

# TWIN AND TRIPLET TALK

JUNE 2007

Check it out we're on the web! [www.MomsOfLotsOfTots.com](http://www.MomsOfLotsOfTots.com)

## UPCOMING EVENTS (CHECK BELOW FOR MORE DETAILS)

**JUNE-** Year End Dinner

**SEPTEMBER-** Club Picnic/BBQ

I would like to begin this newsletter by saying THANK YOU to our co-leaders, Elsa Nicole and Paula for a fantastic and fun-filled year. On behalf of everyone, I would like to express our thanks for your enthusiasm and devotion to our club. Your hard work and commitment to making our club a success has been very much appreciated. Thank you to ALL the ladies who have volunteered their time throughout the year in all club functions. Once again thank you so much for the past year and we look forward to seeing what you have planned for 2008!

Speaking of our upcoming year, Nicole and Paula have decided due to their busy schedules to pass the torch for the upcoming year. We wish you the best of luck in your endeavours and look forward to seeing you at our meetings. Elsa will continue on as leader, but we are currently looking for a member to fill this wonderful and rewarding role. Please contact Elsa if you are interested in helping the club out in 2007/2008. We really need your support to keep this club going!

**Happy Birthdays to...**

Tori Hitchen	June 6	Klara Belsey	June 28
Thomas Jung	June 9	Angelina Belsey	June 28
Hannah Jung	June 9	Asiah Speirs	June 29
Savannah Adams	June 9	Leighen Speirs	June 29
Caitlin Macey	June 10	Zachary Mozel	July 6
Ashley Macey	June 10	Gabrielle Mozel	July 6
Jakob Blessin	June 15	Willow Beyea	July 10
Spencer Blessin	June 15	Hana Parhar	July 17
Jared Stephenson	June 16	Jasmine Parhar	July 17
Jade Stephenson	June 16	Bailey Edwards	July 29
Cassidy Perrin	June 17		
Gabriel Perrin	June 17		
Owen Steed	June 18		
Hayden Steed	June 18		
Juliana Dyck	June 27		



# Upcoming Events

**JUNE 21-** Year End Dinner at the Frogstone Grill in Coquitlam. Join us for an evening to celebrate yet another great year. Festivities begin at 6pm. RSVP to Nicole ([nsjung@yahoo.com](mailto:nsjung@yahoo.com)) if you are attending. Spouses welcome. We hope to see you there!



**SEPTEMBER-** Kick off the year by attending our annual picnic. Come and enjoy the afternoon, meet new families or catch up with old friends. Check the summer newsletter for more details on date and location.



**JULIE BEYEA**

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Do you or someone in your family have a business you would like to advertise to members of PoCoMo Moms?  
Contact Julie at [ba5@primus.ca](mailto:ba5@primus.ca)

Just \$25 you can have your business card in every issue of Twin and Triplet talk for a whole year!

Get your \$35 membership dues in before the end of August to Elsa Edwards in order to qualify for a draw to get your dues back. Draw will take place at the first meeting in September. Cheques should be made payable to POCOMO MOMS. Drop off your dues at our next function or mail cheques to

7576 17<sup>th</sup> Avenue  
Burnaby, BC  
V3N 1L7

Deadline for dues are December 1<sup>st</sup>. Members who do not pay their dues by then will be removed from the mailing list.



**Twin Tees**  
Email: [TwinTees@shaw.ca](mailto:TwinTees@shaw.ca)

# Twin Tees

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Heidi Ferriman  
778-892-6151

Robyn Steed  
604-716-7122

**INTRODUCING** our newest club members:

Welcome to ...'

Corrine and John Newell and their  
daughter Julie and twins Andrew and  
Caitlin.



## Coffee Club



**Expectant & New Moms up to about 1 year old-"ALL AREAS"**

Kulli Yee 604-472-1721 [kulliyee@yahoo.com](mailto:kulliyee@yahoo.com)

Lorelei Sadowski 604-468-4086 [loreleibell@yahoo.com](mailto:loreleibell@yahoo.com)

**1-3 year olds - "ALL AREAS"**

Debby Moran 604-468-8596 [debbybondi@hotmail.com](mailto:debbybondi@hotmail.com)

**3 years and up - "ALL AREAS"**

Elsa Edwards 604-525-9892 [yale1@telus.net](mailto:yale1@telus.net)

If you are interested in organizing a coffee group for your age group please contact Elsa for details.

## For Sale

- Quad runabout stroller. Contact [pdhrychiw@shaw.ca](mailto:pdhrychiw@shaw.ca) for more details.

## Wanted

- Mountain Buggy Urban Double. Contact [brianandcandace@telus.net](mailto:brianandcandace@telus.net) if you are willing to part with yours.

