



TWIN & TRIPLET TALK

January/February 2006



As I start writing this newsletter, there are just two days left in 2005. Where the *h-e-double hockey sticks* has this year gone? I *used* to think of myself as a fairly organized person, but this past year has proven that I have become pretty good at pretending to be, but that I clearly have a lot to learn. Up until this past Christmas, I couldn't even recall when the last time was that I was in a mall on Christmas Eve! It wasn't as bad as I expected it to be (it was even easy to find a parking space), but at the same time I was in such a mad panic to get my Christmas shopping done that I was buying everything and anything that I could see for all the people on my list. Can you imagine my (and Milan's) horror when I returned home and discovered that I actually only needed to buy for 2 people? Note to self: Next time bring a list of those you only need to buy a gift for; not a list with everybody's name on it! Oh well, I either have my shopping done for most of the birthdays in 2006, or I have (almost) all my Christmas shopping done a year early! Needless to say, I now have a list made up of all my purchases that will soon be hidden so that Alexandra and Maya don't get to them first!

I have given up on making my own New Year resolutions, but I would like to once again share with you these resolutions because they just seem more simple and easier to stick to:

1. **I will embrace the fact that I'm not perfect.** You can be cranky, you can lose your patience, and yes – you can even move the clock ahead an hour just so the kids will go to be early and give you some peace and quiet. You don't have to bake everything from scratch, make Halloween costumes out of scraps lying around the house, or coach the soccer team. Children don't need you to be perfect. What they really need are reasonable limits, lots of hugs and kisses, and a happy mommy.



2. **I will get down on the floor and play with my child every day.** Babies – and older kids too – need regular face-to-face time with the adults in their lives. And while it can be difficult to get involved in their fantasy world – especially when you're busy or tired – it's vital that you do it. Why? Because play is your child's way of expressing himself and your being there boosts his emotional intelligence. Even if floor time isn't your forte, fake it and follow your little one's lead.

3. **I will take care of my body.** When is the last time you put your needs first? Even if you have to force yourself, carve out 30 minutes a day, several days a week, to get some exercise. It improves your mood, blasts fat, and we're not talking spin classes or a complicated step aerobics here – even a simple walk around the neighbourhood will do the trick. While you're at it, try to eat a balanced diet and get as much sleep as you possibly can each night.



4. **I will learn to love the chaos.** Family life is full of unexpected turns, contagious diseases, occasional humiliations, laundry, and more work than you'll ever seen an end to. It is also full of moments of great beauty, tenderness, sticky kisses, and a miracle or two. Remind yourself that children are your excuse to lower your standards. As comedienne Phyllis Diller once said: "Cleaning your house while your kids are still growing is like shoveling the walk before it stops snowing."

5. **I will make the family dinner a priority.** Sure, it's easier to grab pizza and eat in front of the TV than to arrange a meal at the dinner table. But the food isn't the focus – the family is. Sitting down with your children each night allows you to connect and talk about your day. And research has found that kids who regularly have dinner with their parents are more likely to do well in school and stay out of trouble.



6. **I will focus a little more on my marriage.** Marriage is a living thing that needs to be watered, and nurtured. But raising children takes so much time and energy that chances are you see less of your husband now than you did when the two of you were dating. The solution? Hold hands whenever you can, and hire a babysitter (or enlist your mother-in-law) once a week so you can spend time as a couple.



7. **I will make time for my friends.** You can live without friends, but why would you want to? Setting aside just 15 minutes a day – to send a postcard, dash off an e-mail, or make a phone call – will do more than keep you connected. That's because friendships not only nurture you emotionally, they also help you combat stress by allowing you to blow off a little steam – which in turn may actually lower your blood pressure.
8. **I will remind myself daily that time with my children is precious.** Motherhood never ends – but childhood does. You have a baby, you blink, and suddenly there's a 3-year old standing in front of you announcing, "I'm big now." The magic years are unbelievably brief, and every day that little girl or boy is changing and growing, edging a little closer toward the door. Remember that the essence of parenting isn't in the milestones, but in the everyday moments. So stop, pay attention, and make sure you celebrate them every chance you get!



