

MOMS

mentoring of mothers society

How Can My Kids be Computer Smart & Safe?

By Monica Carsience

As moms we all want to give our children the best start in life. This is true when it comes to technology, yet it can be a bit overwhelming for us to figure out how to teach our kids to be techno-savvy while at the same time protecting their minds from the junk that infects the Internet like a disease.

We are seeing more and more that good computer skills are essential—and growing in importance every year—and that includes being able to navigate the Internet. The ability to learn and grow in technical computer skills is becoming a necessity if our kids are going to find employment in this rapidly changing world economy. Unskilled jobs are disappearing and highly-skilled technology-based jobs are increasingly becoming the norm.

We also are discovering that there are some huge pitfalls and lures on the Internet that are designed to trap our kids and get them hooked on addictive material such as pornography and online gaming. Just how big is this problem? To be honest it's absolutely huge!

According to a study by the Georgetown School of Law which randomly sampled almost a million Internet images: More than 80% of the image content on the Internet is pornographic. Why so much? Pornographers were quick to discover that the Internet is the ideal delivery system to connect them with potential customers. And who is their target market? Our kids! Pornographers know that they have an addictive product and they are well aware that a child with a pre-teen or teen brain is

the easiest to hook because their minds are still developing and they are not fully discerning as an adult would be.

Pornographers actively seek to hook our children by placing lures where our kids are likely to go on the Internet—even when doing their research for school projects. By using fake keywords they can get their porn site into the results of any search that your child could possibly do. By creating fake websites, on subjects of interest to kids, they can put a link to their porn site right in front of your child—putting them one click away from porn in their face. If your child falls for one of these tactics, the pornographers can establish a link with your computer and download “adware” into your system that

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Abbotsford MOMS Chapter - Laughing and Learning

Last year was Jenny Tarzwell's first year attending the MOMS Chapter in Abbotsford.

“Last year was about remembering to laugh,” says Jenny. The Chapter watched funny video clips from people like Anita Renfroe (*The Mom Overture*), and Mark Gungor (*Laugh Your Way to a Better Marriage*). They also studied some great books: *Love and Respect*, and *Practicing the Presence of People*.

The Chapter Coordinator at the time, Melody Willms, asked Jenny if she would be interested in leading a book group. The following week, Melody, who was soon returning to work, asked Jenny if she would also take over as Chapter

Coordinator. She said it was something she felt Jenny was meant to do.

“I laughed at first,” says Jenny, “but then after thinking and praying about it, I felt it was right for me this year.”

The Abbotsford Chapter has been operating since 2000 and meets at Northview Community Church. It has an average attendance of 30 moms, seven mentor moms and 25 kids. In addition, there were many new babies born into the Chapter this past year.

A highlight for Jenny this year has been making beaded Christmas ornaments—a craft which every mom in the group took part in.

The Chapter is also looking

forward to hearing speaker Grace Fox, as well as a local mom share her journey with breast cancer and basic knowledge and information about breast cancer awareness.

They are also in the midst of planning their annual “shopping day”, where moms with home based businesses bring in their products and provide a shopping time for moms.

“This year,” says Jenny, “we're learning how it's okay not to be ‘Supermom’. Our Tuesday morning get-togethers are about being real and feeling safe with each other. Not worrying about comparison or acting like we've got it all together when, maybe we are having a rough time with something. It's just about learning from each other.”

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MOMS

Purpose Statements

To provide a network that encourages and equips moms to be the best mothers they can be.

To provide mothers the opportunity for personal growth through developing their skills and talents.

To provide a safe place for women to share their struggles and concerns related to raising a family.

To provide experienced women the opportunity to mentor other mothers.

will cause "pop ups" (ads linking to their site) to open up on a regular basis on your computer. What's a mom to do? On the one hand our kids need these technical skills but on the other hand the risks are so great! We need to decrease the risk—but how?

