

# Mom's Moments

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

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## Info Corner...

### You Could Win the Mother's Day Draw!

All MM newsletter subscribers are entered into a draw on May 11th. The winner will be notified by email, and will win a \$25 gift card of their choice. Details on the [Bulletin Board](#) on our site. Be sure to [forward this newsletter](#) to friends, family, co-workers, neighbours, etc. and give them a chance to subscribe and win!

### Second Annual Father's Day Issue of MM!

We are placing the June newsletter in the hands of some men who support MM - stay tuned for a something a little different next month!

### Visit us online...

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

Sign up to receive this monthly newsletter by email, find out more about MM & our team, discover our online resources, polls & blogs, access all our newsletters, get ideas on how you can contribute & more!

### Contact us...

[anna@momsmoments.ca](mailto:anna@momsmoments.ca)

## A Note from Anna

So what IS a Mom's Moment anyway? This question has been running through my head lately... and I think we all have our own unique answers to this question.

I find my mom's moments in tickle fights and "I love you mommy." They are in the precious times when I get my husband all to myself. I feel them as I sing in church. I live them as I creep into my boy's room at night and watch them sleep. And don't forget the moments I spend typing these notes every month, hoping to connect with you, encourage you and support you!

This issue is for you to ENJOY - I hope you experience your best ever moments as a mom this month!

*Happy Mother's Day!*

## Take Action, Help Out!

*Challenge others to help those in need*

Since 1980, the Make-A-Wish Foundation® has enriched the lives of children with life-threatening medical conditions through its wish-granting work. Make-A-Wish® impacts children, families, referral sources, donors, sponsors and entire communities. More than 161,000 children around the world have lived their dreams through Make-A-Wish®.

Cards, certificates and other gifts are available with an online donation, for many special occasions.

A perfect gift for Mother's Day!

[www.wish.org/help/donate/cards\\_and\\_certs/mothers\\_day](http://www.wish.org/help/donate/cards_and_certs/mothers_day)

## Gran's Garden - Highlight on Herbs



I've always liked herbs but didn't really know what to do with them. I got a great book about them ([Herb Guide](#), from Better Homes and Gardens), so I want to share some of the things I learned with you.

I'm going to plant my herbs in pots in the garden, but you can also plant them on a balcony or a kitchen window too. They usually like full sun; it's always best to check the planting guide that comes with your new seedlings.

Most nurseries will have a good selection right now. Plant single herbs in a 6-12" pot or a selection of herbs in an 18-24" pot. Water them as soon as the soil gets dry. You can snip off leaves to use directly in soups and salads, use your container as a centerpiece for your dining table when you have guests, or dry the leaves and flowers to make sachets. I'm looking forward to making teas with my mint. Pour 1 cup of boiling water over 3 tsp of fresh mint (or chamomile, fennel, lemon balm, lemongrass, sage).

Cover and let steep for 5-10 minutes.

To make Lavender Lemonade you use 2 tsp of dried lavender buds (just rub the stalk through your hands to remove them). Prepare as you would for making tea. Pour through a fine strainer to remove the buds. Add to 6 cups of lemonade, and garnish with lemon slices and fresh sprigs of lavender. You can also add lavender buds when making ice cubes for added interest.

Hope you enjoy your herb garden. And remember to Go Outside and Play!

*- Lynne Collier, Kendal, ON*

## Heart and Home

*Special stories, reflections or traditions from your family*

When we bought our home four years ago the garden was so overgrown and neglected. We had to clear away MANY weeds to discover the beauty that was waiting underneath! Now we can see the fruits of our labour. The lilacs, lilies and roses spoil us with their fragrant blossoms.

As I watch our boys play in the yard, surrounded by our gardens, I know the task of raising them will require much hard work. I hope and pray they will never feel neglected, that I can pluck the weeds that threaten to hide their beauty, and discover exactly who they are meant to be.

I can already see the fragrance and colour my little men bring to their world, nurtured by those who love them.

*- Anna*

## Check it Out! Books & resources from our readers

Mom's Overture: [www.youtube.com/watch?v=W95Y8hNQiH8](http://www.youtube.com/watch?v=W95Y8hNQiH8)

You're going to love this - it's worth the 3 minutes of your time - we're still chuckling - *Nora Lea Arcand, Sudbury, ON*

## Tasty Treats - Yorkshire Parkin

*Share Your Recipes!*

- 1 cup Golden Syrup (or Maple Syrup, or 1/2 cup Molasses mixed with 1/2 cup Honey)
- 2 tsp ginger
- 1 tbsp baking powder
- 1/2 cup margarine
- 2 cups flour
- 1 large egg

Preheat oven to 325 F. Mix together flour, baking powder and ginger. Melt margarine and add syrup. Combine all ingredients. Mix well.

