

Women on the Move

www.momsmoments.ca

Yes, this is still the 'Mom's Moments' newsletter!!

I don't usually take the space for an editorial note, but I thought it was in order **just this once** as we kick off our 5th year!

I'm sure you noticed that the *Mom's Moments* newsletter has found a new name over the summer! You may recall an email late June which launched our name search. Thank you to all who responded with great name ideas! A special thank you to **Joanne Pearson of Richmond Hill, Ontario** for the winning name submission!

You may be asking: **Why a new name?** First, Mom's Moments began as a newsletter and has grown to include a second, as well as over 160 online resources, and much more! Our main name and website remains: www.momsmoments.ca, but we wanted to recognize both our newsletters with distinct names: **Women on the Move**, as well as **Deeper** (for more on faith).

Second, we realized that a number

of women who enjoy reading this newsletter have children in their lives, but aren't themselves mothers... we value their contributions to the newsletter and recognize that all women can benefit from the health column, recipes, "My Story" articles, etc.

And finally, it came to light that some were intimidated to write for "Mom's Moments" feeling like they were supposed to be "mom-experts"... but who is, really?? **This newsletter is about us—busy women juggling life as best we can—sharing with each other and learning from each other as we all strive to live healthier and more balanced lives.** That said, wouldn't you agree that "**Women on the Move**" is a perfect fit?

WM wouldn't exist without your contributions so keep them coming!! For submission ideas, see: www.momsmoments.ca/contribute.

Don't worry, **WM** will continue to look and feel just like the **MM's** newsletter you've become accustomed to... you'll still find the same great columns like *My Story*, *Health Nut*, *Heart & Home*, *Nuts & Bolts*—the everyday practical stuff of being a mom, as well as your recipes, seasonal pictures, poems, helpful resources, tips and more!

I'd like to highlight our new column "*Downtime—Refresh your soul*" by Andi Hawkins of Fort Worth, Texas, who joins Nicole Huggins of Ottawa, Ontario, and myself on the Mom's Moments planning team. I think you'll enjoy her articles which challenge us to stop and consider the bigger picture in life as we otherwise run through our busy days with our noses to the ground!

Lots of great articles ahead, so read on and don't be shy to send in your submissions and ideas!

Mélanie Heffern

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Health Nut - The Sunshine Vitamin: D

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

Vitamin D has been a hot topic in recent months. Without it, your body wouldn't be able to absorb the calcium it needs for strong bones and teeth. Children who are deficient in vitamin D can get rickets, a disease where the bones become soft and weak. Adults, can you say, osteoporosis! Vitamin D deficiency has recently been linked to breast, colon and prostate cancer, high blood pressure, depression and obesity.

First of all, I have to tell you that most of us Canadians are deficient in Vitamin D. Up until this past summer, we had a string of rainy summers! And when we are in the sun, we cover our skin with sun block, making it difficult for our skin to make this wonderful vitamin. You would have to eat a well balanced diet (fatty fish, egg yolks and fortified foods are a good source of vitamin D) and be exposed to the sun's rays at least 1.5 to 2 hours a week (10-15 minutes per day without protection in non peak hours of sunlight) to get the vitamin D you need.

In the past two years I've been testing my patients when they come for their yearly physicals and I've only had TWO patients come back with good vitamin D levels. Everyone else has been slightly to severely deficient. Individuals with darker pigmentation are more at risk seeing as the dark skin does not absorb sunlight as easily as light skin.

So what's the solution? Take a vitamin D supplement! But how much is enough? The guidelines vary. The Institute of Medicine recommends that anyone under 50 years of age get 200 international units (IU) of vitamin D daily. If you are over 50, they recommend 400-600 IU daily. However, many agree that these recommendations are too low. In fact, the Mayo Clinic states that "Many experts now "unofficially" recommend that adults get as much as 1000 IU to 2000 IU of vitamin D daily. In addition, it's likely that the vitamin D guidelines will be revised upward" (August 22, 2009).

According to the article "Vitamin supplementation in disease prevention" (*Up to Date*, Sept 25, 2009), "The intake at which the dose of vitamin D becomes toxic is not clear. The Institute of Medicine has defined the "tolerable upper intake level" (UL) for vitamin D as 50 micrograms (2000 IU) daily for healthy adults and children 1 to 18 years. This is also the UL for pregnant and lactating women. However, newer data indicate that higher doses may be safe, at least for a period of several months."

This being said, you and your family are safe to take 1000-2000 IU per day throughout the year. If you're really not keen on taking vitamins, at least consider taking it during the winter months!

To your health!

Caroline Deschamps

Ottawa, Ontario

Caroline (PHC-NP, PTS, PFS), is a nurse practitioner and personal trainer specializing in pre/post-natal fitness who reviews medical literature in her spare time for you!!



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Info Corner...

The Family Forum...

