



TWIN & TRIPLET TALK

September/October 2005



I can't believe that summer is almost over! And I also can't believe that we're 2/3 through 2005. Time seems to be going by so quickly that we really must be having fun. While I'm certain you all enjoyed a wonderful summer basking in that l-o-n-g stretch of beautiful sunshine, I also have no doubt that our Mom's and Dad's are looking forward to some rest and relaxation with the kids starting or going back to school. I am nervous with anticipation about Alexandra and Maya beginning preschool this year. It will be interesting to see how they interact with other children in a structured environment, but I am most looking forward to seeing how they will react with another authoritative figure (who is not a family member). Many people have told me that Alexandra and Maya will behave in a totally different manner than they do when they are at home. I'm keeping my fingers, toes and eyes crossed for this one. And believe it or not, there is another set of twins in their class so I'm not sure who will fare better – the teacher or the twins. Care to place any bets? In any case, this should be a very interesting year and depending on teacher feedback, you may or may not get periodic updates!

Congratulations to those of you who have realized what an awesome club you belong to and already submitted your membership forms and fees. If you have not already done so, would you PLEASE, PLEASE, PLEASE submit your membership forms and dues of \$35.00 as soon as possible. But if you have extra money to spend (on top of paying these astronomical gas prices of late), please wait until after October 15, 2005 so that you can also pay a late registration penalty imposed by NWAMOTC. Our Club relies heavily on the membership dues to place deposits on venues for parties and book speakers, etc. for our Club. Also, your membership forms enable us to keep our member list current and up to date with the correct information. Membership forms will be available at our Summer BBQ and at our first meeting.

Well, I have A LOT of information to share with you, so let's get this party started with a few words from our Co-Leaders:

Welcome back to all our renewing members and a warm welcome to all our expecting and very new families and members...! It has been a busy year running the club with Robyn and Nareeta and with the help of Nicole, Lisa, Elizabeth, Michelle, Sabina and many, many more volunteers, we've managed to increase our membership three-fold and it's still gaining each month. The bigger our membership, the more volunteers and unique helpers we gain which means you get more support, bigger and funner events and a the best part of all – you gain more life long friendships along the way...!

My year running the club this time has started off a bit smoother than last year. I have no broken bones to brag about this time, my twin sons are almost potty trained, have given up bottles, are starting 3 year old pre-school at Glenayre School and are sleeping way better. My oldest son is starting grade two and is becoming a great mountain bike rider and is learning all the sports that we pursue as well as learning how to get along a bit better with his younger brothers. My oldest daughter has now graduated from Port Moody Secondary School and is pursuing life with great gusto – mind you her enthusiasm starts after 2pm when she rises..?

My work has been stalled as I'm in the midst of a strike with TELUS. So that means 2 hours, twice per week of FREE TIME...whoaaa what is that eh...? I wonder if they make a pre-school that runs five days per week...heehee – just kidding. No, actually it means more time to come up with creative stuff for my favorite club...you guys...! Doug and I have managed to stay very active this summer with lots of camping and water skiing on the local lakes. We've learned how to go dirt bike riding with the whole family (and even the twins get a spot on our bikes), and of course our mountain bike riding has been incredible this spring and summer with the weather holding up great. We had a great family ski trip up the Big White last spring break with our family and some great friends and we are planning it again for next year already. Danielle and I still work out several times per week with different types of fitness classes – Danielle also still plays competitive soccer twice per week at 8-rinks in Burnaby.

So life is a buzz – with rarely a day that something doesn't happen that I can refer to as another "Brenda Story" to my friends but for the most part it's good stress. On a recent trip home from Vancouver Island I told my older son to bring mommy all the pamphlets he could find that had the words "S P A" in them. So about 15 minutes later he proudly brought me this big stack which I looked through later when we got home and so now I'm very convinced that I'm due for a "mommy only" holiday sometime this fall hopefully. I hope you come out to a few of the events that are in the planning stages this year. Check the events page that Elizabeth has prepared and start marking your calendars and I will see you on Sept. 11th at the Summer BBQ...!

