

# Mom's Moments

August 2007



Volume 1, Issue 11

## A Note from Anna

Are you enjoying your days, ladies? Summer brings such fun, such exhaustion, and such great memories to our lives! I am learning to relax and play with my sons, even when my to-do list seems overwhelming. I am striving to put things into perspective, and remember what's really important. I am realizing the sun doesn't always shine, and even summer brings rainy days...it's what I do with those days that counts. So whether you're home full-time, part-time or (some days it feels like) none of the time, I continue to encourage you to live your moments to the fullest, whatever they may be!

FYI—I had a fun idea for a calendar of special days in August. Check it out on the website!

## Bulletin Board

- Mom's Moments experienced a makeover this month! With our first anniversary approaching this fall, we thought it was time for a new look!
- Check out our updated "About Us" and "Share with Us" webpages. Mom's Moments is now much more than just a monthly newsletter, and we'd love to share more of what we're all about! [www.momsmoments.ca](http://www.momsmoments.ca)
- Coming in September: a new quarterly newsletter called 'Deeper...' meant for those who desire to seek God more and dig deeper in their faith. 'Deeper...' is separate from this MM monthly newsletter and will be available on our website. Watch for it!
- It's not too late to join us in reading and blogging on our website on [The Ministry of Motherhood](#) by Sally Clarkson!

## One Clear Sign that You Need a Break!

*We couldn't resist sharing this with you!*

I'll tell you a funny story...and this is me writing (Michelle) not a joke! One of the reasons I know I need to take tomorrow off—my gas light came on yesterday on my way to work, so I remembered on my way home and stopped to get some gas, I pulled up to the pump, reached down and popped the gas door open. I checked my rear view mirror and noticed that the pump was on the wrong side, so I drove around to the other side of the pump - checked mirror again, still on the wrong side—so I drove back to the original side/pump—wrong side again so I pulled out of the gas station and drove home with my gas door open. I can laugh about it now, but yesterday I thought I was going to cry!

- Michelle, Uxbridge, Ontario

## A Candid Moment - Share your pictures!



**Life is good!**

From Kelly Buma, Orono, Ontario

## Share With Us This Month...

- Lunch Box Ideas for Any Age
- Stories of Special Teachers in Your Life
- Favourite garden photos for our Garden Photo Contest —can be anyone's garden! Our contest closes August 20th.

Find more contribution ideas at [MomsMoments.ca](http://MomsMoments.ca)  
Send in September submissions by **August 20th**.  
Email [contributions@momsmoments.ca](mailto:contributions@momsmoments.ca).

## Gran's Garden

By Lynne Collier, Kendal, Ontario

Hello, Gran here. I hope your garden is doing well and bringing you lots of happy times. I'm going to talk a little more about "zones" and "dead heading" this month.



**Zones...** Plants should come with a zone # on their tag. Knowing your zone # helps with knowing what plants will grow hardy in your garden. Basically the further north you live the lower your zone #. So Florida is zones 8-10, the Great Lakes and mid-US are zones 4-7, and Northern Canada is zones 1-3. I live in Southern Ontario (zone 4) and Anna lives in Sudbury, Northern Ontario (zone 3). It's never an exact science because soil condition, etc. can affect your hardiness. Just have fun discovering what your particular garden likes!

**Deadheading...** When your flowers have finished blooming ("spent") you'll need to cut off the dead heads with scissors or clippers. Cut just above the topmost leaf if the leaves are still thriving. This may allow for a second blooming in late summer! If the leaves are spent too, cut the plant back to about 2 inches and allow it to slow down for the winter. Twiggy plants you can leave full for winter interest if you like and cut them back in Spring. Well, that's all for now...GO PLAY OUTSIDE!

Next month Lynne will give us some info on Fall Bulbs!

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**A Quiet Moment—Inspiration from the Bible**

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*  
Matthew 6:34

I know I've really been encouraging you ladies to enjoy your days... and I've put this into practice in my own life. My mum shared this poem with me (*see right*) and it reads out over and over in my mind as I go about my days. I also think of myself being the one who holds out my hand... to God. He shares my days with me, and takes great joy as I discover all He has for me in His creations and in the life He's given me. He is a Good Father who never worries about tomorrow. Leave your worries with Him, and follow where He leads. - Anna Sklar

**A Special Donation**

*By Kim MacKinnon, Lively, Ontario*

Kennedy's grandmother was diagnosed with cancer and had been battling on and off for 10 years. When her grandmother went for chemo and radiation treatments, she began to wear a wig. Kennedy was the only person who saw her grandmother without her wig. Her grandmother explained to her why she had lost her hair and why the wig was so important. When her grandmother passed away, just before Christmas 2006, Kennedy decided that she wanted to cut and donate her hair to someone so that they could have a wig. We decided on Locks for Love because the wigs were being made for children under the age of 18.



