda Stewart***

Brenda is a busy mother of four children. As one of her favorite authors "Barbara Coloroso" would say, "if you have a couple of terrible two's, a strong willed five, a teenager and a husband turning forty, you get five stars....!!!" That pretty much sums it up I think. Brenda is finishing up a child care leave from her employer "TELUS". She has worked for TELUS for 16 years and is game to go back for another 16 if she can hang on that long.

As for my twin experience: "I have found it very tough so far. My parents and some other family don't live in the lower mainland and can't come over to help that much. My husband works as a firefighter for Port Moody and works lots of shift work so in the beginning when the boys were small, I just dreaded going solo at night. Some of our best arguments were about who got less sleep...!! I am so glad that stage is almost over. With three young sons and a teenage daughter, our house is not very peaceful. We do have lots of laughter and great fun at the park but I'm looking forward to when the twins are talking and communicating better."

Brenda, her husband Doug and their family are complete sport nuts. "We participate in a wide range of recreational and extreme activities including camping, hiking, soccer, water skiing, snowskiing, dirtbike riding and mountain bike riding". We also try and complete an adventure race or Mountain Bike race every couple of years. Brenda has also been instructing women in Mountain Biking since 1999 for "Womens Only Mountain Biking". Brenda also does various fitness classes each week with her daughter to keep in shape and help keep her sane. We get a couple of babysitters over once or twice a week and head out for a good workout and escape the craziness of our home and it relieves some of the stress.

Brenda is delighted with the opportunity to combine her skills from her work along with her energy, humour, patience, passion and enthusiasm for supporting other moms. What she would like to see for the Multiple club is a renewed energy for the club. With lots of new members she hopes that our club members and friends will really want to come out to the monthly meetings and social functions to build a strong network and form new friendships.

### ***Nareeta Stephenson***

Nareeta was born in Brisbane, Australia and moved to Canada in 1989. She returned to Australia in 1996 to become a Doctor of Chiropractic. In 2001, after graduating, she married her Australian husband Rob and in February 2002 they relocated to Canada. Nareeta has been practicing in Port Coquitlam for the past two years.

Shortly after opening the practice Nareeta and Rob decided to see if they could make a family work at the same time as their careers. "Four months later we found out we were having twins. I had to laugh. It would happen to us". Nareeta and Rob welcomed Jade and Jared on June 16, 2003. "We have had a blast having the twins. We are very lucky to have a lot of support around us. I feel truly blessed to have these two wonderful children in my life. I chose to go back to work when they were only 6 weeks old. I was in danger of losing my practice. If I hadn't have had the support of my Mom, Rob and friends, I don't know how I would have done it. The biggest thing I struggle with is balancing it all and remembering to take care of myself along the way."

Nareeta and Rob do a lot of volunteer work in personal development, for fun. "We are personal coaches and work with a group raising money for Youth at risk". Nareeta's goal is to one day be a facilitator.

"I'm looking forward to the next few years and seeing the club grow. We have some really fun things planned this year, but the club cannot function without the support of its members. We are all busy people and some support and fun can go a long way to making a difference in people's lives"

### ***Robyn Steed***

Robyn was born and raised in Calgary, Alberta and relocated to BC on a whim in 1994. All alone in the big city, she found herself wandering through Safeway checking out produce one Sunday and discovered what would later become a husband, Will (as well, alone and checking out produce). Will and Robyn live in Maple Ridge with their 4 kids, their twins are 2 days younger than Nareeta's, they have a 3 year old and a 6 year old and they run their own business.

"Our twin experience, well, surprise and shock are probably the best words to describe it when it began. We had no idea there were two until our ultrasound at 21 weeks. But it was definitely the greatest surprise in the world. Life has been busy and hectic, we have only had the help of one relative out here as the rest are far away, so it has been a long year."

Robyn has taken a hiatus from her own consulting in Human Resources and Bookkeeping. "I keep my hands dirty by helping manage my husbands small business." She plans to pick up where she left off with one of her major clients in the next year when his new venture gets underway. "Right now, I am busy enough with my family."

If you hadn't noticed, Robyn is a bit of a volunteer nut, she has been involved with many activities in the past primarily with the Girl Guides of Canada and the Thanksgiving Basket Brigade providing food hampers for families in need. "I think I have enough on my plate right now with the Twin Club, I love getting involved with this club, it has so many rewards and I have already formed such great friendships. I hope that my enthusiasm rubs off on the members because it really is a wonderful, supportive group of people. Our plans are BIG, so get involved and have fun! "

A few other very important members of our "New Executive team" include Elizabeth Bajcic and Liz Dustan, look for their bios next month. Also be sure to check the website regularly as these bios and other facts will be updated on a monthly basis.