Happy New Year, Everyone! May 2006 be a happy and memorable one!
~ELIZABETH~

This Months Member Bio

Elsa Edwards- Well it's my turn. I am a mother to many, and I say this with pride! I have three children of my own, Bailey, 8 years old (going on 18, she feels) and my monozygotic twin boys Devon and Tyler who are 3 now. I am also step-mom to Karen 28 and Christine 27 (and of course their respective partners) I am also proud to say I am a Grandmother to Jakob 3 (Karen's son). I have been married to Chris for 13 & 1/2 years. Chris is a mechanic and I used to be a registered nurse working cardiac surgery (pre-children), after a car accident, I left nursing to pursue my husbands dream of owning his own shop. We have owned and operated Word of Mouth Mechanical for 12 years now. I do all the paperwork and he does the repairs. It was much easier before children but we make a great team! My children are very car aware as they have all literally grown up in a parking lot.(Oh the stories I could tell) My husband also drag races superbikes (a type of really, really fast motorcycles) so we spend much of our summer camping at various race tracks. I say I am a mother to many because our door is never locked unless we're not home. Many of our friends drop by at all times and there is always a meal for all. I love to cook and entertain. I joined this club as nobody in my family has ever had twins and nor have my friends, I needed someone or something to give me some guidance and this club has been a God send and inspiration to me. It is a great place for women in our shoes to share stories, good or bad, and have someone relate to your story. Every meeting I attend, weather it's our meetings, events or convention, there is always a hug and a smile from many friends and lots of fun. I know I have made some lifelong friends!!!! Now lets plan convention and get our once a year break from our families, I know I come home feeling like I can do this. I will make it many, many more just to see all these people who CAN RELATE!! and care!!!

We tried to get everyone into the Christmas spirit early at our November meeting. There was a great turnout of Moms! Was it because of the Cookie Swap organized by **Jackie Neale** and **Cara Muller**; or the mini-pedicure and manicure that was given by **Nancy Martin**; or even the greeting card demonstration that was given by **Robyn Steed**; or was it really to see all the wares our crafty vendors and Pampered Chef representative had displayed? And we certainly can't forget the photo-DVD making demonstration provided by **Irina Tikanovitch**. Whatever your reason for coming out, it was great to see you there!



I'm still kicking myself for not making the time to attend our **Adult Christmas Party** on Saturday, December 10th. From the comments that I have heard, it was a tremendous success! How could it not be – more than \$2,000 was raised from our silent auction and bottle booth. Thank you once again to **Darla Furlani** and **Craig Hodge** who provided a very festive atmosphere which brought everyone into the Christmas spirit. Of course, a million thanks go to our party planners extraordinaire, **Kim Adams, Elsa Edwards, Nicole Jung, Paula Paulson, Robyn Steed, Nareeta Stephenson** and **Brenda Stewart**. Extra-special thanks also to **Johnny Gazzola, Mark Parhar, Hoge Paulson, Wil Steed, Ed Jung** and **Doug Stewart** who were serving up drinks in style! It may be too early to tell, but I think that this could now be a party tradition to continue year after year after year.....

It always melts my heart and brings a tear to my eye whenever I see Alexandra and Maya with smiles on their faces after doing something they've never done. Such was the case when I brought them ice-skating for the first time ever to our **Children's Skating Party** on



December 19th! Once around the rink was enough for them, but they loved it. And I'm certain that all the other families who were there had a wonderful time, too! Over 40 families and friends turned out for a great morning of skating, eating, socializing, and making frosted cookie messes. Santa Claus (a.k.a. Tom Ouelette) even took some time out from his busy schedule to demonstrate his skating talents. All the children went home with an early Christmas gift nicely put together by **Kim Adams**, and yours truly won some extra Christmas spending money from our 50/50 draw. What a great incentive to come back next year! Many thanks to **Elsa Edwards**, and **Brenda Stewart** for planning such a fun-filled event! If you missed this event, photos will be posted on our website soon.



You have already been told of this amazing offer, but it is definitely worth repeating....If you have always wanted to go to a Vancouver Giants game but have never been, this is the perfect opportunity for you. Our Club has purchased a section of tickets for **Sunday, January 8, 2006** when the Vancouver Giants will be hosting the Portland Winterhawks.

