



MOMS Monthly News

Summer 2005

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Upcoming Events:

MOMS Silent Auction/Dinner

Get ready for an evening out. MOMS is hosting an evening of fun and great auction items. Highlights of this evening include dinner, live entertainment, silent and live auctions and desert.

Date: Friday, September 30th

Location: ACA- 3970 Gladwin Rd. Abbotsford

Time: Doors open at 6:30

Dress: Casual /No Jeans

Ticket cost: 2 for \$35.00 or 1 for \$20.00

*All proceeds go to support MOMS

Get your tickets today! Contact Rosie Funk
mentoring_of_moms@yahoo.ca or
moms@uniserve.com

MOMS Chapters Launch in October

MOMS Chapters resume the first week of October.

MOMS Chapters feature:

- Coffee time/refreshments
- Quality childcare
- Door prizes
- Guest speakers
- DIY (Do It Yourself) classes
- Discussion groups/elective classes
- Fellowship with other moms

Check back in September for a list of all MOMS chapters for 2005-2006.

What's New at MOMS?

The **MOMS Manual**, which was 4 years in the making, is now available. This manual contains what's needed to start a MOMS Chapter. If you are interested in starting a MOMS Chapter in your area or if you have a friend who needs a MOMS group in her area please e-mail moms@uniserve.com

MOMS is growing! In 2004-2005 MOMS had 3 chapters in B.C. It's exciting to announce that MOMS is more than doubling starting fall 2005. See MOMS September issue for upcoming start dates and locations at www.mentoringofmothers.com

MOMS is fundraising. Our goal is to keep the MOMS program affordable for churches and community groups. MOMS does not have charter fees or high start up costs. With that said, corporately MOMS bears all administrative costs of the program and therefore needs to start fundraising in order for the program to continue and grow.

How can you help?

- Make a tax deductible donation to MOMS online at www.mentoringofmothers.com
- Consider becoming a MOMS member (\$10.00 per year)
- Donate a product/service for the Sept. 30th Auction- contact **Jolene DeJager** at djdejager@hotmail.com or 604-823-7357

MOMS is recruiting volunteers. A **big** thanks to all who have volunteered in MOMS Chapters or corporate events this past year. Your time and talents are greatly appreciated!

As MOMS grows so does the need for volunteers. Would you consider helping at one of these upcoming MOMS events?

- **MOMS Fundraiser/Silent Auction** – Friday September 30th
- **MOMS Third Annual Conference**- February 11th 2006
- **MOMS Spring Tea** – Friday May 12th 2006

If you are interested in helping please contact:

Rosie Funk MOMS Events Coordinator

mentoring_of_moms@yahoo.ca or 604-823-6266

MOMS Cookbooks

I often struggle with what to make for dinner. I don't like to spend a lot of time in the kitchen, yet my goal is to make affordable, healthy meals for my family.

We asked other moms from our chapters to submit their favorite recipes and we've come up with a 170-recipe cookbook, which will please your family's taste buds and your budget.

No fancy ingredients needed, these delicious meals and desserts will please even those picky eaters.

MOMS cookbooks will be hot off the press this fall. Cookbooks will be sold for \$10.00 at MOMS Chapters or request your copy/copies at moms@uniserve.com
These would make great Christmas gifts at an affordable price.

*Cookbook proceeds will help MOMS Chapters off-set childcare costs

MOMS Membership

MOMS is a registered society and therefore requires members.

Benefits to **you** as a MOMS member (membership cost \$10.00):

- A \$5.00 discount on the MOMS conference
- The right to vote at MOMS AGM
- The membership packet includes other money saving coupons

Benefit to **MOMS**:

- A membership roster gives the program validity to the government/businesses community
- A membership roster allows MOMS to apply for grants and funding which is becoming much needed

To sign up for MOMS membership today please contact moms@uniserve.com

New MOMS Chapters
Check back September 15th for a list of MOMS Chapters near you.

Upcoming Classes

Speak With Confidence

Join Kelly Rader- MOMS Program Director, for this fun and inspiring workshop. Learn how to develop a talk that you can share with other moms from your group. This 3-part workshop will take you from knees knocking to "I can't believe I did it!"

Here's what one participant had to say:

"Thanks to Kelly Rader's Speaking Course my life is changed. I went into the course with little confidence and shying away from public speaking engagements. I came away realizing that I enjoy public speaking and with these tools I can speak with confidence. I recommend this course for everyone. You can apply what you have learned to a speaking engagement or simply handling yourself with confidence going to a public place. Do something constructive and positive for yourself; take Kelly's course". Rosie Funk

Next class: September 17, 9:30-3:30 in Abbotsford
Cost \$55.00 and includes all course materials, lunch and refreshments
Contact Kelly at 604-855-5766 or moms@uniserve.com

Foodsafe

Many of you know that the law requires that food service establishments and churches have a Foodsafe Certified worker on site at all times when food is prepared.

Foodsafe course topics include:

- Safe preparation, serving, receiving/shopping, and storing of all foods
- Information about bacteria, viruses, mould, and other microbes that cause food poisoning

Foodsafe Course Benefits:

- Increased skills in safe food preparation and prevention of food poisoning
- Foodsafe certificate can increase employment opportunities
- Decreased outbreaks of food poisoning when the Foodsafe principles are used. Children and the elderly are most at risk for food poisoning, so preparing food safely protects the members of our families from illness or even death due to improper food handling.

Cost- \$55 per person

For date/time and to register please contact:

Instructor Kelly Rahnborn 604-824-0865 or email chilliwackfoodsafety@hotmail.com

Please mention you saw this on the MOMS newsletter