## Miscellaneous Bits and Bites

### ATTENTION ALL SCRAPBOOKERS:

POCOMO MoMs Scrapbooking Day!!!

Date: Saturday, November 6

Time: 10:00 AM to 10:00 PM

Place: Remember Me Scrapbooking

Unit 107 - 250 Schoolhouse Street, Coquitlam

The 4th unit of the long yellow building, one driveway north of the Silver City movie theatres.

Cost: \$7.50 per person **plus you will receive a 10% discount off everything purchased at the store during the crop.**

FYI, the cost basically pays for staffing the store after closing so we can stay throughout the evening.

Coffee, tea, hot chocolate and water will be provided by the store.

Please bring your own scrapbooking supplies, snacks, goodies etc... You will be responsible for your own lunch and dinner. Although for those who are interested we can split the cost of ordering pizza for dinner.

Friends and family members are welcome to attend. Please RSVP to Mary Pauls at [m&kpauls@telus.net](mailto:m&kpauls@telus.net) or at 604-463-4840. Spots will be reserved on a first come first served basis.

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### NAMETAGS

A quick note to all that are interested in putting Mary's talents to use and obtaining a one of a kind photo Nametag for club events. If you wish to have a custom made tag with your name and photo of your cute kids made in time for the first meeting of September, you must get the photo to her by Monday, September 13th, 2004. They can be mailed to her at:

Mary Pauls

22130 River Bend

Maple Ridge, BC

V3X 9P3

or emailed to her at [m&kpauls@telus.net](mailto:m&kpauls@telus.net)

She will return any pictures mailed to her at the first meeting.

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### For Sale

2 infant car seats 2003 peg perego primo viaggio blue and grey comes with base, 175.00 each, they are in great shape look new, contact Elaine Jungen at

Fisher Price Port-a-swing Portable baby swing. Battery operated with multiple speeds.

\$25 obo Contact Heidi Ferriman at [heidif@shaw.ca](mailto:heidif@shaw.ca)

Two infant Graco car seats for \$75.00. Contact Fiona at 604-820-8198 or e-mail [fbisset@telus.net](mailto:fbisset@telus.net).

AND LASTLY, A BIT ABOUT US...



The PoCoMo Ridge Meadows Parents of Twins and Triplets Club (Moms of Lots of Tots) is a non-profit support group of parents and guardians of multiple birth children. We have members in Burnaby, New Westminster, Port Moody, Coquitlam, Port Coquitlam, Pitt Meadows, Maple Ridge and Mission.

We are an informal group and welcome new parents, guardians, foster parents and expectant parents. Prospective members are entitled to all the membership privileges without payment of membership dues until after their babies are born.

Meeting topics vary from sharing ideas to family planning activities. Occasionally, guest speakers and demonstrations highlight the evening.

We meet every THIRD THURSDAY of the month (except July, August and December) at Trinity United Church in Port Coquitlam (corner of Shaughnessy and Prairie). Meetings are from 7:30 p.m. – 10:00 p.m.

<p><b>CO-LEADERS:</b></p> <p>Brenda Stewart (604)937-5534 Nareeta Stephenson (604)466-1567 Robyn Steed (604) 465-0666</p>	<p><b>TREASURER:</b></p> <p>PATTY BRNJAC – (604) 525-1262</p>	<p><b>LIBRARY:</b></p> <p>Stored at the Church.</p>
<p><b>NEWSLETTER CO-ORDINATORS:</b></p> <p>ELIZABETH BAJCIC – (604) 937-7143 <a href="mailto:ebajcic@shaw.ca">ebajcic@shaw.ca</a></p> <p>Robyn Steed – (604) 465-0666 (robynsteed@telus.net)</p>	<p><b>EXPECTANT MOM CONTACT:</b></p> <p>Mary Van Geyn – (604) 931-5897</p> <p>MONICA MORRIS-READE – (604) 942-7694 (TRIPLETS +)</p>	<p><b>PHONE VOLUNTEERS:</b></p> <p>Melanie Black – (604) 937-7673 Kim Adams – (604) 463-0456 Laurie Kallin – (604) 299-7209 Elsa Edwards – (604) 525-9892 Irina Tikhonovitch – (604) 945-6014 Nicole Jung – (604) 465-0380</p>



	<p align="center"><b>Without the help from these ladies, our club would be at a total loss. Thank you all for your time and help to make our group so special.</b></p>	
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