This is an Olympic send-off game for Torino so it will be action-packed with many special guest stars in attendance. The excitement begins at 5:00 p.m. Tickets are \$15 each and twins (under 3 years old) can sit on your lap. The tickets are in the red "Z" section, rows 14 to 18. If you are interested, please contact **Brenda Stewart** AS SOON AS POSSIBLE.



Our next meeting will be held on **Thursday, January 19, 2006** at 7:30 p.m.

Jennifer Sackley will once again be sharing her expertise with us. Topics up for discussion are understanding how to deal with feeling overwhelmed, disorganized and scattered though brain nutrition, techniques for dealing with morning routines and learning strategies. This discussion will also include The AD/HD Challenge - What do we know about the causes of ADD and ADHD? What helps? What doesn't?

April 20 – 22, 2006 – Mark your calendars now! Convention 2006: Razzle Dazzle will be taking place in Spokane, Washington. Time for a well-deserved break to meet other moms of multiples, or to get to know our Club members even better. With more than 100 members in our Club alone, there is no reason why we can't fill a rented Greyhound bus to take us to all the fun and excitement. For more detailed information, please refer to the most recent issue of *Twin-O-Gram* (Winter Issue, December 2005 – February 2006). Book your babysitters now. Registration deadline is March 10, 2006.

Let's all eat, drink, and be merry! And do some fundraising while we're at it. If this is something that you would like to do, then we need your help. We are currently looking for Pub Night organizers willing and able to organize Pub Nights for January and February. Venues can be located anywhere from Burnaby/New Westminster to Maple Ridge. If you attended our Pub Night in March 2005, then you know that this is another fun event put on by our Club. If you are interested in taking on this task, please contact **Robyn Steed, Nareeta Stephenson** or **Brenda Stewart** as soon as possible! Part of the funds raised at these Pub Nights will help finance attendance at Convention 2006 in Spokane, Washington.



And while we're on the topic of recruiting for new tasks, I am sad to tell you that this will be my last issue as Editor of our newsletter. While I really do enjoy writing this newsletter for you, I am not able to dedicate as much time and effort into it as I would like. As you are aware, Alexandra and Maya have started their first year at a parent-participation preschool and I have somehow found myself with the added responsibility of being President of that preschool. More work than I originally bargained for, but it seems I will do whatever it takes to help with the education of my children. In any case, the newsletter is prepared once every two months and all you really need is a little creativity and some typing skills. All the information that needs to be included in the newsletter is provided to you by our trusty Co-leaders. If you are interested in putting your writing talents to good use, then please contact me as soon as possible.

Can you believe that almost two years have passed since **Robyn Steed, Nareeta Stephenson** and **Brenda Stewart** took over as Co-leaders for our Club? I'm sure you will all agree that they have done a FANTASTIC job at planning and organizing great events for all of us to enjoy!!!! Alas, their "term" will end in September, but we need to have new co-leaders in place by May so that the transition can be made as smoothly as possible. Robyn, Nareeta and Brenda will guide you and show you their tips and tricks on how to do a job well done! Do not look at this as being a lot of work! It does require some time and commitment (and a lot of e-mailing back and forth), but it is a lot of fun and it will enable you to bond even more with your new Co-leader(s) and even the rest of our members. You still have a few months to think this over and if you want more information that will help make your decision-making a little easier, please contact Robyn, Nareeta or Brenda.

www.momswithlotsoftots.com. You all know what this is right? If not, check it out. This is our Club's website and contains A LOT of useful information for everyone. If you have visited our website lately, you may have noticed some nasty replies posted on some of our forum topics. These have been posted by unwanted guests and our webmaster, Mike Dustan, has been notified and is aware of the problem. These will be rectified shortly (if they haven't already) and you must now be a registered user of our website in order to actually post ANY information. If you want further information about this, please contact Brenda Stewart.

LOOK WHO'S COMING...

Do you have some "news" that you would like to share with us?

LOOK WHO'S HERE...

