



# TWIN & TRIPLET TALK

July/August 2005



SURPRISE! Can you believe that I actually got myself organized enough to prepare a summer issue of Twin Talk? This may not be as long as the others, but it will still give you something (hopefully interesting enough) to read while you're out basking in the sun.

But first, a warm greeting from our Co-Leaders:

*Welcome to summer....!*

*We hope this newsletter finds you and your family all well and virus free, and perhaps planning a little summer get-a-way. As I write this, I can hear a lot of rain outside and it feels like summer is not quite here yet but I'm sure by the time everyone gets around to reading this – things will have changed.*

*Robyn, Nareeta and I would like to say once again a "BIG THANK-YOU" to the entire "PoCoMo Mom's" for such a great year. We were a bit hesitant to take over the leadership of a club with us having lots of young little babies and toddlers, and in my case a teenager running the house, but it has all worked out better than we expected and we are celebrating now and looking forward to another busy and exciting year...!*

*For those new members reading our edition of Twin & Triplet Talk for the first time, here is a brief recap of the 2004-2005 meetings and events our Club organized and participated in.*

*September 2004 – Round Table Discussion and Launch of our Club's Website*

*October 2004 – Speaker, Barb Desmarais a parenting expert; Halloween Party at the Church Hall*

*November 2004 – Christmas Cards and Cookie Swap*

*December 2004 – HUGE Christmas Party and Silent Auction*

*January 2005 – Hula Lessons and Convention Guests*

*February 2005 – Speaker, Jennifer Sackley from Solid Ground Learning; SWAP MEET in Port Moody; Play-Go-Round Fundraising*

*March 2005 – Pub Night Fundraiser in preparation for Convention; SLEEP SEMINAR in New Westminster;  
Introduction of "Club Wear"*

*April 2005 – Hawaii '05 Convention – Fun, Fun, Fun..!*

*May 2005 – "Health & Wellness Seminar"; "1<sup>st</sup> annual Multiple Births Awareness Day"*

*June 2005 = Year-End Bellini Dinner*

*July & August 2005 – Summer Park Days; ASL for Babies and Toddlers*

*So, if you think last year was busy with events and fun, just wait until this year coming up...!  
Here's just a sampling of what we are working on...*

*September 11, 2005 – Kick off the Year BBQ*

*September 15, 2005 – Club Meeting – Round Table Discussion*

*October 2005 – Special Guest Speaker, **Jackie Harvey** on Hormones*

*October 22, 2005 – FALL SWAP MEET (tentative)*

*November 2005 – Christmas theme and Cookie Swap*

*December 2005 – Christmas Party*

***Coming in 2006:** Comedian, Twin & Triplet Panel, Sleep Seminar, First Aid Evening, Self-Defence for Mom's & Children, Hockey-Night Out...!*

*Well, in closing our club wouldn't be successful without all it's hard-working members and volunteers so once again Thank-you...! We hope to see you around at one of Vancouver's beautiful parks or for sure at the Summer BBQ. If you were one of the generous mom's who volunteered for the Summer picnic/BBQ, we'll be contacting you around the first or second week of August to help.*

*Please raise your cheerio's, peanut butter jar, baby bottle, glass of wine or whatever it is you are doing at the moment and join us in a big toast and cheer to the "PoCoMo Mom's of Multiples" – you deserve it...!*

*Warm Regards,  
Brenda, Robyn and Nareeta*

OOPS! Before I continue, I must first apologize to all the Dads in our group. In my May/June issue, I made it a point to wish all of you a Happy Mother's Day, but neglected to also wish them a Happy Father's Day! I think they are equally important in maintaining a happy family home, and more often than not at least help in keeping us sane; so, they deserve to be recognized for being as wonderful as they are. So, Happy Belated Father's Day! I hope you enjoyed a great one!



Have a happy and safe summer, Everyone!

~ Elizabeth ~

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Those who attended our meeting on May 19, 2005 were treated to presentations regarding "Health Awareness". It was a very informative evening – with some new information and some



information that we already know but need to have repeated from time to time. Here is a recap from some of our speakers:

**Elisabeth Baldazzi** shared her passion of motivational speaking and showed us why we should eat healthy and exercise. For more information on her presentation please check out [www.thethinsolution.com](http://www.thethinsolution.com), or contact her directly at [ebaldazzi@shaw.ca](mailto:ebaldazzi@shaw.ca).

