

# Mom's Moments

www.momsmoments.ca

October 2008



Volume 3, Issue 1

## A Note from Anna

Mom's Moments has been in the works for two years now! Thank you so much to all of you, our readers, for joining us on this journey. We enjoy connecting with you every month and witnessing first-hand the encouragement and support that happens in this online ministry.

Some of you have contributed articles, photos or recipes, some have given helpful ideas and comments, and some have prayed for us. We appreciate it all and please keep it coming! Without you, MM would not exist.

So don't be shy - send us an email full of ideas for articles, or better yet something that you've written for one of our columns (find ideas at [momsmoments.ca/contribute](http://momsmoments.ca/contribute)). You can also send along pictures for our photo contests or a great recipe you've discovered or created. We'd love to share your contribution with our readers!

## Happy Halloween & Happy Thanksgiving Ladies!



**Anna Sklar** - Creator and Editor with Josh, Josiah (7) and Elijah (3½)

## Happy Second Anniversary!

A year in the life of the MM team... just amongst the three of us we've experienced return to full-time work, pregnancy and delivery, the start of another maternity leave, major home renovations, and major illness in our families. And that's just the visible stuff - what about all the changes in our hearts and attitudes, all the growth we've experienced, the heartache and tears, the joy, the moments of motherhood?

We are not the same women we were last October, nor are we the same women we'll be next October. Only God knows what this coming year holds for us and for you. Life can change in an instant - for the good or the bad.

I hope and pray the year ahead of you is full of blessings - visible and invisible - whatever shape they take in your life! **-Anna**

## Check it Out! Recommended books & resources

"In a world where religion seems to grow increasingly irrelevant **The Shack** wrestles with the timeless question, 'Where is God in a world so filled with unspeakable pain?' The answers Mack gets will astound you and perhaps transform you as much as it did him. You'll want everyone you know to read this book!"

- Excerpt from back cover of **The Shack** by William P. Young.

## Recipe for a Happy Home

Good for family celebrations - including Thanksgiving!

- 4 cups love
- 3 cups forgiveness
- 2 spoons tenderness
- 1 pint kindness
- 1 pinch of understanding
- 2 cups loyalty
- 1 cup friendship
- 5 spoons hope
- 4 cups faith
- 1 barrel of laughter



Mix all of these ingredients together and bake in the oven of forgiveness for 2 prayer hours, then cool on the table of understanding.

**- Esther Faye Hershberger**

## Info Corner...

### Fall Fun Photo Contest

Email your best Fall Fun photos before Oct. 15th to [anna@momsmoments.ca](mailto:anna@momsmoments.ca) for a chance to win a \$25 gift card and a feature in our November issue! Details on our [Bulletin Board](#).

### 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)

**By mail:** Mom's Moments  
c/o ANC, 885 Prete Street,  
Sudbury, ON P3E 3X9  
Attn: Anna Sklar

## Take Action, Help Out! - Trick or Treat With a Twist

Challenge others to help those in need

You may have heard about some of these programs - Trick or Treat for Hope. Trick or Can, Trick or Treat for Community, Trick or Treat for UNICEF, Trick or Treat for Spare Change, Trick or Treat So Others Can Eat, etc. I love these programs that happen worldwide every Halloween. They are great initiatives for greater causes AND they combine costumes, trick-or-treating and fun with friends. All in one sha-bang. The idea is that youth go door-to-door to collect non-perishable food items, spare change, clothing, blankets, and so forth (depending on the cause they're supporting) instead of candy - though they don't refuse if offered a sweet treat!

Our family has been involved with Trick or Treat for Hope for many years. My husband started this program in each of the last three cities we've lived in & supported many local food banks along the way (sorry if I'm bragging a little). The past two years the boys and I have stopped in to see daddy after we replenished our candy stash with a little trick-or-treating. This year I think we'll stay and sort some non-perishables. What difference can you make this Halloween? Every bit counts! **- Anna**

## A Quiet Moment - Inspirational thoughts from the Bible

"Blessed are the pure in heart, for they will see God."  
Matthew 5:8 (NIV)

In my own life there have been times when I cannot see God. Make no mistake - He is always there - you can see His presence in nature, in the kindness people show to one another, or in the eyes of a baby. You don't have to look far to see God. But you DO have to LOOK.