Brenda Stewart

Welcome Back! And to those new members, Welcome to our little club! We are so excited about what is in store for us all this year, we have some great speakers lined up, our kick-off BBQ in just days and too many events going on to list!!!

For those of you that don't know me - or just forgot - I am one of the PoCoMo Mom's Co-leaders, a position I share with Nareeta Stephenson and Brenda Stewart. A bit about myself, I have 4 kids - Johana is the only girl (so far) she is 4, my monozygotic twins Owen and Hayden turned two this June and Brendan, my stepson is 7. My husband, Will and I are very excited to be expecting our fifth and FINAL child in late February! No, it is not twins again, I have the u/s photos to prove it!!! Just one will be so easy, I hope!!! I am fortunate enough to be a SAHM and love it, with a very supportive husband who runs his own company, we manage to run our household, keep our family happy and I just aspire to take one day a time. One of my "mediums" for escaping my hectic life is our club, it keeps me grounded knowing there are other wonderful mothers out there that can relate to my life and appreciate what we do each day.

I joined the club when my boys were 3 mos. old and have enjoyed every minute of it, the fun, the friendships and the understanding from others that are in the same boat as I. I look forward to our second and final year of our Co-Leadership term to be as exciting as the first. It is so exciting to see how much our club has grown, get to know our new members and renew friendships with others. As returning members know, the position of Co-Leader is an elected volunteer position that has a 2 year term, it is a great experience that the 3 of us have shared and enjoyed but we will soon begin looking for candidates for the next term which will begin in September, so if you are interested in helping our club by bringing new ideas and a few fresh new faces, be sure to attend some meetings and start getting involved now. Brenda, Nareeta and myself are loving our roles and anxious to move into other positions that can further help our club grow.

I look forward to seeing you all in September and for the months to come, all our members are inspirations to me and I look forward to seeing everyone again soon and meeting a lot of the new faces.

Robyn Steed

Hi Everyone, Well another year is upon us and the days are once again getting darker sooner. I cannot believe that it is September already...the summer seems to have gone by so fast. I had a very busy summer. My sister got married in July and we were all in the wedding party. I was chief of staff for a conference in August and then all the usual summer stuff. We didn't take any holidays this year but we managed to get away to Mayne Island for a weekend of camping and we took the kids to Playland to see Hi-5.

For those of you that don't know me I have boy/girl twins, Jared and Jade, who turned two in June and I am a chiropractor in Port Coquitlam. So like everyone, things are very busy at my place! And one thing that helps me stay sane and balance it all is belonging to this club. The friendships I have made in the last 2 years and the amazing women I have met have been a constant inspiration whether it is words of advice, or an ear to vent to, or a gentle reminder that things aren't so bad. So as fall draws near and we are asking you to renew your membership for another year I want you to consider what it is you want to create this year. Whether your twins are young or not, and whatever your background the one thing that we all have in common is that we know what it's like to bring home more than one baby. As we are a non-profit support group we rely heavily on our membership dues to plan and organize speakers, and events for the upcoming year. So whether you attend all the meetings or just our events, or show up at a coffee group or just join to support other Moms, the important thing is simply that. That we support one another. I am excited about the year ahead and what we have planned, but most importantly I am excited about the new friendships I'm going to create...and then there's always convention!

See you at the summer barbeque and at the first meeting,

Nareeta Stephenson

*The 2nd Annual **Tri-Cities Tot and Preschool Health Fest** will take place on **Thursday, September 8, 2005** from 9:00 a.m. – 12:00 noon at the Poirier Community Centre (630 Poirier Street, Coquitlam). Over 20 local community organizations will be on site to educate, promote, and inform parents of tot and preschool safety, health and recreation. Admission is free.*

We are looking for volunteers to help manage our table and distribute material to promote our Club. Shifts will be ½ hour in duration, depending on how many volunteers we get. If you are interested, please contact Brenda Stewart as soon as possible.