Check out other items listed at our website: [www.momsoftots.com](http://www.momsoftots.com)

**Contacts:**

**Have a question?**

**We don't know why the sky is blue, but other than that we'd love to hear from you!!**

General Questions

**pocomo\_moms@yahoo.ca**

Co-Leaders

**Nicole Jung** 604 465-0380

nsjung@yahoo.com

**Paula Paulsen** 604 462-8869

hogepaula@shaw.ca

**Elsa Edwards** 604-525-9892

yale1@telus.net

Newsletter

**Julie Beyea** 604 525-4206

ba5@primus.ca

**Debby Moran** 604 468 -8596

debbybondi@hotmail.com



# Family Fun!

## 19th Annual Teddy Bear Picnic

Sunday, June 10th

11:00 a.m. –4:30 p.m.

Coquitlam Town Centre

The Grande Parade will precede the opening of the Teddy Bear Picnic. Children, and adults, can enjoy many exciting and fun filled activities.

[www.festivalcoquitlam.citysoup.ca](http://www.festivalcoquitlam.citysoup.ca)

## Canada Day

### Celebration

Sunday, July 1st

12:00 p.m.–11:59 p.m.

Castle Park

Citadel Heights

Port Coquitlam's festivities again celebrate Canada's richly diverse cultural heritage with a local performance showcase, colourful ethnic bazaar, children's activities and festive foods.

For more information on this event, please call 604-927-7900

## Annual Burnaby Discovery Day Festival

Saturday, July 14th

10:00 a.m.–4:00 p.m.

Deer Lake Park and Shadbolt Centre for the Arts

This is Burnaby's largest community festival for family fun and creativity. Free admission  
For more information , call 604-291-6864

## Arts in the Park

Saturday, June 2nd

11:00 a.m.–3:00 p.m.

Arts in the Park fills Moody Park with artists, performers, music and dance—and you can be a part of everything. Fun for kids of all ages.

For more information call 604-527-4567

## Blue Mountain Music Festival

July 21-22

For a list of performers visit  
[www.festivalcoquitlam.citysoup.ca](http://www.festivalcoquitlam.citysoup.ca)



## Willingdon Community Day

Thursday, August 16

5:30-8pm

1491 Carelton Avenue

Burnaby

Old fashioned summer fair. Includes BBQ, carnival, raffles, cake walk, displays and live entertainment. Free admission. For info call 604 299-1446

## Queen's Park

Open Daily

Fun for the whole family. Visit Rainbow Playground, the Spray Park and the Petting Zoo.

For more information call 604 777-5121

## Summer Sundays Concerts

2-4pm

Rocky Point Park

Every Sunday starting July 8<sup>th</sup>. Family oriented jazz, rhythm, contemporary and blues concerts featuring some of the lower mainland's top performers. Donations accepted by SHARE.

## Father's Day Ideas

When you think about honouring Dad's and the other special supportive men in children's lives, here are a few ideas for celebrating by spending special time together as well as some great gift ideas.

### Dad's Kite Nite:

As the days become longer it becomes a little easier to plan for activities with the parents of your children outside of daytime work hours. One nice idea is to set aside a specific night for all the Dads or significant others to meet at a local park, kite in hand to have a great time with their youngster. Add some special snacks and it proves to be a relaxing and memorable way to celebrate Father's Day.



### Drop In Breakfast:

With family work schedules being so busy, it is sometimes difficult to arrange special activities

outside child care/work hours. Here is an idea that makes it easy for Dads to

drop off their youngster a little early and enjoy a quick and delicious breakfast with their child. Serve muffins, croissants or bagels and don't forget a coffee to go. Earlier in the week, have



the children make a crown for their Dads that reads “King of the Day”. Have the children present the crown during breakfast and don’t forget to capture the Kodak moment with a camera.

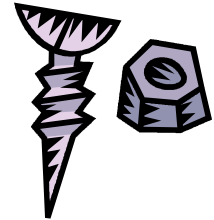
### **Father’s Day Gift Ideas:**

#### **Father’s Day Time Capsule:**

Purchase mailing tubes from a local post office outlet. Have each child decorate their mailing tube as they wish with paints or markers. Next, add a copy of the child’s foot and hand print, some art work from this time period and a few photos of the child at child care. Fill out an “all about me” page so the father can remember special things about his child at this age, such as height, weight, favourite colour, food, toy, favourite things about his Dad, etc. Lastly, ask the mother to give you items from home that will be a reminder for Dad about this precious time in years to come. Label it Father’s Day 2007 and close it up. Present it to Dad with a card that says: “Open Me on Father’s Day 2027.”

#### **Nuts and Bolts Paper Weight:**

Give each child a big piece of clay that will harden without being cooked. Also let each child choose from a selection of hardware items such as screws, washers, nuts, bolts, etc. Let the child shape the paper weight as he/she wishes and add the hardware items. Let dry completely. On the bottom place the child’s name and date and Happy Father’s Day. These are treasures for years to come.



#### **Recipe for salt dough:**

- 3 cups flour
- 1 1/2 cups salt
- 1 1/2 cups water