**Nadine Shuurman**, while being an Assistant Professor in Geography at SFU, is also very well informed about pesticides in our food and drinking water. In addition to a great book called the “*Paleo Diet*” (available at Chapters or Amazon.ca.), she recommended the following websites for further information:

<http://www.pollutionwatch.org/home.jsp> (find out about the major polluters in your postal code);

<http://news.bbc.co.uk/1/hi/sci/tech/3936463.stm> (high pesticide levels in fruit);

<http://www.organicconsumers.org/organic/pesticide-residues.cfm> (worst fruits and veggies re: pesticides);

<http://www.chelationtherapyonline.com/anatomy/p38.htm> (reasons to go organic from New Zealand);

<http://www.energyjustice.net/fibrowatch/toxics.html>;

[http://www.phschool.com/science/science\\_news/articles/chicken\\_little\\_arsenic.html](http://www.phschool.com/science/science_news/articles/chicken_little_arsenic.html) (arsenic in medicated poultry)

<http://www.pasture-to-plate.com/> (grass fed beef in BC; they have a Vancouver distributor in east van).

### **Dr. Nareeta Stephenson, B.Sc., D.C.**

Nareeta was born in Brisbane, Australia and moved to Canada in 1989. She returned to Australia in 1996 to undertake a Bachelor of Science degree, and Doctor of Chiropractic degrees at Macquarie University in Sydney.

In February 2002, Nareeta and Aussie husband Rob, relocated to Canada. Nareeta established Coast Family Chiropractic in August 2002. Nareeta is passionate about bringing better health to families through chiropractic care and the vision of Coast Family Chiropractic is

**TO PROVIDE** the benefits of good health & alleviate the pain & suffering through quality chiropractic care.

**TO SERVE** humanity by educating people on how to regain, achieve and maintain optimum health through chiropractic care.

**TO GIVE** the best possible chiropractic care to all in an ethical, moral & professional environment.

Twins Jared and Jade were born in June 2003 and while life is very busy, Nareeta loves being able to balance being a mom and running a successful practice and contributing back to the community. For more information on Chiropractic, please call Nareeta at 604-944-6002.



There's always something to celebrate when you're a mother of multiples. And such was the case on **Saturday, May 28, 2005** when we celebrated Multiple Births Canada's 1<sup>st</sup> Annual **National Multiple Births Awareness Day!** The weather cooperated and

attendance was great with families from our Club and the Vancouver, Surrey/Delta, Richmond and North Vancouver Clubs present. It was what a perfect Summer (or in this case, Spring) day should be like – great weather, lots of food and the company of great friends! Not to mention a lot of donated raffle prizes to be won! Many, many thanks to all those who organized this wonderful event!

Our PoCoMo Moms Wind-up Dinner and Appreciation Night was held on **Thursday, June 23, 2005**. And for some reason, we had a great turnout. Maybe those who came already knew about the free Bellini we would be treated to. There were even a few Dad's who (I think) came to see whether or not we actually do anything at these dinners, or if it's just another excuse to go out drinking! I give Laurie Kallin the prize for having the best brag book (okay, perhaps I should say BIGGEST brag book). I enjoyed your photos, Laurie, and still believe that you would be great at doing the scrapbooking for our Club. Hint. Hint. Thank you also to Terri Rice (whom I now know lives in Aldergrove, but don't even ask me what I *really* thought) who performed a very nice Installation Ceremony for our Officers (and TSK! TSK! if you do not know what an Installation Ceremony is because that means you DIDN'T attend Convention). That's okay, you can make up for it next year in Spokane!



I am sure you will agree that **Brenda Stewart, Robyn Steed** and **Nareeta Stephenson** did a fantastic job in their first year as Co-Leaders! Having said that, I am confident that you will be around to see what they will have in store for us next year! While we all have the best intentions of submitting our membership forms and fees, there always seems to be some following-up to do. So, this year, to avoid having to nag, pester, hassle...you get the picture...we are offering an incentive for submitting your fees early - **\$5.00 off your membership fees IF you submit your form AND membership fees no later than September 1, 2005**. That's right - **\$30.00** instead of \$35.00. For those who submit their fees after October 15, 2005, they will also be subject to the late registration penalty imposed by NWAMOTC. Our Club will no longer absorb that cost on behalf of the member. That just doesn't seem fair! Our Club relies heavily on the membership dues to place deposits on venues for parties and book speakers, etc. for our Club. So sign up today and be ready for another exciting year!