*Join us for our "**Kick-off the New Year/School Year**" summer BBQ which will be held on **Sunday, September 11, 2005** at the home of Darla Furlani and Craig Hodge (1373 Glenbrook Drive, Coquitlam). The festivities begin at 11:00 a.m. Hope to see you all for some good eats and good treats, and a whole lot of laughter and fun – PoCoMo Moms-style.*





Our first meeting of the “new year” will be held on **Thursday, September 15, 2005** at 7:30 p.m. This will be an informal meeting for members to hand in membership forms and dues, chit chat about everything and anything, and assign some new committee members. There will also be a Halloween Costume Swap only. If you are interested in participating in Costume Swap and would like to reserve a spot, please contact Brenda Stewart as soon as possible.

There will be no “official” meeting in October. This has been replaced by the Jackie Harvey seminar on Tuesday, October 11, 2005. See below for further details.

Mark your calendars for **Saturday, October 1, 2005**. Our **Children’s Swap Meet** will be held at Seaview Elementary School Gym, (1215 Cecile Drive, Port Moody) from 1:00 p.m. – 4:00 p.m. Here’s a perfect excuse to get rid of all the unwanted clutter from your home and earn some extra Christmas spending money from items that your children have outgrown or no longer find entertaining! Please see the attached flyer for more detailed information.



HERE SHE COMES....And by SHE, I mean the one and only **JACKIE HARVEY!** This is probably going to be the most anticipated night of the year and YOU WON’T WANT TO MISS IT! We are very fortunate enough to have Jackie come and speak to us about “everything you wanted to know about your hormones”. This seminar is guaranteed to educate “women and men of all ages on hormonal health issues and natural alternatives to the synthetic drugs that are being offered today”. Get ready to learn on **Tuesday, October 11, 2005** from 6:30 – 9:00 p.m. Seminar to take place at Centennial Community Centre – River Room, 65 East Sixth Avenue, New Westminster, BC. Tickets are \$8.00 for PoCoMo Mom Members and \$10.00 for Non-Members.

With only 125 tickets available, these tickets are guaranteed to sell out fast. Reserve your tickets now by contacting either Nareeta Stephenson or Brenda Stewart. Tickets will also be available at the Summer BBQ and September meeting.

If all the Back-To-School advertisements are overwhelming you, here are a few suggestions to keep the summer spirit alive (taken from *Westcoast Families*):

September 6 – 11, 2005 – World Championship of Sand Sculpture, Harrison Hot Springs. Check out master sand sculptors at work! Exhibition open until October 10, 2005. See harrisand.org for more information.

September 17 & 18, 2005 – Baby & Family Fair, Vancouver Convention and Exhibition Centre. An informative and exciting celebration for new and growing families. See baby-fair.com for more information.

September 18, 2005 – Terry Fox Run. A single dream, a world of hope. Keep Terry’s dream alive by walking, running or cycling to celebrate the 25th Anniversary of the Marathon of Hope. See terryfoxrun.org for more information.

September 18, 2005 – TreeFest 2005, Riverview Lands, Coquitlam. A free family event held yearly to celebrate nature and the on-site trees. Guided walks, children’s activities, musician, artist and local environmental groups with displays. Call (604) 933-7769 for more information.

September 25, 2005 – Westcoast Family Kite Day, John Hendry/Trout Lake Park. A family day of arts, crafts, carnival games, entertainment and kite making, sponsored by Westcoast Child Care Resource Centre. Call (604) 709-5661 for more information.

September 25, 2005 – October 31, 2005 – Aldor Acres Pumpkin Patch, Fort Langley. Come meet Peter the Great & his farm friends, ride the hay wagon and pick a pumpkin. Admission is \$5.00 (not including a pumpkin). See aldoracres.com for more information.



Why not learn something new that will benefit both you and your young children. 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 for dates, locations and further information. Alternatively, a brochure for Chubby Little Hands can be found on our website.



IDP Playgroup will once again take place on Mondays from 9:30 a.m. – Noon. IDP is located at Garibaldi Place on 224th and Dewdney, next to the auction. Multiples of all ages, and their siblings, are welcome. Volunteers are needed for set-up and to help in cleaning up afterwards (washing any dishes used and sweeping, as required). If you are planning to attend on any one of the days and can offer some assistance, please contact Robyn Steed for a schedule and sign-up sheet.

