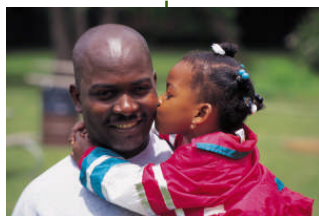


Mom's Moments

www.momsmoments.ca

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A Note from Anna

It's been a blast planning this issue with some of the men who support Mom's Moments! We leave you readers in very capable hands as us ladies take a break and enjoy the second annual Father's Day Issue!

For great ideas on Father's Day gifts read last June's issue on our [website!](#)

Take it away boys...

Gift Ideas for Teachers

Are you looking for gift ideas for your children's teachers? Try these!

- Gift certificates for school supplies, local coffee shops, books, restaurants, movies, or spas.
- Donate to the school library.
- Children can help with baking a gift, or writing an encouragement letter or poem.

Take Action, Help Out!

Challenge others to help those in need

In the midst of celebrating Mother's Day and Father's Day I am reminded of how precious family is to me.

The month of May brought much hurt and heartache to many families in our world:

May 2 - Myanmar, Burma - Cyclone

May 12 - Sichuan, China-Earthquake

Visit www.wvi.org/wvi/wviweb.nsf to discover how you can help.

Also read emails from one woman's family in China as they deal with the devastation - posted in [Anna's blog](#).

Heart and Home - Dancing with Daddy

Special stories, reflections or traditions from your family

I'll never forget the first time I danced with my daughter. There have been many dances over the years in my soon-to-be-8-year-old daughter's life. My first dance with her was actually while she was in the womb. My wife and I danced around our living room to Elton John's "Blessed." I remember, in that moment, my desire to be all for my child that I could be. Now as Mackenzie and I dance in our living room, I see the life and vibrancy that is reflected in her eyes. I love the sparkle that one little "twirl around the room" can bring to her face. My daughter teaches me what it truly means to love her father with abandon, and while I am sure she feels like she is on top of the world dancing with Dad, she would be hard pressed to find someone more thrilled to be dancing with her, than the man holding her in his arms.

- Paul Huggins, Kanata, ON

Take a moment to listen to the song "Cinderella" by Steven Curtis Chapman for another father's reflection on dancing with his daughters

www.stevencurtischapman.com/radio/frame.htm

NOTE: This singer has just experienced the accidental yet tragic death of his youngest adopted daughter. Donations can be made in Maria's honour to their charitable organization which cares for orphans:

www.shaohannahshope.org

Good Eats - Cottage Cheese Pancakes

Adapted from Tosca Reno's *The Eat-Clean Diet Cookbook*

- 1 1/4 cups whole-wheat flour
- 1 tsp baking powder
- 2 tbsp maple sugar flakes or sugar
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 8 egg whites
- 1 cup fat free cottage cheese
- 1 cup fat free plain yogurt
- cooking spray



Combine first 5 ingredients in medium bowl. Make a well in the centre. Combine eggs, cottage cheese & yogurt in small bowl. Pour into well. Stir until just moistened. Heat non-stick pan or prepare with cooking spray. Using medium high heat, cook 1/4 cup batter for each pancake. Cook until lightly browned on both sides. Serve with fruit. Makes 12 pancakes.

Grandad's Garden - Tips from an Expert of Gardening DON'TS!



I am not a gardener, and I don't have a green thumb, just green knees and sneakers! Here's a list of things I've learned NOT to do along the way!

- Don't spray your driveway with weed killer then proceed to walk on the grass - talk about leaving a "footprint!"
- Don't nurture unknown plants because they look nice - goldenrod spreads quickly and we still don't know what the 6-foot-tall thing with spiked leaves is.
- Morning glory does not need a trellis to climb... it will climb anything including neighbouring plants and parked cars.
- Read the instructions on the little tag which comes with the plant - if it needs shade put it in the shade, you can save yourself a lot of useless watering.
- Tree stumps are like icebergs - there is another two-thirds below the surface.
- Don't saw the branch your ladder is leaning on - unless there is another one below to catch you - better still get a pole saw.
- If you used a ladder to climb into a tree - make sure you can reconnect with the ladder when ready to leave the tree.
- Winter tip - don't point the snow blower chute at the house or vehicles if on a gravel driveway!