**What better place to enjoy the great outdoors than at a local park. Grab a travel mug full of your favorite coffee, some PB & J sandwiches for the kids, bring your blanket or lawn chair and come out to one or all of our Park Days.**

<b>MAPLE RIDGE AREA</b> Every <i>Tuesday</i> <b>10:00 a.m. – 12:30 p.m.</b>	
<b>Tuesday July 12th</b> Harris Park (corner of Harris & Lougheed)	<b>Tuesday August 9th</b> Maple Ridge Water Park (232nd St & Fern Cresc.)
<b>Tuesday July 19th</b> Whonnock Lake (276th off 112th Ave)	<b>Tuesday August 16th</b> Fraser River Walk (116th Ave off 225th Street)
<b>Tuesday July 26th</b> Lions Park (121st Ave & Laity St.)	<b>Tuesday August 23rd</b> Harris Park (Harris Rd & Lougheed in Pitt Meadows)
<b>Tuesday August 2nd</b>	<b>Tuesday August 30th</b>




Brickwood Park (225th St. at 116th Ave)


Whonnock Lake (276th St off 112th Ave)

**TRI-CITIES AREA**  
**Every Friday**  
**10:00 a.m. – 12:30 p.m.**

<b>Friday July 15th</b> Town Centre Spray Park - Coquitlam (1299 Pinetree Way)	<b>Friday August 12</b> Confederation Park in Burnaby (Willingdon & Pandora St)
<b>Friday July 22st</b> Hume Park in New Westminster (Braid & Kelly St)	<b>Friday August 19<sup>th</sup></b> Queens Park Spray Area - New Westminster (First St & Third Ave)
<b>Friday July 28</b> Rocky Point Park - Port Moody (Murray St & Moody St)	<b>Friday August 26<sup>th</sup></b> Rocky Point Park - Port Moody (Murray St & Moody St)
<b>Friday August 5th</b> Lions Park in Port Coquitlam (2300 Lions Way off of Shaughnessy)	<b>Friday Sept 2<sup>nd</sup></b> Blue Mountain Park - Coquitlam (975 King Albert St.)

**These parks have all have been carefully chosen to include: playgrounds, washrooms, picnic areas, some w/concessions, spray parks, easy access for strollers and parking.**


 Take advantage of those (hopefully very few) rainy days this summer and clean out your closets in time for our Fall Children’s Swap Meet. Better yet – since the kids will be out of school, get them involved and help them earn some extra spending money by doing some clean-up yet to be determined. It is still a few months at least help), please contact Brenda Stewart 

 and help them earn some extra spending of their own. Date and Place of the Swap Meet are away but if you are willing and able to organize (or as soon as possible.


 Chubby Little Hands, created by our very own Brenda “who-doesn’t-have-enough-to-do” Stewart, is presenting a workshop called “**ASL for Babies and Children - Teach your child to use sign language**”.

For a Special “PoCoMo Mom’s” Rate of just **\$25.00** per family (which includes up to two parents and three children), you will enjoy a 1½ hour session in a fun and informal group environment. Please contact Brenda at (604) 937-5534 or [brendawithtwins@telus.net](mailto:brendawithtwins@telus.net) for dates, locations and further information. Alternatively, a brochure for Chubby Little Hands can be found on our website.

Join us for our “Kick-off the New Year/School Year” summer BBQ which will be held on **Sunday, September 11, 2005**. Judging from the comments I heard at the Wind-up Dinner, a later date seems to be the preference. Summer vacations have been taken and most kids are back at school, so we expect the turnout to be HUGE. More information to be announced.





Our first meeting of the “new year” will be held on **Thursday, September 15, 2005** at 7:30 p.m. “*Make new friends, but keep the old, one is silver and the others gold!*” Again, if you weren’t at Convention then you will have no idea how this verse is sung! And I am definitely the wrong person to have singing it for you! Anyway, this will be an informal meeting that will give everyone a chance to ask any question(s) that they may have and hopefully have answered!

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With the kids now home for the summer, you may find it challenging to find enough things to keep them entertained (or at least out of trouble). In addition to the previously mentioned Park Days, here are few suggestions (many out of the Tri-Cities area) from *Westcoast Families*:



**July 6 – 10, 2005 – Sea Vancouver Festival at False Creek, English Bay, Kits Beach Park, Vanier Park and the Maritime Museum.**

**July 9 & 10, 2005 – Whistler Children’s Art Festival, Creekside, Whistler** – See [whistlerartscouncil.com](http://whistlerartscouncil.com) for more information.