PARENTS MAGAZINE EMERGENCY GUIDE

Creepy crawlers are everywhere during the summer. Here's the buzz on preventing and treating the itch and the ouch. (*Parents*, August 2005)

Insect Bites & Stings

1. Bees and Wasps

Both stinging insects inject venom under the skin. If a stinger is left behind, remove it immediately by gently scraping the skin with the edge of a credit card. Clean the area with soap and water, and apply a cold pack to reduce swelling.

2. Fleas

These small jumping bugs are hard to spot. Fleabites usually appear below the knees or on the feet and cause tiny, itchy red bumps. Dab the bites with cortisone cream to relive swelling and itching.

3. **Mosquitos**

Mosquitos are attracted to moist skin and leave behind a telltale itchy bump. Try to keep kids from scratching, and apply calamine lotion or another anti-itch cream. Prevent bites by spraying a DEET-based insect repellent on skin during peak mosquito hours: dusk and dawn.

4. **Ticks**

Although technically not insects, ticks are major summer pests. They can be difficult to see, especially if they burrow into your child's scalp. To remove a tick, use tweezers to grab the bug s close to its mouth as possible and then pull. Drop it into a container of alcohol and save it, since your doctor may want to examine it if your child shows symptoms of Lyme disease. Wash the area with soap and water.

5. **Spiders**

Most spider bites are red and itchy but not dangerous. However, black widow and brown recluse spider bites are poisonous. Both species are common throughout the U.S. A brown recluse will leave a deep-blue or purple mark with a large outer red ring. Black widow bites are pale, with a red ring. If you notice that your child has bites like these, along with fever, joint pain, or nausea, take her to the E.R. immediately.

I received this by e-mail and agree that it should definitely be shared. From what I understand, this is a true story.

RECOGNIZING A STROKE

Susie is recouping at an incredible pace for someone with a massive stroke all because Sherry saw Susie stumble – that is the key that isn't mentioned below – and then she asked Susie the 3 questions. So simple – this literally saved Susie's life. Some angel sent it to Susie's friend and they did just what it said to do. Susie failed all three questions so 9-1-1 was called. The paramedics took her to the hospital right away eventhough she had a normal blood pressure reading, could converse to some extent and did not appear to have had a stroke. Thank God for the sense to remember the 3 steps!

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- 1. Ask the individual to SMILE.***
- 2. Ask the individual to RAISE BOTH ARMS.***
- 3. Ask the individual to SPEAK A SIMPLE SENTENCE coherently (eg. It is sunny out today.).***

If the individual has trouble with ANY of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

LOOK WHO'S COMING...



Lorelie and Richard Sadowski are expecting fraternal boys in December 2005, early Christmas presents for ***Kjell and Chantelle***

Leanne and Bob Dalton, and their son ***Oliver***, are also expecting early Christmas presents in December 2005

Robyn and Will Steed are expecting one last addition to join ***Brendan, Johana, Owen and Hayden*** in February 2006.

Melodie and Todd Hrycenko, and their sons ***Dustin and Matthew***, are expecting TRIPLETS on Valentine's Day 2006

LOOK WHO'S HERE...

Laura-Lee and Don Kelley welcomed their daughters, **Cheyenne Eva Marie Kelley** (5 lbs.) and **Ava Elizabeth Kelley** (5 lbs. 2 oz.) on August 2, 2005

WELCOME TO...

Sylvia and Michael Hickey and their twin daughters, **Catalina Patrice** and **Jaden Faith**.

Congratulations and welcome to all of you!



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 - see IDP
Playgroup information

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

Toddler Moms (1-2 years), Maple Ridge - see IDP
Playgroup information

Toddler Moms (2-3 years), Maple Ridge Area
Contact Robyn Steed at
(604) 465-0666 or 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 - see
IDP Playgroup information

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

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.