Lorelei and Richard Sadowski welcomed **Logan Thomas** (5lbs. 13oz.) and **Cameron Richard** (6lbs. 14oz.) on November 29, 2005, little brothers for and **Chantelle**

Kjell



Leanne and Bob Dalton welcomed twin sons **Daniel Theodore** (6lbs. 2oz.) and **Thomas Frederick** (6lbs. 6oz.) on November 25, 2005, new playmates for **Oliver**



WELCOME TO...

Are you new to our Club and haven't yet been introduced?



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.



COFFEE TIME

Good company, good friends, good coffee! And if you're lucky, maybe a snack or two. If our once-a-month meetings aren't enough, here are some great opportunities for you to still get together with some of your favourite people!

Expectant to New Moms (up to 1 year), Burnaby/NewWest/Tri-Cities – *Debby Moran* – (604) 468-8596

New Moms (up to 1 year), Maple Ridge – *see IDP Playgroup information*

Toddler Moms (1 – 2½ years), Burnaby/NewWest/Tri-Cities - *Sabina Perrin* – (604) 777-2701

Toddler Moms (1 – 2½ years), Maple Ridge – *see IDP Playgroup information*

Preschool Moms (2 – 3 years), Maple Ridge Area – *see IDP Playgroup information*

Preschool Moms (2 – 3 years), Burnaby/NewWest/Tri-Cities – *Michelle Mozel* – (604) 936-8946 and *Elsa Edwards* – (604) 525-9892

IDP Playgroup takes 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.

The coffee groups are currently in the process of being restructured. In the meantime, please contact these ladies directly for more 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.



- 10 Hallmark Twin Birth Announcements - FREE

Contact Jennifer at jennifer_haluss@hotmail.com



- Maclaren Twin Traveller Stroller

Contact Amy at chad@noisemedia.com



- Jelly Bean Double Breastfeeding Pillow - \$45.00

Contact Kelly Baxter at (604) 468-9133



- Twin Breastfeeding Pillow - \$40.00
- DoubleEase Breast Pump and Carryall - \$100.00

Contact (604) 316-5555



- 2 Umbrella Strollers with Connectors - \$30.00

Contact Donna Stevenson at ddct@shaw.ca or (604) 466-3382



- Wooden Cradle - \$50.00
- Evenflo Supersaucer - \$25.00
- Graco Swing - \$30.00
- Medela Double Electric Breast Pump - \$45.00
- Disney Babies Crib Mobile - \$15.00
- Baby Bath - \$5.00
- Bouncy Seats, 2 available - \$10.00 for BOTH
- Bath Ring - \$3.00
- Tiny Love Gymini Activity Gym - \$20.00

- Playskool Activity Gym - \$10.00

Contact Meg Torres at mtorres_bc@hotmail.com



- Graco Car Seat - \$80.00
- Evenflo Car Seat - \$30.00
- Graco High Chairs, 2 available - \$25.00 each
- Fisher Price Crib - \$100.00
- Fisher Price Change Table - \$75.00
- Baby Einstein Videos - \$3.00 each
- Booster Seats, 2 available - \$5.00 each
- Activity Box - \$10.00
- Music Table - \$5.00

Contact Cara Muller at caramuller@shaw.ca or (604) 552-8817



- Bertini Side-by-Side Twin Stroller - \$600.00

Contact Elsa Edwards at yale1@telus.net or (604) 525-9892



- Graco Infant Car Seat and Base, 2 available - \$95.00 for BOTH

Contact Janis at janistempleton@gmail.com



- Storkcraft Change Table - \$50.00

Contact Candace at brianandcandace@telus.net



- "Hot Rod" tricycle and helmet, 2 available - \$20.00 each

Contact Brenda at brendawithtwins@telus.net



- Graco Snugride Car Seat and Base, 2 available - \$150.00 for BOTH O.B.O.