Four-year old Kennedy donating her hair with the help of hairstylist Janyyn Towns.

**I Took His Hand and Followed**

My dishes went unwashed today  
I didn't make the bed,  
I took his hand and followed  
Where his eager footsteps led.  
Oh yes, we went adventuring,  
My little son and I...  
Exploring all the great outdoors  
Beneath the summer sky  
We waded in a crystal stream,  
We wandered through a wood...  
My kitchen wasn't swept today  
But life was gay and good.  
We found a cool, sun-dappled glade  
And now my small son knows  
How Mother bunny hides her nest,  
Where jack-in-the-pulpit grows.  
We watched a robin feed her young,  
We climbed a sunlit hill...  
Saw cloud-sheep scamper through the sky,  
We plucked a daffodil.  
That my house was neglected,  
That I didn't brush the stairs,  
In twenty years, no one on earth  
Will know, or even care.  
But that I've helped my little boy  
To noble manhood grow.  
In twenty years, the whole wide world  
May look and see and know.  
-Author Unknown

**Take Action...Help Out! - Donate Hair for Kids!**

Countless children suffer from hair loss in their fight against cancer or other medical diagnoses. Many organizations accept hair donations to provide high-quality real hair wigs for financially disadvantaged children (some include men and women as well). Consider growing your hair longer than usual, or cutting it shorter to help restore a sense of self, confidence and normalcy to these children. Generally hair should be 8-12 inches long, untreated and cut in a ponytail. Visit these sites for more information:

[www.cancer.ca](http://www.cancer.ca)

[www.locksoflove.org](http://www.locksoflove.org)

[www.candlelighters.ca/spec\\_events/cut\\_off\\_cancer](http://www.candlelighters.ca/spec_events/cut_off_cancer) (includes fundraiser ideas)

**Heart & Home — Reflections on Children Leaving Home**

*By Monique Dukovac, New Milford, Connecticut*

The time has come when some of your children will leave you for the first time. Have faith in them!

September is near. The feelings of happiness, pride and sadness surrounding their upcoming absence are overwhelming. Precious offsprings are leaving the nest for the first time. We need the assurance that all will be well. Having prayed for their good health, wisdom and safety, now's the time to trust God.

After sending five of our children off to school, we soon realized that the departure of the last

one was no easier than the first one. My husband and I talked about them and prayed for them everyday. The care packages prepared with much love and individual attention were easing the emptiness and loneliness.

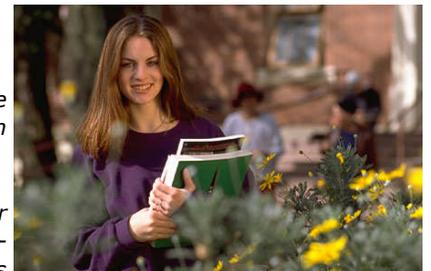
Upon their return from school, we soon realized that they were becoming more independent individuals. We had to reassure ourselves that no matter what, they were still ours.

While vacationing this summer, I read a sentence that confirmed my definition of a family:

*"Like branches on a tree we grow in different directions, yet our roots remain as one. Each of our lives will always be a special part of the other."*

Life is beautiful and rewarding. Sooner or later, the pain eases and the rewards of togetherness abound.

- Empty Nester & Full Hearted



## Physical Activity Guidelines—What and How Much?

By Caroline Deschamps, RN(EC), PHCNP, BScN, PTS, PFS



### Part 3—PRENATAL FITNESS

Yes, that's right, pregnant women can exercise too! With all the myths out there, let me give you the facts. There are so many benefits to both mother and baby when it comes to exercising during pregnancy.