- **Ultra Lightweight Titanium Cool Stride Double Jogging Stroller - \$400.00**

Contact Rosemary Adrain at twinmamacop@shaw.ca or (604) 574-9148



- **Graco Swing - \$40.00**

- **Maxi Mom Twin Carrier - \$60.00**

Contact Lisa Burbank at lisadurbank@hotmail.com



- *Evenflo Ultrasaucer* - \$60.00
- *Graco Swing* - \$35.00
- *Twin Nursing Pillow* - \$25.00
- *Exersaucer* - \$10.00
- *Bathtub and Insert* - \$5.00
- *Bath Ring* - \$2.00
- *"What to Expect When You're Expecting"* - \$3.00
- *"Twins - Pregnancy, Birth and The First Year"* - \$3.00
- *"The Mother of All Pregnancy Books"* - \$5.00
- *"The No-Cry Sleep Solution"* - \$5.00
- *"The Very Best Baby Name Book"* - \$1.00

Contact Carrie Segreto at csegreto@shaw.com



- *Peg Perego Aria Twin Stroller* - \$250.00 O.B.O.

Contact Kim at (604) 942-7797



- *Fisher Price High Chair* - \$40.00
- *Peg Perego Car Seat and Base* - \$100.00 O.B.O.

Contact Donna at ddct@shaw.ca



- *Little Tikes Giant Climbing Cube*

Contact Brenda at brendawithtwins@telus.net or (604) 937-5534



- Graco Duo Lite Double Stroller - \$65.00 O.B.O.

Contact Pam at (604) 575-9596



- Thomas or Brio Trains and Wooden Tracks

Contact Robyn at robysteed@telus.net or (604) 465-0666



- Graco Duo-Glider Double Stroller

Contact Jean Berry at (604) 986-0475



- High Chairs, 2 needed

Contact Kim at kmamatthews@shaw.ca



- Double Snap and Go

Contact Jennifer Hatch at jenhatch@shaw.ca



...to our little (and not so little) bundles of joy

September

<i>Emily Mueckel</i>	<i>September 1</i>
<i>Julia Mueckel</i>	<i>September 1</i>
<i>Yu-Chen Lam</i>	<i>September 2</i>
<i>Brandyn Stewart</i>	<i>September 4</i>
<i>Marco Faccone</i>	<i>September 8</i>
<i>Ryan Kallin</i>	<i>September 8</i>
<i>Jordan Kallin</i>	<i>September 8</i>
<i>Derek Matthews</i>	<i>September 8</i>
<i>Taylor-Ann</i>	<i>September 8</i>
<i>Ashley Arnold</i>	<i>September 12</i>
<i>Stephanie Arnold</i>	<i>September 12</i>
<i>Matthew Stewart</i>	<i>September 17</i>

<i>Nicholis Stewart</i>	<i>September 17</i>
<i>Lara Arnott</i>	<i>September 18</i>
<i>Sophia Arnott</i>	<i>September 18</i>
<i>Alexandra Bajcic</i>	<i>September 18</i>
<i>Maya Bajcic</i>	<i>September 18</i>
<i>Russell Halladay</i>	<i>September 18</i>
<i>Jake Halladay</i>	<i>September 18</i>
<i>Alex Paulsen</i>	<i>September 19</i>
<i>Michael Paulsen</i>	<i>September 19</i>
<i>Natasha Muller</i>	<i>September 20</i>
<i>Sidney Muller</i>	<i>September 20</i>
<i>Jacob Jungen</i>	<i>September 24</i>
<i>Madyson Jungen</i>	<i>September 24</i>
<i>Michelle Kaczor</i>	<i>September 25</i>
<i>Sarah Kaczor</i>	<i>September 25</i>
<i>Ryan Janzen</i>	<i>September 28</i>