Contact katiecaines@gmail.com



- Boys Snow Pants, size 18 months

Contact Debby at debbybondi@hotmail.com



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

Liam Rogan	January 1
Declan Rogan	January 1
Keegan Ferriman	January 7
Kade Ferriman	January 7
Alexandra Torres	January 9
Tyler Mitchell	January 10
Jordan Mitchell	January 10
Maya Gallus	January 14
Olivia Gallus	January 14
Quintin Stevenson	January 16
Christian Wahl	January 16
Kylie Smart	January 17
Grace Adams	January 23
Brooke Adams	January 23
Johana Steed	January 25
Aidan Isaacson	January 26
Derek Pecchia	January 26
Sarah Wahl	January 27
Isabella Gazzola	January 30
Sophia Gazzola	January 30
Conor Naylor	January 30
Zack Naylor	January 30
Laiken Greffard	January 31
Samuel Adrain	February 4
Sophia Adrain	February 4
Alice Armstrong	February 5
Noah Armstrong	February 5
Sara Ferguson	February 11
Amanda Ferguson	February 11
Riley Ferguson	February 11

Brenden Steed	February 11
Loren Corkhill	February 12
Morgan Corkhill	February 12
Carter Stevenson	February 15
Tyler Stevenson	February 15
Joseph Curtis	February 17
Amelia Curtis	February 17
Megan Jinks	February 18
Ryan Jinks	February 18
Nicholas Pecchia	February 22
Madison Wahl	February 24
Noah Wahl	February 24

...and to the Moms and Dads

Paula Paulsen	January 1
Milan Bajcic	January 3
Peter Ferriman	January 4
Alissa Swail	January 5
Marek Gallus	January 16
Mario Iacobucci	January 17
Joanne Blessin	January 20
Sau Tsien	January 23
Chris Albanese	January 26
Dan Mozel	February 2
Chris Roger	February 3
Glen Kallin	February 10
Wendy Gazzola	February 12
Mike Arnold	February 13
Bruce Hitchen	February 16
Matt Gorman	February 18
Victoria Parhar	February 23
David Eisner	February 24
Mike Brnjac	February 26

The above birthdays were taken from our current files, which are currently in the process of being updated. My apologies if you or any family member has been omitted. Please provide us with the details so that we won't forget you next year!

And last, but certainly not least, here are a couple of funnies to get you laughing into 2006! My apologies for my sense of humour. I received these years ago and they still bring tears to my eyes!

CONTEMPLATING CHILDREN?

To prepare, follow these simple lessons:

1. Go to the supermarket. Arrange to have your salary paid directly to their head office. Go home. Pick up the paper. Read it for the last time.
2. Before you finally go ahead and have children, find a couple who are already parents and berate them about their:
 - Methods of discipline.

- Lack of patience.
- Appallingly low tolerance levels.
- Allowing their children to run wild.

Suggest ways in which they might improve their child's sleeping habits, toilet training, table manners and overall behaviour. Enjoy it. It will be the last time in your life that you will have all the answers.

- To discover how the nights will feel:
 - Walk around the living room from 5:00 p.m. to 10:00 p.m. carrying a wet bag weighing approximately 8 – 12 lbs. with a radio turned to static (or some other obnoxious sound) playing loudly.
 - At 10:00 p.m. put the bag down, set the alarm for midnight and go to sleep.
 - Get up at midnight and walk around the living room again, with the bag, until 1:00 a.m.
 - Set the alarm for 3:00 a.m.
 - As you can't get back to sleep, get up at 2:00 a.m. and make a drink.
 - Go to bed at 2:45 a.m.
 - Get up at 3:00 a.m. when the alarm goes off.
 - Sing songs in the dark until 4:00 a.m.
 - Get up. Make breakfast.
- Keep this up for 5 years. Look cheerful.
- Can you stand the mess children make? To find out...
 - Smear peanut butter onto the sofa and jam onto the curtains.
 - Hide a piece of raw chicken behind the stereo and leave it there all summer.
 - Stick your fingers in the flower bed.
 - Then rub them on the clean walls.
 - Cover the stains with crayons. How does that look?
- Dressing small children is not as easy as it seems.
 - Buy an octopus and a small bag made out of loose mesh.
 - Attempt to put the octopus into the bag so that none of the arms hang out.
 - Time allowed for this – ALL MORNING.
- Craft lessons.
 - Take an egg carton. Using a pair of scissors and pot of paint, turn it into an alligator.
 - Now take the tube from a roll of toilet paper. Using only scotch tape and a piece of foil, turn it into an attractive Christmas candle.
 - Last take a milk carton, a ping-pong ball, and an empty packed of Cocoa Puffs. Make an exact replica of the Eiffel Tower.
- Forget the BMW and buy a station wagon. And don't think that you can leave it out in the driveway spotless and shining. Family cars don't look like that.
 - Buy a chocolate ice cream cone and put it in the glove compartment. Leave it there.
 - Get a dime. Stick it in the cassette player.
 - Take a family size package of chocolate cookies. Mash them into the back seat.
 - Run a garden rake along both sides of the car.