The **benefits of exercise to the mother** include:

- Maintaining/increasing fitness levels
- Increasing energy levels
- Improving sleep
- Avoiding excess body fat or weight gain
- Avoiding backaches, muscle and joint soreness
- Easier, faster and less complicated labour
- Faster recovery
- Avoiding postpartum depression
- Preventing gestational diabetes
- Preventing pregnancy related high blood pressure
- Returning to pre-pregnancy shape sooner

The **benefits of exercise to the baby** include:

- Helping baby respond to everyday stresses in maternal body
- Reducing fetal stress during labour
- Increasing fetal tolerance during contractions in labour
- Promoting bonding with mom
- Baby is more relaxed when mom is relaxed!

Although I am a strong believer in prenatal fitness, *women with the following should NOT EXERCISE IN PREGNANCY:*

pregnancy induced hypertension, pre-term ruptured membranes, a history of preterm labour, a history of an incompetent cervix, persistent second or third trimester bleeding, and intrauterine growth retardation.

Now that you know that you are a candidate for exercise during pregnancy, you need to figure out if you are a beginner, intermediate or advanced exerciser. If you have never exercised before or have been inconsistent with it, you are a BEGINNER. You are an INTERMEDIATE exerciser if you have been physically active two to four times per week consistently for at least three months. You are considered to be an ADVANCED exerciser if you have been training four or more times per week consistently for at least six months.

Beginners, you need to wait until the second trimester before starting an exercise program. Keep in mind that walking is safe to do at anytime! So don't wait, start today! If you are a regular exerciser, continue with your exercise routine as tolerated. Please do NOT increase the amount or intensity of exercise you are doing prior to your 14<sup>th</sup> or after your 28<sup>th</sup> week of pregnancy.

Here are the basic physical activity guidelines during pregnancy:

**FREQUENCY:** 3-5 times per week *consistently*.

**INTENSITY:** Mild to moderate. To avoid over-exertion during pregnancy, use the talk test. This means you should be able to hold a conversation while you exercise. On the other hand, if you can sing, pick it up a notch!

**TIME:** Beginners can start with 15 minutes of continuous cardiovascular activity and increase to a maximum of 30 minutes per session by adding 2-3 minutes per week.

**TYPE:** Walking is a favourite! Other options you may try to keep things interesting are stationary cycling, swimming, aquatic exercise, low impact aerobics. Avoid jarring movements, high/low altitude sports, contact sports and any sport where there is a danger

of falling. For the advanced exerciser, there is to be absolutely no competitive training or events! You will need to adapt your exercises as your abdomen grows and as your centre of gravity changes. Avoid lying on your back after the 16<sup>th</sup> week of pregnancy. Resistance training is safe as long as you do not use heavy weights where you are forced to hold your breath as you lift them as this could induce contractions. Use lighter weights to build upper body strength and to improve posture (1-2 sets of 10-15 repetitions). Always warm up and cool down before and after exercising. You can do this by walking gently on the treadmill for 10 minutes before and after your exercise.

### Things to watch out for!

During pregnancy, the hormone relaxin is released, increasing your flexibility and preparing your body for delivery. Don't get too excited! You are not elastogirl! So be careful not to overstretch.

As the abdomen stretches to accommodate the growing fetus, the abdominal muscles may stretch and separate (diastasis recti). If you have this, avoid any oblique abdominal exercises.

Now that you know it's safe for most women to exercise during pregnancy, you must know the WARNING SIGNS of when to stop exercising. Always LISTEN TO YOUR BODY!

Please stop exercising and see a doctor if you get the following:

- Excessive shortness of breath
- Chest pain
- Persistent uterine contractions (more than 6-8/hour)
- Bloody discharge from the vagina
- Any "gush" or fluid from the vagina
- Dizziness or faintness

Always stay hydrated and eat a snack an hour and a half before you exercise. You will enjoy your pregnancy that much more if you are active!

Visit [www.csep.ca](http://www.csep.ca) for more information about physical activity guidelines and more during pregnancy.

**Stay tuned for Postpartum fitness...**

### Exercise of the Month—KEGELS

Kegel exercises are designed to strengthen the pelvic floor and ensure its function (to avoid leaks!). Do these before and during pregnancy and forever after!

When your bladder is just about to burst it is so full (the best time is in the morning when you wake up), sit on the toilet and start to void (pee). Stop the flow of urine by contracting the pelvic muscles and try to hold it for up to 10 seconds before releasing more urine out. Repeat these contractions two or more times before fully emptying your bladder.