**July 9 & 10, 2005 – 5<sup>th</sup> Annual Fair in the Square, Heritage Square, Maillardville** – See [placedesarts.ca](http://placedesarts.ca) for more information.

**July 10, 2005 – 21<sup>st</sup> Annual Burnaby Discovery Day Festival, Deer Lake Park** – See [city.burnaby.bc.ca](http://city.burnaby.bc.ca) for more information.

**July 13 – August 20, 2005 – Theatre Under the Stars, Malkin Bowl, Stanley Park** – See [tuts.bc.ca](http://tuts.bc.ca) for more information.

**July 13, 2005 – Harrison Festival of the Arts – Children’s Day, Harrison Hot Springs** – See [harrisonfestival.com](http://harrisonfestival.com) for more information.

**July 15 – 17, 2005 – 28<sup>th</sup> Annual Vancouver Folk Music Festival, Jericho Beach, Vancouver** – See [thefestival.bc.ca](http://thefestival.bc.ca) for more information.

**July 17, 2005 – Kidsake Day, Richmond AutoMall** – See [kidsakeday.com](http://kidsakeday.com) for more information.

**July 23, 2005 – Richmond PlayDay, South Arm Park** – See [Richmond.ca](http://Richmond.ca) for more information.

**August 20 – September 5, 2005 – PNE.** No explanation required!

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## ***PARENTS MAGAZINE EMERGENCY GUIDE***

Here are some tips on preventing and treating common warm-weather injuries in kids.

### **SUMMER SAFETY – Accident Proof Your Kids**

#### **1. On a Bike**

- Never let your child ride her bike without wearing a properly fitted helmet. The helmet should rest low on her forehead – no more than two adult finger-widths above her eyebrows. The V-

shaped straps around her ears should be tight enough that she feels the helmet hug her head when she opens her mouth as wide as she can.

- Check the tires and brakes to make sure everything works properly.
- Teach kids under age 10 to ride on sidewalks and paths only – never in the street.

## 2. In the Pool

- Never leave your children alone in or near the pool, even for a moment.
- Remove all toys from the pool when children aren't using them so they're not tempted to try to retrieve them.
- If you own a pool, install a five-foot-high fence with a self-locking gate around all sides.
- Don't rely on air-filled swimming aids, which can deflate. If your child can't swim yet, be sure she wears a properly fitted life vest.
- Empty backyard wading pools every night. A child can drown in just a few inches of water.

## 3. In the Yard

- If your grass has been treated with fertilizer or pesticides, don't let your child play on the lawn for at least 48 hours.
- Make sure young children are indoors when you're using a power mower to cut the lawn.
- Never leave kids unattended around a grill when you barbecue outside.
- Store tools and lawn-care equipment in a locked closet or shed.
- Check the trees on your property for rotting limbs.
- Learn about the types of plants in your yard, and be sure to keep your kids away from any poisonous ones.

### Beach First Aid

Here's what to do if your child:

- **Is stung by a jellyfish.** Soak the affected area in vinegar or hot water. If there's swelling, give her an antihistamine like Benadryl.
- **Cuts his foot on a seashell.** Clean the cut with soap and water from a faucet or bottle, and cover the wound with a bandage.
- **Gets chilled from swimming in cold water.** Warm her with beach towels and layers, including a hat, and have her drink water.
- **Gets sand or sunscreen in his eyes.** Continuously flush his eyes with cool water (bottled or tap) until the irritant is removed. Be sure he doesn't rub his eyes, since sand could scratch the surface and cause further damage.

### Beat the Heat

If your kids don't drink plenty of water when they're out in the sun, they can get dehydrated, upping their risk of heat-related illnesses. Here's how you'll know your child needs help.

#### 1. Heat Cramps

**Symptoms** – Painfully tight muscles, commonly in the legs. Child's skin may be flushed or moist, and he may have a mild fever.

**Treatment Tip** – Move him to a cool place and give him water. Stretch the cramped muscle slowly, and gently massage the area.

## 2. Heat Exhaustion

**Symptoms** – Heat cramps accompanied by fever (usually over 102°F), nausea, vomiting, diarrhea, headache, or fatigue.

**Treatment Tip** – Try cooling her down with a drink, expose as much of her skin as possible, and blow cool air on her with a fan. If you don't see an improvement, take her to the emergency room. She may need IV fluids.