There. Perfect.

- Get ready to go out.
 - Wait outside the bathroom for half an hour.
 - Go out the front door.
 - Come in again.
 - Go out.
 - Come back in.
 - Go out again.
 - Walk down the front path.
 - Walk back up it.
 - Walk down it again.
 - Walk very slowly down the road for five minutes.
 - Stop, inspect minutely, and ask at least 6 questions about every cigarette butt, piece of used chewing gum, dirty tissue, and dead insect along the way.
 - Retrace your steps.
 - Scream that you have had as much as you can stand until the neighbours come out and stare at you.
 - Give up and go back into the house.

You are now just about ready to try taking a small child for a walk.

- Repeat everything at least, if not more than, five times.

10. Go to the local supermarket. Take with you the nearest thing you can find to a preschool child. A full-grown goat is excellent. If you intend to have more than one child, take more than one goat. Buy your week's groceries without letting the goats out of your sight. Pay for everything the goat eats or destroys. Until you can easily accomplish this, do not even contemplate having children.
11. Feeding.
 - Hollow out a melon.
 - Make a small hole in the side.
 - Suspend it from the ceiling and swing it from side to side.
 - Now get a bowl of soggy Cheerios and attempt to spoon them into the swaying melon by pretending to be an airplane.
 - Continue until half the Cheerios are gone.
 - Tip half into your lap. The other half just throw up in the air.
 You are now ready to feed a 12-month old baby.
12. Learn the names of every character from Sesame Street, Barney, Teenage Mutant Ninja Turtles, and Disney. Watch nothing else on TV for at least 5 years.
13. Move to the tropics. Find or make a compost pile. Dig down about halfway and stick your nose in it. Do this 3 – 5 times a day for two years.
14. Make a recording of Fran Drescher saying "mommy" repeatedly. (Important: No more than a four second delay between each "mommy"; occasional crescendo to the level of a supersonic jet is required.) Play this tape in your car everywhere you go for the next four years. You are now ready to take a long trip with a toddler.
15. Start talking to an adult of your choice. Have someone else continually tug on your skirt hem, shirt sleeve, or elbow while playing the "mommy" tape made from Lesson 14 above. You are now ready to have a conversation with an adult while there is a child in the room.
16. Put on your finest work attire. Pick a day in which you have an important meeting.
 - Take a cup of cream and put 1 cup lemon juice in it.
 - Stir.
 - Dump it on your shirt. Also, saturate a towel with this mixture.
 - Attempt to wipe it off with this towel.
 - Do NOT change. You have no time.
 - Go directly to work.
17. Go for a ride, but first...
 - Find one large tomcat and six pit bulls.
 - Borrow a child safety seat and put it in the back seat of your car.
 - Put the pit bulls in the front seat of your car.
 - While holding something fragile or delicate, strap the cat into the child seat.
 - For the really adventurous...run some errands, remove and replace the cat at each stop.

You are now ready to have kids.

THE POOPIE LIST

Ghost Poopie – The kind where you feel the poopie come out, but there is no poopie in the toilet.

Clean Poopie – The kind where you poop it out, see it in the toilet, but there is nothing on the toilet paper.

Wet Poopie – The kind where you wipe your butt 50 times and it still feels unwiped. So you have to put some paper in between your butt and your underwear so you won't ruin them with a stain.

Second Wave Poopie – This happens when you're done poopie-ing and you've pulled up your pants up to your knees and you realize that you have to poop some more.

Pop-a-Vein in your Forehead Poopie – The kind where you strain so much to get it out, you practically have a stroke.