Once you have become accustomed to using these muscles, you may do kegels anywhere, anytime! Just imagine you are contracting the pelvic floor muscles like you did when you stopped the flow of urine and hold it 3-5 seconds before releasing. Repeat 5 or more times throughout the day!

Caroline is a nurse practitioner and personal trainer specializing in pre/post-natal fitness in Ottawa, Ontario. Email health and fitness related questions and suggested topics to [healthnut@momsmoments.ca](mailto:healthnut@momsmoments.ca)

**Reader Reactions**

"Just a small comment, if I may...in your opening [of the monthly email] you comment how great it is that summer is here etc, no more lunches...no more getting the kids up. I agree that it is great that school is out and we get a break from homework and school projects, however, the routine of getting kids up, making lunches and rushing out remains the same as some of us have to rush the children to daycare. I hope your newsletter is not just geared to those mom's that work at home, but to those of us that have to work outside of the home as well!"- Jenny

**Editor's Note**—*Mom's Moments is for women in all stages of life regardless of their circumstances or faith backgrounds at that! Sorry for the confusion! Read more about us on our website: [www.momsmoments.ca/aboutus](http://www.momsmoments.ca/aboutus)*

**Budget Savers - Keeping the Piggy Bank Full**

**Shopper's Drug Mart Optimum Program**

- Earn 10 points for almost every \$1 you spend, including prescriptions.
- Start redeeming at 3,500 points for \$5 off your purchase, all the way up to 75,000 points for \$150.
- Sign up to receive email notices (get 1,000 points instantly) and stay informed about their 20x the points events, Redeem the Points events (where in the past they've offered \$25-\$50 extra for redeeming your points) and other promotions. Points can accumulate fast—you'll be surprised!
- If you sign up as a mom, or get Glow magazine, you'll also receive coupons giving you bonus points for purchasing certain products.
- Share points with other cardholders or donate points to registered charities as well.

Though some argue that certain items at Shopper's Drug Mart can be more expensive than in department stores, most prices are comparable. The Life brand products are also very affordable, and look for product bonus points and sales in the store! You can literally redeem *hundreds* of dollars in optimum points in the span of a few months... it's worth the effort!

[www.shoppersdrugmart.ca/english/optimum](http://www.shoppersdrugmart.ca/english/optimum)

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- Donate PC points to the PC Children's Charity

[www.pcfincial.ca](http://www.pcfincial.ca)



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[www.momsmoments.ca](http://www.momsmoments.ca)



**Tasty Treat - Frozen Fruit Medley**

- 1 can apricots (about 14 oz.)
- 1 can crushed pineapple (about 14 oz.)
- 4 cups fresh or frozen strawberries
- 6 oz. frozen orange juice
- 2 Tbsp. lemon juice
- 3 bananas, diced

- Dump everything into a large bowl (including the juice from the tinned fruit) and mix together.
- Spoon into muffin tins (you may want to line with baking cups or wax paper).
- Freeze until solid. Package frozen fruit cups in freezer bags. Remove the amount you need about 30 min. to 1 hr. before serving (depends on how frozen you like them)!

*Adapted from the book [Once-a-Month Cooking](#)*

**Good Eats - Three-Pepper and Sweet Onion Roast with Kalamata Olives (Makes 4 servings)**

- 1 large green bell pepper
- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 large sweet onion such as Vidalia
- 1 Tbsp extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 8 Kalamata olives, pitted and coarsely chopped
- 1 Tbsp fresh rosemary leaves, chopped, or 1 tsp dried rosemary leaves

Preheat BBQ or oven to 400°F

- Cut bell peppers into quarters. Cut each quarter lengthwise into strips ½ inch wide. Cut the onion into 8 wedges.
- Combine the bell pepper strips and onion wedges in a shallow 9-by-13 inch baking dish, BBQ "veggie basket" or wrap in foil. Drizzle evenly with the olive oil and sprinkle with ¼ teaspoon salt and pepper to taste. (Take care when adding salt, as the olives are very salty.)
- Roast the vegetables, turning them once or twice, until golden and tender, about 50 minutes. If using dried rosemary, sprinkle it over the vegetables halfway through the roasting time. When the vegetables are ready, sprinkle them with the olives and with the fresh rosemary, if using, and roast for 5 minutes longer.
- Transfer the vegetables to a warmed bowl and serve at once.

*Taken from Williams-Sonoma's [Essentials of Healthful Cooking](#)*