

# MOMS

...mom to mom...

...heart to heart...

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## **MOMS**

### **Purpose Statement**

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.

## A newsletter

Hello all Mothers.

My name is Dustanne and I shall be the 'newsletter lady' for the time being. Kelly is working very hard with all of the things MOMS does to keep her busy and I offered to help out. I look forward to being able to help where needed and to working with everyone as well.

Just a bit about myself for those who don't know me. I started attending the Abbotsford Chapter last year and have been hooked ever since.

I am a mother of three and have found it to be very rewarding. I enjoy the smiles, hugs, kisses and everything that comes with being a mom.

I look forward to doing the newsletter each month and being a bigger part of MOMS.

## A Welcome to the Fort Langley Chapter

We would love to welcome the newest chapter of MOMS.

Located in Fort Langley, the Fort Langley Chapter will be run by Michele Dau and open it's doors in

October 2007.

## **MOMS CONFERENCE**

**2008**

February 9th, 2008

## MOMS CHAPTER LOCATIONS

### **Abbotsford:**

Northview Community Church -32040 Downes Rd.  
Tuesdays 9:30-11:30  
Fall Start Date: October 2007  
Cost: \$2.00 per mom and each child \$6.00 family maximum  
Contact Melody Willms: [mcwillms@telus.net](mailto:mcwillms@telus.net)

### **Chilliwack:**

Chilliwack Alliance Church - 8700 Young Rd.  
Tuesdays 9:00-10:45  
Fall Start Date: October 2007  
Cost: \$2.00 per mom and each child \$6.00 family maximum  
Contact Krisit Vincent: [Homesafe@telus.net](mailto:Homesafe@telus.net)

### **Cloverdale:**

Pacific Community Church - 5337 180 St.  
Wednesdays 9:30-11:30  
Fall Start Date: October 2007  
Cost: \$2.00 per mom and each child \$6.00 family maximum  
Contact Carol Hofer: [hofers@shaw.ca](mailto:hofers@shaw.ca)

### **Nelson:**

Evangelical Covenant Church - 702 Stanley St.  
Thursdays 9:30-11:30  
Fall Start Date: October 2007  
Cost: \$2.00 per mom and each child \$6.00 family maximum  
Contact Kim Taylor: [kim\\_taylor@telus.net](mailto:kim_taylor@telus.net)

### **Yarrow:**

42479 Yarrow Central  
Yarrow Alliance Church  
Fall Start Date: October 2007  
Meeting Wednesdays 9 to 11 weekly  
Cost: \$2.00 per mom and each child \$6.00 family maximum  
Contact Person is Cheryl Harder: [bcharder1@hotmail.com](mailto:bcharder1@hotmail.com)

# MOMS CHAPTER LOCATIONS cont'd

## Fort Langley:

8870 Glover Road

Fort Langley Evangelical Free Church

Fall Start Date: October 2007

Meeting Wednesdays 9:30 to 11:30 weekly

Contact persons are Rebekah MacEwan: rebekah\_macewan@hotmail.com

And Jessica Zandbergen: jessandanth@hotmail.com

### Back to school Lunch Tip

Almost No Calo-	25-30 Calories
Celery sticks	1 small tangerine
Lettuce	1/2 cup watermelon
Cucumbers	1/4 cantaloupe
Green peppers	1 small tomato
Mushrooms	1 medium carrot
Cauliflower	1 cup popcorn
Broccoli	12 pretzel sticks
35-40 Calories	50-60 Calories
1 medium peach	1 small apple
1 medium nectarine	1 small orange
1/2 grapefruit	15 grapes
1/2 cup skim milk	12 cherries
1/4 cup plain yogurt	1 cup strawberries
3 saltine crackers	1/4 cup cottage cheese
1/2 small banana	4 small shrimp

Kids have little computer bodies with disks that store information. They remember who had to do the dishes the last time you had spaghetti, who lost the knob off the TV set six years ago, who got punished for teasing the dog when he wasn't teasing the dog and who had to wear girl boots the last time it snowed.

Erma Bombeeck

**MOMS has great items you may want to purchase:**

1. **MOMS Manual** – everything you need to know in order to start a **MOMS** Chapter in your area. Includes all team job descriptions, childcare forms, training for small group leaders and much more.

2. **MOMS Bumble Bees Manual** – Contains curriculum for first year **MOMS** Bumble Bees Program. Includes a story, craft idea, coloring page and theme for each week of the **MOMS** program year.

3. **MOMS Home Management Course** – Leader and participant guides available. This is a 15-lesson course including topics such as Family Management, Financial Management, Space Management and so much more.

Participant and Leader guides \$5.00 each (shipping not included)

4. **“Motherhood, Marriage and Me” CD** by **MOMS** Conference Keynote speaker Deanna VanWoudenberg. This 45-minute presentation will both encourage and challenge you.

Cost: \$5.00 (plus shipping)

5. **MOMS T-shirts:** These beautiful army green stylish t-shirts come in short or long sleeves. Sizes fit small so order a size larger than you normally would. T-shirts say M\*O\*M\*S on the front and “AT HOME IN THE TRENCHES” centered on the back with Mentoring of Mothers Society up by the nape of the neck. They are beautiful. Available in Med. – Extra Large.

**Cost:** Long Sleeve \$22.00; short sleeve \$17.00 (shipping not included)

6. **MOMS Cookbooks** – These cookbooks contain great recipes your family will love.

Cost: \$5.00 each or 2 for \$7.00 (plus shipping)

**We are on the web**

**<http://www.mentoringofmothers.com>**

**Please contact Kelly Rader with any questions  
[moms.ca@telus.net](mailto:moms.ca@telus.net)**