Grease and flour 9" x 11" baking pan. Pour mixture into pan and spread evenly. Bake for 45 minutes or until it separates from the sides of the pan.

*This recipe is in honour of my grandmother, Edith Collier - she made these for my dad all the time - he loves them! Canadian recipe modifications were made by my mum and I!* *- Anna*



## A Quiet Moment - Inspirational thoughts from the Bible

*"Blessed are the meek, for they will inherit the earth."  
Matthew 5:5 (NIV)*

A dear friend of mine recently experienced the true essence of this Bible verse... her husband works for a non-profit organization and they rely on the generosity of others to provide their salary. For a few weeks this winter, no money came in, no paycheque went into the bank, no answers were in sight. They had a choice - to be *meek* or to be weak.

You see, as I've learned lately, *meekness* DOES NOT mean weakness. To be a *meek* person means to be humble, patient and

long-suffering. When we allow ourselves to be *meek* before God, when we are patient, when we persevere in looking to Him for the answers, we find freedom and strength in trusting Him.

My friend chose this path, she chose to focus on God, she waited (if at times not-so-patiently!) for His answers.

Their story has a happy ending - finances are restored, vision is strong, and faith has grown. I think in this way they caught a glimpse of "inheriting the earth" - trusting God to care for their needs in the life He's given them.

- Anna Sklar

## My Story - God's Gift to Mothers

*Encourage others by sharing your times of joy, sorrow, triumph or struggle*



As I write this, my eight-month-old baby girl is in her crib "singing" herself to sleep. I can't help but smile with delight. Todd and I weren't planning on becoming parents as soon as we did (Hannah was born three weeks before our first anniversary), but God's plans are always better.

Hannah brings us much joy and laughter. She tries to be independent and feed herself, getting food everywhere. She makes funny faces at guests. She seems to enjoy praying with us and tries to echo "Amen." She sings and plays her tambourine

alongside her guitar-playing daddy. All of these things warm my heart, as I'm sure all you moms hold memories that you will always treasure.

Remember holding your baby for the first time, amazed that this beautiful creature came out of you? Or nursing that newborn as they grasp your finger with their tiny hand, a precious reminder that they are dependent on you for life. Children really are a bless-



ing, but I know God didn't give Hannah to me just to bless me. She's here to teach, challenge and refine me. She teaches me how selfish I can be, she shows me how to delight in God's creation and in the "small things" of life, and she makes me depend on our great God daily for strength and wisdom as we attempt to raise her to glorify Him.

What a huge responsibility and what an amazing gift motherhood is!

**By Heather Anderson,  
Peterborough, Ontario**

## Health Nut - The Insomniac

*Health-related articles, exercises or nutrition facts that promote wellness in a nutshell*

Whether you can't fall asleep, wake up at night and/or wake up feeling tired, you suffer from insomnia. Insomnia becomes an issue when it causes daytime problems such as fatigue, irritability, somnolence and distractibility.

Insomnia of several days is usually due to life stress, excitement, grief, jet lag or withdrawal from a drug. Insomnia of more than three weeks can be from poor coping strategies. This is more common in anxious people.

Try these sleep hygiene suggestions. If you still have insomnia after two to four weeks of fol-

lowing these suggestions, see your primary health care provider to rule out medical causes such as obstructive sleep apnea syndrome, restless leg syndrome, depression, or hyper/hypothyroidism, to name a few.

### DO:

- Get up at the same time every day, even on week-ends
- Reduce or cut out alcohol
- Reduce or cut out caffeine
- Reduce or cut out nicotine
- Exercise regularly
- Try a light carbohydrate-based snack (milk and toast), especially if you tend to eat more in the 2<sup>nd</sup> half of the day
- Make your sleep environment

comfortable, not too warm and with minimal light and noise

### DON'T:

- Engage in stimulating activities just before bed
- Engage in strenuous physical exertion within 5 hrs of bedtime
- Go to bed until you feel sleepy
- Take naps
- Drink alcohol within two hrs of bedtime
- Have caffeine within 7 hrs of bedtime
- Smoke within 4 hrs of bedtime

**Sleep tight!**



**Caroline Deschamps  
PHC-NP, PTS, PFS**  
*Nurse practitioner and personal trainer specializing in pre/post-natal fitness in Ottawa, Ontario*

## A Candid Moment

*Share your special pictures with us!*



### Mom with her girls...

*From Maria Low, Richmond Hill, Ontario*