When our hearts are full of anger, bitterness, judgment, selfishness, jealousy or even busyness, it is very hard to

see God. But when our hearts are focused on Him, on His majesty, His power and His love for us, it is hard NOT to see God.

Your job is to quiet your heart, purify it, empty it of all the garbage that so easily piles up. You can quiet your heart anywhere, at anytime. Just put your focus on God, tune out as much of everything else as you can, and watch as He reveals Himself to you.

It really IS a blessing to see Him, know Him, love Him and live for Him.  
- Anna



**Mélanie Heffern** - Production Editor & Webmaster  
with JD, Julia (6), Emma (3) and Caley (3 months)

*Life is a great big canvas; throw all the paint on it you can.* - Anonymous

## Homework Help - It's That Time of Year Again!

- Connect with your child daily about school. projects, presentations and tests.
- Establish a regular homework time - early in the evening or the morning for early risers. Amount of time will vary for each student.
- Set up a study area - some kids like quiet, or background music, or studying with friends. Turning the TV off and holding phone calls will help focus your child.
- Provide supplies needed to do homework - examples include pencils, paper, crayons, markers, ruler, eraser, tape, glue, scissors, sharpener, paper clips, dictionary, etc.
- During your child's homework time, get your "homework" done - pay bills, make a grocery list or plan a menu, read or write a letter. This also makes you available if they need help, but only help if you're asked.
- Older children should be encouraged to use their agenda to keep track of assignments, projects, presentations and tests.
- After-school homework clubs can often be found at schools, libraries or community centers. Some schools offer online lessons.
- High schools may offer peer tutoring, and there's a free online tutoring service for teens at [www.ilc.org](http://www.ilc.org); and for students in francophone schools: [www.sosdevoirs.org](http://www.sosdevoirs.org).
- Students should have time to participate in other activities - speak to teacher if not so (*more often over-scheduling is a problem... does your child have TOO many activities?*)
- Check these out for more homework help: <http://encarta.msn.com/encnet/departments/homework/>  
<http://school.discovery.com/students>
- If your child is too young for school, reading to them every day is a great way to start the learning process!



**Caroline Deschamps** -  
Health & Wellness Columnist  
with Marc and Justine (5)

## Health Nut - High blood pressure... What can you do?

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

Hypertension (High Blood Pressure) is affectionately called the **silent killer**. Most people are usually diagnosed during a regular physical exam visit at their health care provider and feel well at the time. Further testing confirms the diagnosis.

Seeing as most people feel fine despite a high blood pressure reading, they often don't see the need to start any medication. Let me warn you of the seriousness of an untreated hypertension! You are at greater risk of a **heart attack or a stroke**.

For some people, **lifestyle changes** will be enough to bring their blood pressure back to normal. Others may need to take antihypertensive medica-

tions. Either way, lifestyle changes are necessary. Here's what you need to do:

- **Control your weight.** Losing as little as 10 lbs is usually enough to lower your blood pressure.
- **Limit your salt intake.**
  - ⇒ Try to avoid adding salt to your cooking or any food
  - ⇒ Avoid salty foods
  - ⇒ Avoid canned or precooked foods - the more processed it is, the higher the salt content
  - ⇒ Read labels on food
  - ⇒ Use other seasonings such as herbs, spices, lemon juice, garlic

- **Limit your alcohol** intake to two drinks a day or less.
- **Eat foods rich in potassium.** Bananas, oranges, melons, kiwis, potatoes, tomatoes, milk, nuts, and whole grain cereals.
- **Don't smoke.**
- **Be physically active** for 30-60 minutes on most days - with a minimum of 3 times per week.
- **Take time to relax.**
- **Take your medications** as prescribed.
- **Check your blood pressure** at home.



### Resources:

[www.heartandstroke.ca](http://www.heartandstroke.ca)  
[www.hypertension.ca](http://www.hypertension.ca)

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