We are happy to introduce you to our founder, Anna Sklar's "The Family Forum" where you can join her in her journey of growing together in faith and family life. Check it out at:

www.thefamilyforum.ca

Visit us online...

www.momsmoments.ca

Subscribe to our bi-monthly email and never miss another newsletter, find out more about us and our team, discover our online resources, blogs and more.

Contact us...

Do you have comments or questions? We'd LOVE to hear from you!

info@momsmoments.ca

My Story - Finding Moments to Breathe

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

"Mama?"
 "Yeah baby."
 "Mom?"
 "Yes sweetie."
 "Mama?"
 "What is it love?"
 "Mom!"

Seriously? I turn to see her, my almost 2-year-old, who has now turned the entire carton of goldfish upside down on the couch and is dancing on the tiny pieces underneath her feet.

"Mama. Yook." She points at the scattered yellow crackers, grinning from ear to ear. "Uhh, Mom."

This is typical for me, a working, stay-at-home single mom. It's times like these I really wish I could call on someone else to have an extra measure of grace. I search for the teachable moment, but instead my pure exhaustion is just under the surface, grating against my nerves.

"You're kidding." She blinks. "Do you realize how tired I am?"

The dancing stops and she blinks again and points at the mound. "Mama, yook!"

You know that old saying, "Don't cry over spilled milk?" I'm pretty sure it exists because we all know it's inevitable the milk will spill and we will find that it is the one thing that makes life feel simply unbearable. It will be that spastic moment we're weeping and not even sure why.

I bend low to help pick up the pieces. She watches me, and in a moment follows my movement. One goldfish at a time.

Being a single mom is hard. Anyone who says otherwise must be paying a Nanny. It's hard work. It's wearisome. Being the only one in the game without a relief will wear anyone down fast, and sometimes without warning. I don't think any single mom imagined that this would be part of their story. I had dreams. Hopes. Plans.

But things happen. Our dreams scatter into stormy gales, and we're left grasping at pieces of what we once held so dearly.

Next thing you know, you're standing in a kitchen, looking at blinking eyes and a pile of goldfish, wondering how you're going to breathe deep enough to get through the next

moment.

I don't know much, but I know it starts with bending low, and starting with one fish. Putting one thing back where it belongs. In the bowl. In the garbage. In your heart. Before you know it, those little people who watch quietly at your side, will bend next to you. They'll pick up their pieces. You work together and teach.

"Mama?"

"Yeah baby."

Her tiny arms wrap around my neck, and I breathe.

The mess will disappear. Hurts do heal.

**Andrea Schmid
 Fort Worth, Texas**

Andrea is a New York girl who wandered onto the Texas plains to make a home. She loves her daughter and a strong cup of coffee. For fun, she designs, writes, sings, and pretends to cook gourmet dishes. She writes more random things about faith, parenting, marriage and life at www.theorganicbird.blogspot.com She also started The Pillowcase Project, a non-profit organization for children in Uganda. More about that at www.thepillowcaseproject.blogspot.com.



Andrea and her daughter

**"I don't think any
 single mom
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 this would be part
 of their story...
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 Hopes. Plans."**

WE NEED YOU!

We are often short in the areas of **candid photos** or **seasonal shots**, as well as in **RECIPES!!!!** Please email your special photos and tried and true recipes (*quick and easy healthy meals or your favourite tasty treats!*) to melanie@momsmoments.ca.

For more ideas on what type of submissions we're looking for, visit www.momsmoments.ca/contribute and don't be shy, send something in!! We love to hear your ideas and receive your comments and feedback! Hope to hear from you soon! MH

Find what you need on our website!

Don't miss the wealth of online resources on our website in the areas of:

- Today's busy women
- Family
- Motherhood: from pregnancy to raising teens and everything in between!
- Loss of pregnancy or infant
- Help in the kitchen
- Helpful health links
- Fitness & Nutrition
- Growing in Faith
- Faith & Kids
- Opportunities for young adults
- Ideas for moms groups
- Finances
- Living Greener
- Etc, etc, etc!!

Find them all at: www.momsmoments.ca/onlineresources

Good Eats - Slow Cooker Pork Chops

Share your quick & easy healthy recipes!

Totally easy and great for company.

- 1 large pack of pork chops
- 1 large onion, sliced
- 1 can of sliced mushrooms, not drained
- 1 package of onion soup mix (1 envelope)
- 1 can of mushroom soup
- 1/8 cup of water



Spray slow-cooker with cooking spray. Place meat at the bottom. Top with onions and mushrooms. Mix other ingredients and pour over the meat and other items.

Cover and cook on low heat for 6-8 hours. Serve with rice.

Recipe from Nicole Huggins, Ottawa, Ontario

Downtime - Bringing More to the Story

Refresh Your Soul

Not long ago I met with some girlfriends for coffee. Somehow the conversation landed on our individual purposes in life and the story we were creating for ourselves.