<i>Kristian Upp</i>	<i>September 29</i>	<i>Cora Naylor</i>	<i>September 8</i>
		<i>Alma Barranco</i>	<i>September 9</i>
	October	<i>Megan Hobbs</i>	<i>September 11</i>
<i>Brielle Cowley</i>	<i>October 3</i>	<i>Elizabeth Bajcic</i>	<i>September 14</i>
<i>Aiden Cowley</i>	<i>October 3</i>	<i>Gordon Swail</i>	<i>September 23</i>
<i>Kylie Isaacson</i>	<i>October 3</i>		October
<i>Jacqueline Solnordal</i>	<i>October 3</i>		
<i>Amber Solnordal</i>	<i>October 3</i>	<i>Pam Ferguson</i>	<i>October 2</i>
<i>Brooklyn Baly</i>	<i>October 7</i>	<i>Brad Ross</i>	<i>October 2</i>
<i>Stevan Matthews</i>	<i>October 7</i>	<i>Michelle Mozel</i>	<i>October 4</i>
<i>Manrico Pecchia</i>	<i>October 16</i>	<i>Rob Stephenson</i>	<i>October 4</i>
<i>Dante Pecchia</i>	<i>October 16</i>	<i>Irina Tikhanovich</i>	<i>October 4</i>
<i>Alexandra Segreto</i>	<i>October 17</i>	<i>Mary Van Geyn</i>	<i>October 11</i>
<i>Michela Segreto</i>	<i>October 17</i>	<i>Heidi Ferriman</i>	<i>October 12</i>
<i>Jonas Arnott</i>	<i>October 28</i>	<i>Ivy Lam</i>	<i>October 14</i>
<i>Abby Janzen</i>	<i>October 29</i>	<i>Roy Van Beest</i>	<i>October 15</i>
<i>Matthew Janzen</i>	<i>October 29</i>	<i>Debbie Jung</i>	<i>October 16</i>
		<i>Shannon Balla</i>	<i>October 22</i>
<i>...and to the Moms and Dads</i>		<i>Janine Macey</i>	<i>October 22</i>
	September	<i>Rob Muller</i>	<i>October 22</i>
<i>Grant Armstrong</i>	<i>September 5</i>	<i>Renee Smalcel</i>	<i>October 23</i>
<i>Rosemary Adrain</i>	<i>September 6</i>	<i>Mark Adrain</i>	<i>October 25</i>
<i>Ivan Torres</i>	<i>September 6</i>	<i>Sadie Digeso</i>	<i>October 26</i>
<i>Tracy Wahl</i>	<i>September 6</i>	<i>Lauren Upp</i>	<i>October 27</i>
		<i>Trevor Digeso</i>	<i>October 28</i>

~Ten Things You Can Say If You Get Caught Sleeping at your Desk~

10. *"They told me at the Blood Bank this might happen."*
9. *"This is just a 15 minute power nap they raved about in the time management course you sent me to."*
8. *"Whew! Guess I left the top off the Whiteout. You probably got here just in time."*
7. *"I wasn't sleeping! I was meditating on the mission statement and envisioning a new business strategy."*
6. *"I was testing my keyboard for drool resistance."*
5. *"I was doing a highly specific Yoga exercise to relieve work-related stress. Are you discriminatory toward people who practice Yoga?"*
4. *"Darn! Why did you interrupt me? I had almost figured out how to handle that big accounting problem."*
3. *"Did you ever notice sound coming out of these keyboards when you put your ear down real close?"*
2. *"Who put decaf in the wrong pot!?"*

AND THE NUMBER ONE best thing to say if you get caught sleeping at your desk:

1. *Raise your head slowly and say, "...in Jesus' name, Amen."*

It's back to school, and here's a little exercise to get your (and your child(ren)'s) brain thinking. Answers to follow in our November/December 2005 newsletter.

Brain Teaser

Each question contains the initial letters of words which will complete the phrase. For example, 16 = O in a P means Sixteen Ounce in a Pound.

1. 26 = L of the A _____
2. 7 = W of the W _____
3. 1001 = A N _____
4. 12 = S of the Z _____
5. 54 = C in the D (including the J's) _____
6. 9 = P in the S S _____
7. 88 = P K _____
8. 13 = S on the A F _____
9. 32 = D F at which W F _____
10. 18 = H on the G C _____
11. 90 = D in a R A _____
12. 200 = D for P G in M _____
13. 8 = S on a S S _____
14. 3 = B M (S H T R) _____
15. 4 = Q in a G _____
16. 24 = H in a D _____
17. 1 = W on a U _____
18. 64 = S on a C B _____
19. 57 = H V _____
20. 1000 = W that a P is W _____