We need a strong, fast, and accurate filtering system for our computers to screen out the bad stuff. There are some good filters out there but the one that is by far the best is found at www.BSecure.com. For just \$50US a year you can have the Internet without all the garbage. It is easy to install because their technical people do it for you over the Internet while you watch. You, as the password holder, can customize your settings to allow or block any website.

The filter covers up to 3 PCs in your household for the price of one and you have the option of getting an online activity report emailed to you for each computer every week. It works for portable laptops too—anywhere in the world. So, check it out!

Monica Carsience does an interactive talk for MOMS groups called "Internet Safety Tour"—featuring video clips of key Internet sites that all moms should know about. To book her for your group: Email healing@northview.org or call her at 604-864-8050.

QUOTE OF THE DAY

You don't choose your family.
They are God's gift to you,
as you are to them.
-- Desmond Tutu

MOMS' FAVORITES

Jenny Tarzwell,
Abbotsford Coordinator

On *facebook* there is a group you can join called "Abbotsford Kids Buy/Sell/Swap". It works much like Craigslist, but more local. I've found some great clothes and toys for my daughter, and it's usually super good deals. I think there are other groups for the different locations (Langley, Chilliwack, etc).

2010 ANNUAL CONFERENCE UPDATE

"Communicating With Your Caveman" presented by Dave & Kelly Rader

Kelly Rader is a woman of passion with a to-do list so long she will have to live forever to get it all done! She has been a wife to Dave for over 18 years. She describes Dave as being her total opposite but also as the person whom together with she is a whole person. Kelly is mother to three teens aged 13, 15 and 17. She can tell you this: she lives in a house of hormones. Life is never dull in the Rader home. She enjoys jogging, having deep meaningful conversations with friends and creating fun events. Kelly and Dave will be sharing at the MOMS Conference on "Communicating with Your Caveman".

Dave agrees that he and his wife are completely different, but when he explained this to Kelly by saying "you complete me" she interrupted saying, "you had me at hello". Dave is a graduate of Bible school, has a degree in psychology and a master's degree in education but still admits women are a mystery. He has over 30 years experience in the human services field and loves making people laugh by sharing stories highlighting the differences between men and women.

Health & Nutrition Tips - Mindless Eating

"Mindless eating" is used to describe how many of our food choices are influenced by hidden signals that affect the amount of food we eat.

Signals related to overeating include:

- Availability, e.g., vending machines in schools
- Size of package or serving dish
- Increased variety or assortment
- Loud noise or music
- Dimmed lighting
- Eating quickly
- Distractions (e.g., eating while watching television or

reading a book)

The Guidelines for Food and Beverage Sales in BC Schools affect the types of foods and beverages that can be **sold** to **students** in schools. The Guidelines affect the first 3 points in the list above, which will improve the food choices, health and learning of students.

Tips to avoid overeating:

- Use smaller plates and serving dishes
- Replace short, wide glasses with tall, narrow ones
- Use smaller spoons when eating from a bowl
- Store tempting foods out

of sight

• Transfer packaged bulk food to a single serving plate or bowl before eating

• Eat meals at the table and avoid doing other activities while eating, e.g., working or watching television

• Take at least 20 minutes to eat and enjoy your meals, this is how long it takes for the message to get from your stomach to your brain

Listen to your body's hunger and fullness cues – eat when hungry, stop when just full

For more information on this topic, visit www.mindlesseating.org

COMMUNITY EVENTS



THE MANNERS LADY - Coming to your area **this month!**

Chilliwack/Yarrow: Nov 19th, 6:30 pm at Yarrow Elementary.

Abbotsford: Nov 20th, 6:30 pm at Centre Ice, Alderbrook Church.

Surrey/Langley: Nov 21st, 3:00 pm at Pacific Community Church.

For tickets email MOMSevents@shaw.ca. You can get more information about the Manners Lady at www.themannersclub.com. **Don't miss out on these excellent events!**

MOMS ANNUAL CONFERENCE 2010 - March 27

Mark your calendars! Our keynote speaker this year is Krista Penner.