Lincoln Log Poopie – This kind of poopie is so huge you're afraid to flush without first breaking it into little pieces with the toilet brush.

Gassy Poopie – It's so noisy, everyone within ear shot is giggling.

Drinker Poopie – The kind of poopie you have the morning after a long night of drinking. It's most noticeable trait is the skid marks on the bottom of the toilet seat.

Corn Poopie – Self-explanatory.

Gee I Wish I Could Poopie Poopie – The kind where you want to poopie but all you do is sit on the toilet and fart a few times.

Spinal Tap Poopie – That's where it hurts so badly when it comes out, you'd swear it was leaving you sideways.

Wet Cheeks Poopie – The Power Dump – The kind where it comes out so fast your butt gets splashed with water.

Liquid Poopie – The kind where yellow-ish brown liquid shoots out of your butt and splashes all over the toilet bowl.

Mexican Poopie – It smells so bad that your nose burns.

Upper Class Poopie – The kind of poopie that doesn't smell.

The Surprise Poopie – You're not even at the toilet because you are about to fart, but oops! A poopie.

The Dangling Poopie – This poopie refuses to drop into the toilet eventhough you know you are done poopie-ing it. You just hope that a few shakes will cut it loose.

Eeeeeewwww!!!!

<p>PoCoMo Mom's Leaders:</p> <p>Brenda Stewart = 604-937-5534 brendawithtwins@telus.net</p> <p>Robyn Steed = 604-465-0666 robysteed@telus.net</p> <p>Nareeta Stephenson = 604-637-0615 Nareeta_Stephenson@shaw.ca</p>	<p>Web Page design & Maintenance: www.momsofsofttots.com</p> <p>Liz Dustan = 604-466-4813 liz@cornbury.org</p> <p>Mike Dustan mike@sfu.ca</p>	<p>Newsletter Editor:</p> <p>Elizabeth Bajcic = 604-937-7143 ebajcic@shaw.ca</p>
<p>Treasurer:</p> <p>Melisa Gorman = 604-939-4475 Melisa_Gorman@hotmail.com</p>	<p>Secretary:</p> <p>Nicole Jung = 604-465-0380 njung@city.new-westminster.bc.ca</p>	<p>New & Expectant Mom Contact:</p> <p>Debbie Moran = 604-468-8596 dmoran@sd42.ca Triplets Support: Monica Morris-Reade 604-942-7694</p>
<p>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>Phone Volunteers:</p> <p>Elsa Edwards Nicole Jung Michelle Mozel Sally Lee Ivy Lim Pam Ferguson</p>	<p>Fundraising:</p> <p>Elsa Edwards Brenda Stewart Trish & Brent McCallum Heidi Ferriman</p>
<p>North West Convention 2005:</p> <p>Cora Naylor Mary Van Geyn Kathryn Hitchen Brenda Stewart Robyn Steed Nicole Jung Wendy Arnold</p>	<p>Halloween Party Committee:</p> <p>Kim Adams Wendy Arnold Elsa Edwards Cara Muller Brenda Stewart Elaine Jungen</p>	<p>Christmas Party:</p> <p>Elsa Edwards Brenda Stewart Jackie Corkill Wendy Arnold Britta Greenwood Nicole Jung Tracey Smart Kim Adams Nareeta Stephenson</p>
<p>Summer BBQ</p> <p>Tracey Smart Darla & Craig Furlani Wendy Gazzola Robyn Steed Brenda Stewart Nareeta Stephenson Alison Gignac Lisa Gorman Sabina Perrin</p>	<p>Breastfeeding Support:</p> <p>Paula Paulson hogepaula@shaw.ca</p> <p>Donna Stevenson ddct@shaw.ca</p>	<p>Premature babies:</p> <p>Elsa Edwards 604-525-9892</p> <p>Paula Paulson 604-462-8869</p>
<p>Clean-Up Committee:</p> <p>Pam Ferguson Heidi Ferriman Mary Van Geyn Alison Speirs</p>	<p>Single Parents Support:</p> <p>Liz Dustan 604-466-4813</p>	<p>Club Scrapbooker:</p> <p>We need volunteers...?</p>