## 3. Heat Stroke

**Symptoms** – High fever (usually over 104°F), rapid heart rate, loss of appetite, nausea, vomiting, headache, fatigue, confusion, or agitation.

**Treatment Tip** – Call 911 immediately, then follow the basic suggestions above. Put ice packs or damp sheets on your child to cool him until help arrives.

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Here's a little humour to get you through those not-so-sunny days. Once again, I apologize in advance if anyone gets offended by my sense of humour (or lack of, as the case may be).

Paddy and Mick worked together in St. John's and both were laid off, so they went to the unemployment office. When asked his occupation, Paddy answered, "Panty stitcher. I sew the elastic onto ladies' cotton panties and thongs."

The clerk looked up 'panty stitcher' on his computer and finding it classified as unskilled labour, he gave Paddy \$80 dollars a week unemployment pay.

Mick was next in and when asked his occupation, he replied, "Diesel fitter." Since 'diesel fitter' was a skilled job, the clerk gave Mick \$160 dollars a week.

When Paddy found out, he was furious. He stormed back into the office to find out why his friend and co-worker was collecting double his pay. The Clerk explained, 'panty stitchers' are unskilled and 'diesel fitters' are skilled labour.

"What skill?" yelled Paddy. "I sew the elastic on the panties and the thongs. Mick puts them over his head and says, 'Yep, diesel fitter.' "

This is hysterical! Make sure you read the whole thing. There is a serious message at the end, but you get to laugh on the way there.



### GO GET YOUR MAMMIES GRAMMED

For years and years they told me,  
Be careful of your breasts.  
Don't ever squeeze or bruise them.  
And give them monthly tests.

So I heeded all their warnings,  
And protected them by law.

"Take a deep breath" she said to me,  
Who does she think she's kidding?!?  
My chest is mashed in her machine,  
And woozy I am getting.

"There, that's good," I heard her say,  
(The room was slowly swaying.)

Guarded them very carefully,  
And I always wore my bra.

After 30 years of astute care,  
My gyno, Dr Pruitt,  
Said I should get a Mammogram  
"OK," I said, "let's do it."

"Stand up here real close" she said,  
(She got my boob in line),  
"And tell me when it hurts," she said,  
"Ah yes! Right there, that's fine."

She stepped upon a pedal,  
I could not believe my eyes!  
A plastic plate came slamming down,  
My hooter's in a vise!

My skin was stretched and mangled,  
From underneath my chin.  
My poor boob was being squashed,  
To Swedish Pancake thin.

Excruciating pain I felt,  
Within its viselike grip.  
A prisoner in this vicious thing,  
My poor defenseless tit!

"Now, let's have a go at the other one."  
Have mercy, I was praying.

It squeezed me from both up and down,  
It squeezed me from both sides.  
I'll bet SHE'S never had this done,  
To HER tender little hide.

Next time that they make me do this,  
I will request a blindfold.  
I have no wish to see again,  
My knockers getting steam rolled.

If I had no problem when I came in,  
I surely have one now.  
If there had been a cyst in there,  
It would have gone "ker-pow!"

This machine was created by a man,  
Of this, I have no doubt.  
I'd like to stick his balls in there,  
And, see how THEY come out!

***Breast Cancer Awareness... Go have those boobs checked out and stay healthy! Pass the message on to your mothers, sisters, daughters, aunts, cousins, friends, --- and even your enemies. Because the WORST enemy is Breast Cancer.***

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### ***LOOK WHO'S COMING...***



**Laura-Lee and Don Kelley** are expecting their lives to change drastically in August 2005.

Three is company, but not enough. **Jennifer Hatch** and her husband will be expanding their brood to 5 in Fall 2005.

### ***LOOK WHO'S HERE...***



**Jacqui and Cam Haines** welcomed **Matthew** (5 lbs. 13 oz.) and **Aidan** (4 lbs. 15 oz.) on May 23, 2005, little brothers for **Mackenzie**

### ***WELCOME TO...***



**Julie and Mike Beyea**, their daughter, **Willow**, and their twin sons, **Corbin and Grant**

Congratulations and welcome to all of you! If you haven't already, you will soon realize that you have joined an amazing group of wonderful women and friends.