PoCoMom's Volunteers and Committees for 2005 - 2006

<p align="center">PoCoMo Mom's Leaders:</p> <p>Brenda Stewart = 604-937-5534 brendawithtwins@telus.net</p> <p>Robyn Steed = 604-465-0666 robynsteed@telus.net</p> <p>Nareeta Stephenson = 604-637-0615 Nareeta_Stephenson@shaw.ca</p>	<p align="center">Web Page design & Maintenance: www.momsoflotsoftots.com</p> <p>Liz Dustan = 604-466-4813 liz@cornbury.org</p> <p>Mike Dustan mike@sfu.ca</p>	<p align="center">Newsletter Editor:</p> <p>Elizabeth Bajcic = 604-937-7143 ebajcic@shaw.ca</p>
<p align="center">Treasurer:</p> <p>Lisa Gorman = 604-939-4475 Melisa_Gorman@hotmail.com</p>	<p align="center">Secretary:</p> <p>Nicole Jung = 604-465-0380 njung@city.new-westminster.bc.ca</p>	<p align="center">New & Expectant Mom Contact:</p> <p>Joanne Blessin = 604-941-1184 jblessin@shaw.ca</p> <p>Triplets Support: Monica Morris-Reade 604-942-7694</p>
<p align="center">Library:</p> <p>Stored at Church Please contact Brenda Stewart if you have any books or videos or material you would like to donate to the club, or if you wish to borrow what we already have.</p>	<p align="center">Phone Volunteers:</p> <p>Elsa Edwards Nicole Jung Michelle Mozel Sally Lee Ivy Lim Pam Ferguson</p>	<p align="center">Fundraising:</p> <p>Elsa Edwards Brenda Stewart Trish & Brent McCallum Heidi Ferriman</p>
<p align="center">Summer BBQ - Sept. 11, 2005</p> <p>Tracey Smart Darla & Craig Furlani Wendy Gazzola Robyn Steed Brenda Stewart Nareeta Stephenson Alison Gignac Lisa Gorman</p>	<p align="center">Halloween Party Committee:</p> <p>Kim Adams Wendy Arnold Elsa Edwards Cara Muller Brenda Stewart Elaine Jungen</p>	<p align="center">Christmas Party Committee:</p> <p>Elsa Edwards Brenda Stewart Jackie Corkill Wendy Arnold Britta Greenwood Nicole Jung Tracey Smart Kim Adams Nareeta Stephenson</p>
<p align="center">Clean-Up Committee:</p> <p>Pam Ferguson Heidi Ferriman Mary Van Geyn Alison Speirs</p>	<p align="center">Breastfeeding Support:</p> <p>Paula Paulson hogepaula@shaw.ca</p> <p>Donna Stevenson ddct@shaw.ca</p>	<p align="center">Premature babies:</p> <p>Elsa Edwards 604-525-9892</p> <p>Paula Paulson 604-462-8869</p>
<p align="center">Single Parents Support:</p> <p>Liz Dustan 604-466-4813</p>	<p align="center">Club Scrapbooker:</p> <p>We need volunteers...?</p>	<p align="center"><i>Thank You</i> </p>

Children's Swap Meet

Hosted by:

PoCoMo Mom's of Multiples

Date: Saturday, October 1, 2005
Time: 1:00pm - 4:00pm
Where: Seaview Elementary School Gym in Port Moody
1215 Cecile Drive (off of Clarke Road Hill)
Cost: \$2.00 at the door for shoppers
Tables: \$15.00 PoCoMo members
\$20.00 for non-members
\$30.00 for commercial use

Contact: Brenda at 604-937-5534 or email: brendawithtwins@telus.net

**** Sign up four non-members and get your table for FREE... ****



Set up between 11:30-12:30, doors closed from 12:30-1:00pm for table renter shopping only. Any new or used children's or mom's related items are encouraged to be displayed. We have some very crafty and talented mom's amongst us so this should be very interesting. We are also planning some fun events such as a 50/50 draw, concession and maybe even a visit from the local fire department...

We will be doing massive advertising for this event starting next week. We will be putting notices in all the local elementary schools, pre-schools, local papers and grocery store bulletin boards in hopes of spreading the word. If you are able to put this information in your newsletter or website or your local schools and bulletin boards that would sure help and be appreciated!