As young (-ish) women, we are bubbling with energy and passion. Blink once and a decade will go by, ten years spent on something. What will it be? Micro-managing our kids? Jogging the saddle bags off our thighs? Twitter? We decided to find our mission, whatever it might be, before the busyness of life snuffed all other notions.

The mystery of my purpose itched around in my brain. I had always been comfortable being a "mom" and a "wife." Any further aspiration seemed superfluous, an unnecessary cherry for what was sweet on its own. I was satisfied with my life's story. What better legacy could I leave than that?

A few weeks later I went to a fundraiser for a mission group working in India. The event included a documentary on young girls in Mumbai. Due to extreme

poverty, many Indian girls are forced or tricked into prostitution with promises of a better life. The images on screen were horrific—forlorn faces, harsh streets, and hopelessness. I was stunned. How had I gone about my blissful business making PB and J and vacuuming up pet hair while others suffered in starvation, pain, and sorrow? Suddenly I recognized the hole in my story: my influence didn't go beyond my four walls.

Being a wife and mom is a beautiful thing, but its more than pinching chubby cheeks and holding the video camera for the school play. Those are luxuries I fully enjoy, but my job can't end there. If I don't care for the hurting, I have failed to teach my kids the meaning of love. Caring for others will cost our family time, money, and peace, but in the end we will have experienced the sacrifice, redemption, and adventure that makes a story worth living.

Andi Hawkins
Fort Worth, Texas
www.andihawkins.com

Welcome to the team Andi!



Andi and her 3 men.

Want to read more about finding YOUR story?

Read the new **"Downtime Extended"** column, more about Andi's faith journey, and other faith-related articles in our **Deeper Newsletter** at www.momsmoments.ca. ALSO read Donald Miller's book *A Million Miles in a Thousand Years*.

Rewind... Teen Focus

Ever wonder what you've missed in past newsletters?

In 2007-08 we published a *High School Days* series... Check it out in our archives www.momsmoments.ca/pdfs:

- Thoughts from a teacher on entering high school—Sept 07
- A challenge for young people: Introducing The Duke of Edinburgh Award - Oct 07
- What kind of student is your child? Nov 07
- Notes for parents—Jan 08
- Is your child graduating soon? March 08
- Also: A New Generation of Youth—Plugged In—June 2010

Nuts & Bolts - HELP!! Coping with school clutter

The everyday 'stuff' of being a mom



Meet the team!

Above: Mélanie & Nicolle with Mélanie's youngest; Top right: Andi; Pg 1: Caroline our Health Nut columnist who has been around since day 1 with Anna when Mom's Moments first began in 2006! For more on our beginnings, visit:

www.momsmoments.ca/aboutus

It's that time of year again where the paper just starts coming in... alot. School seems to generate paper—everything from art to permission forms, and what do you do with it? **I would love to know how YOU deal with it**, but meanwhile, maybe these ideas will help.

For me, the key thing for school and home organization is a **simple binder** with dividers (*you could use file folders too*). Have a section for the school your children attend. School letters, bus schedules, etc. will go there. Next, have a section for each child and their classroom—this is the place to put class specific information, like class lists, and even next years' list for school supplies. Then, have a section for the registration forms, etc. for their extracurricular activities. Another section is for Invitations/tickets with a clear pocket for all the wedding invitations or tickets to events

that you get in advance. You can have a section for correspondence from the dentist, eye doctor, etc., Christmas ideas, or whatever you feel you deal with regularly. When a paper comes in related to these sections, hole punch them, and stick it in. I have 4 people in my family, and one simple "House" Binder that collects it all.

Next, try a **vertical magazine holder** for each child for their daily work or upcoming work assignments, school library books, and alike. We also have a "**Homework Helper**", a caddy they can take with them to do homework, which has pencils, sharpener, dictionary, ruler, hole punch, and "Great Job" stickers I use to celebrate stuff that comes home from school.

So, the project is done, and now it's home. After it's displayed, we put them in a large binder with clear pocket holders for each child, and each grade (yes, I buy binders in bulk!) Throughout the year, as it comes off the wall, I put it in the binder. In May, I get a small

box, put the child's name and grade on it, and put in the workbooks and larger art that starts to come home like crazy. They then have a binder and a box at the end of the year with each grade they completed, and all their work. I keep the box handy for a bit, to review and celebrate, then I store it for their keepsakes.

If you receive a lot of kid art, put it up, but when it comes down, DATE IT, and store it in a **cereal box or catch all file**. You can then sort it later and keep a few precious pieces (we have binders for the kids art ages 0-5, etc. and for their accomplishments, like soccer certificates, dance certificates, etc.) Speaking of art, I have **painter's tape** ready in our kitchen so we can safely put up art, gallery-style, whenever, and wherever.

Nicolle Huggins
Ottawa, Ontario

If you have ideas, please email me! nicolle@momsmoments.ca and lets help each other!