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**AND HEEEEEEEEERE'S.....(and this, of course, is our "Member Profile" Section)**

**Britta Greenwood** – I am the mother of 4 year-old twin boys, a 13 year-old ballerina, and a 7 year-old boy who is in my foster care. I have been married for 7 years though sometimes it feels like 70. My husband works as a computer programmer for Telus, and I volunteer at Vancouver Police Victim Service Unit. My goal in life is to raise my kids the best that I know how, and to eventually work as a Police Officer with the Vancouver Police. I am grateful for the opportunity to belong to such a great club and feel the social aspect is the most rewarding. It's pulled me back up when I feel laundry and vacuuming are tugging at my spirit and pulling me down. Thanks to all of you who have honestly shared their stories in conversation throughout the year.

**Michelle Mozel** – I've been married for 6 years to a wonderful man, Dan. Our twins, Zachary and Gabrielle turn three in July. I love cooking, gardening and sailing, and work 2 days/week as a statistician in vaccine research. The twins club is a great place to meet other moms who truly understand what it means to be a mom of twins. They are all a great bunch of women I'm so glad I've had a chance to get to know.

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### COFFEE TIME



Good company, good friends, good coffee! And if you're lucky, maybe a snack or two. Our membership has increased considerably over the past year and it has become necessary to divide groups into more specific areas. We are still looking for organizers for the following groups highlighted in **RED**.

***New Moms (under 1 year), Burnaby/NewWest/Tri-Cities – volunteer needed***

***New Moms (under 1 year), Maple Ridge – volunteer needed***

***Toddler Moms (1-2 years), Burnaby/NewWest/Tri-Cities***  
Contact Sabina Perrin at (604) 777-2701

***Toddler Moms (1-2 years), Maple Ridge – volunteer needed***

***Toddler Moms (2-3 years), Maple Ridge Area***  
Contact Robyn Steed at  
(604) 465-0666 or [robynsteed@telus.net](mailto:robynsteed@telus.net)

***Toddler Moms (2-3 years), Burnaby/NewWest/Tri-Cities – volunteer needed***

***Preschooler Moms (3 years and up),***  
Burnaby/NewWest/Tri-Cities – Contact Michelle Mozel at (604) 936-8946

***Preschooler Moms (3 years and up), Maple Ridge – volunteer needed***

Days and times will vary among the groups, so please contact these ladies directly for further information.

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## CLASSIFIEDS

\*\*\*Please note that the following items DO NOT have any descriptions attached. Full descriptions and further information (if provided) can be found in the Forum Section of our website (under Articles Offered and Articles Wanted). Alternatively, please contact the buyer/seller directly.

**IF YOU HAVE AN ITEM OR ITEMS THAT YOU WANT TO SELL OR BUY, PLEASE POST THE INFORMATION ON THE WEBSITE. Readers will have access to that more often than having it printed only once in our newsletter giving you the opportunity to sell or buy the item(s) you want much quicker.**



- Peg Perego Primo Viaggio Travel System - \$125.00
- Peg Perego Duet Chassis - \$125.00

Contact Laurie at (604) 466-0507



- Graco Highchair, 2 available - \$40.00 FOR BOTH

Contact Candace at brianandcandace @telus.net



- Fisher Price Jumperoo - \$35.00 O.B.O.

Contact Heidi at heidif@shaw.ca



- Evenflo Stroller

Contact Candice at creithaug@hotmail.com



- Graco swing
- Bouncy chair
- Safety 1<sup>st</sup> bath tub
- Boys clothes, size 0 – 6 months

Contact Donna at ddct@shaw.ca



- Crib and mattress set, 2 available - \$120.00 each
- Ikea white change table - \$60.00

Contact Susan at [homenuke@shaw.ca](mailto:homenuke@shaw.ca)



- Woven Picnic Mat - \$20.00

Contact Elizabeth at [ebajcic@shaw.ca](mailto:ebajcic@shaw.ca)



- Baby Gate

Contact Heidi at [heidif@shaw.ca](mailto:heidif@shaw.ca)



- Little Tikes Slide

Contact Ashling at [bobash@shaw.ca](mailto:bobash@shaw.ca)



- High Chair

Contact Lisa at [melisa\\_gorman@hotmail.com](mailto:melisa_gorman@hotmail.com)



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*July and August birthday greetings can be found in our May/June issue of Twin Talk.*

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***Ta-Ta For Now! See you in September!!***