- Stephen Collier, Kendal, ON

Info Corner...

Sunny Summer Days Photo Contest

Win a \$25 gift card! Email your best summer photos by August 15th to: anna@momsmoments.ca to enter our newest contest. Details on the [Bulletin Board](#) of the [MM website](#).

New Deeper Issue

The summer issue of Deeper is out! It's all about looking for God in our days. Find it on our [homepage!](#)

Mother's Day Draw Winner

Congratulations to Jane Sleep of Uxbridge, Ontario!

Visit us online...

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

A Quiet Moment - Inspirational thoughts from the Bible

We took a break from the Beatitudes of Jesus this month so we could share this nugget of gold!

"At our house, we hold to five family values drawn right from God's Word:

**Love God,
Family First,
Work Hard,
Tell The Truth,
Be Kind.**

We have them posted in our living room and have tried to write

them on our kids' hearts since they were small because we know God's Word will be their protection when it comes time for them to build their own homes."

"Train up a child in the way he should go; even when he is old he will not depart from it."
Proverbs 22:6 (NIV)

By James MacDonald from his book *Ancient Wisdom - The Book of Proverbs with Devotions for Today*.

A Candid Moment - Share your pictures!



Music Lessons From Daddy

Picture from Sarah & Jamie Kennedy, Ottawa, ON



*The Sklar Men:
Elijah (3), Josh & Josiah (6½)*

Check it Out!

Books & resources from our readers

The Power of a Praying Husband, The Power of a Praying Wife & The Power of a Praying Parent by Stormie Omartian each contain 30 prayers for you to read and pray for your family. I love these! -**Anna**

My Story - A Father's Reflection

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

When my now 6½-year-old was 3, I had a revolutionary thought in my relationship with him and wrote this...

Since his conception, he has always been "mine." "This is my son, Josiah," I would say, or, "That cute little guy over there waving the Canadians mini-stick around? That's MY boy." Even when my wife carried him in the womb, I would point to her, smile and say, "Look what I did."

Yet today, the idea was planted in my head that I am his, maybe even more so than he is mine.

You see, today he awoke from his nap and came walking out of the bedroom to the living room where I lay on the couch reading. He was calling for daddy, looking to find me.

When I called out to him and

he spotted me, he continued at the same leisurely pace to walk over to me and climb up on my chest.

He never hesitated or wavered, just came and clung to me. He clings to me in happiness, sadness, fear, and excitement. There was no question in his mind whether or not he could do this; I am his and therefore he has the right to climb on, play with, and have ownership over.

The key idea is that he clings. He unashamedly holds on to me (or his mother) and knows that we are his.

Oh, at times his attention wanders to his trucks and cars, his little golf clubs, his balls and mini hockey stick, yet mainly he focuses on us.

To him, we are exclusively

his.

We are the ones that have so much else interfering with our relationships with each other. Jobs distract us, homes and cars need repairs, the T.V. is blaring and we need the latest toys money can buy to bring us happiness.

There is so much else in our lives that is "ours" that we can easily lose sight of what is important.

Yes, as my son grows, other things will become his and I will one fine day be acutely aware of the sting of my child being embarrassed by me, wanting for me to disappear. But until that day, I love to be my son's; it is the greatest joy and fulfillment God has given me. Glad I figured it out now...

- **Josh Sklar, Sudbury, ON**

Health Nut—Is Your Asthma Under Control? Take this Quiz...

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

If you suffer from asthma, the goal is to improve your general health and quality of life therefore reducing your hospital visits. So how does one know if their asthma is under control? Just answer these six questions - it won't even take a minute of your time! One "yes" may indicate poor control and so I recommend you visit your health care provider for ways to improve your asthma control.

1. Do you experience coughing, wheezing, breathlessness or chest tightness in the day-

time 4 or more times a week?

2. Do you experience nighttime sleep disturbances due to coughing, wheezing, breathlessness or chest tightness one or more times a week?

3. Other than the one dose/day for exercise, do you use your rescue medication 3 or more times a week?

4. Have you had to restrict your physical activity in the past 3 months because of your

asthma?

5. Have you missed work or school in the past 3 months because of your asthma?

6. Have you visited your doctor's walk-in clinic, a hospital emergency department or been admitted to a hospital in the past 12 months because of your asthma?

I wish you easy breathing!

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

