

NEWS FROM HOME

Nancy Spencer, Licensed Midwife • 2722 214th Ave E. • Lake Tapps, WA 98391
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Nancy's Note

Year 2009 began and ended with many challenges for nearly everyone, struggles with the economy, homes, jobs, and relationships. I am gratified that the moms and dads I'm privileged to see seem to be holding on, fueled by faith and a determination to do good every day with what's in front of them, where they stand. I am deeply moved and inspired by the hearts and minds of these lovely parents, by their devotion to their families, and by their gratitude for each moment. The hard work of labor these moms embrace and the strength of will to "just get the work done" is amazing. Of course, as soon as they've completed this Great Work, the joy of having accomplished something so tremendous while they hold their miraculous newborns, makes everything right. Their babies of course add immeasurably to their happiness. As a young dad said to me this morning about his 3-day old son, "I had no idea I could feel so protective about anyone, or that I'd be able to love this much." The tears that welled up behind his bright black eyes told me his heart was fully engaged, for life! There is a quiet confidence that the difficulties that seem so insurmountable will be behind them in due time. And in the meantime, Babies are born, they take that first marvelous breath, they cry lustily-- and then they smile that first tentative smile, the clouds disappear, a warming in the heart takes place, quite a bit like melted chocolate, and all is well.



The older I get, the more awed I am by the process. So often, a mom will say, "But I'm not good with pain." I reply that I'm so glad, it would be unnatural to welcome pain, as if it were in itself a positive experience. But pain for the benefit of a healthy baby, a shorter and easier path, a feeling of euphoria and victory at the end, with a baby that's so alert and "present" makes the effort worthwhile. So thanks to all of you for allowing me to be part of your lives. I hope to continue, to help your children and grandchildren with their babies, God willing. This little book most of you know I wrote has been like a "ten month pregnancy," but finally has a due date. The material has been written, the cover selected, and the layout nearly finished. Hooray! It's been a fun project, and HEAVEN IN MY HANDS, A Midwife's Stories of Birth and Life, should be on the shelves this summer. I will let you all know, but thought I'd give you an advance look at the cover. Each of you has been a part of this, a snippet of a memory, a taste of joy, a recollection I've cherished. Thanks to all of you. Dr. Nathan and his wife Beth are offering aWhole Foods Cooking class for a lucky few (eight) who sign up first, scheduled for Thursday evening, April 8th. I can tell you from first hand experience that Beth is just about the best cook around. How she manages to coordinate everything is a marvel, but my husband and I are treated to her results frequently (though not often enough---I could have her as a live-in cook any time!). I'll be excited to see who gets on the list. They may add more classes in the summer--how fun that will be when the weather is good, fruit is in season, and it's a perfect time to find new recipes and be healthy as well! Adults only at this venue. See the note in the newsletter here. I hope you enjoy the stories here. I thank you all for the sweet pictures you send, and the notes you write. It is hard to convey how encouraging and helpful that is to others. Your kindness is so appreciated. *I love you all!*

~Nancy

Greetings from Lakeside Naturopathic Clinic -

Vitamin D and Breastfeeding:



We all know that breastfeeding offers so many advantages to our babies. Aside from the special bonding that occurs between mother and child, breastfeeding provides the right balance of nutrition, immune support, and protection from many potential health concerns. Living in this “sun-challenged” state, however, many mothers are lacking optimal levels of vitamin D in their breast milk. We produce most of our vitamin D through sun exposure, but grey skies, and living as far north as we do, many of us have borderline low levels of this essential nutrient.

Vitamin D is essential for maintaining strong bones, for balancing moods, and for aiding our immune system to keep us healthy. We can make sure we are getting enough vitamin D by eating foods such as cold-water fish, fish oil, fortified milks and cereals, or by taking vitamin D supplements. This will increase the levels in breast milk, ensuring your baby grows up with strong bones. For some children, it is also helpful to add vitamin D drops to their nutritional program. Non-breastfeeding children get their vitamin D from the fortified formulas.

Appropriate levels of vitamin D supplementation are 2,000-4,000 IU per day for breastfeeding mothers, and 400 IU per day for children. Anything beyond this amount should be monitored for its potential effect on calcium levels.

Join Us for Cooking With Whole Foods:

All patients of both Lakeside Birth Center, and Lakeside Naturopathic Clinic are invited to reserve a spot for our Whole Foods Cooking Class! We will be hosting an introduction to whole foods cooking here at the clinic for the first 8 people to sign up.

You may contact either Nancy, at 253-862-6533, or Dr. Nathan, at 253-862-3501 to reserve.

When: Thursday, April 8th 6PM

Cost: \$10 Adults only, please.

Lakeside Naturopathic Clinic LLC
2722 214th Ave E, Lake Tapps, WA 98391
(253) 862-3501

"The Joy of Great Health"



Sometimes it's less about your fruits and vegetables and all about comfort food. On blustery days nothing beats some Classic Mac-N-Cheese... NOT from a box ;)

Fannie Farmer's Classic Baked Macaroni and Cheese

Recipe #135350 | 40 min | 20 min prep | Courtesy of Food.com by a lady named - Carla -

To me this is the only "real" Macaroni & Cheese recipe. It's from my 1946 edition of "Fannie Farmer's Boston Cooking School Cookbook". With time on it's side - this recipe is hands down the best for traditional, home-made baked macaroni & cheese - comfort food. Please Note: If you use CHEAP CHEESE you will end up with a BLAND and FLAVORLESS DISH!

SERVES 4

Ingredients

- 1 (8 ounce) package macaroni
- 4 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- 1 cup cream
- 1/2 teaspoon salt
- fresh ground black pepper, to taste
- 2 cups shredded cheddar cheese, good quality
- 1/2 cup buttered breadcrumbs



Directions

1. Preheat oven to 400°F.
2. Cook and drain macaroni according to package directions; set aside.
3. In a large saucepan melt butter.
4. Add flour mixed with salt and pepper, using a whisk to stir until well blended.
5. Pour milk and cream in gradually; stirring constantly.
6. Bring to boiling point and boil 2 minutes (stirring constantly).
7. Reduce heat and cook (stirring constantly) 10 minutes.
8. Add shredded cheddar little by little and simmer an additional 5 minutes, or until cheese melts.
9. Turn off flame.
10. Add macaroni to the saucepan and toss to coat with the cheese sauce.
11. Transfer macaroni to a buttered baking dish.
12. Sprinkle with breadcrumbs.
13. Bake 20 minutes until the top is golden brown.
14. You can also freeze this recipe in zip-lock bags for later use - once you have mixed the macaroni along with the cheese sauce allow to cool to room temperature before adding to your freezer - I generally pull it out the night before and allow macaroni and cheese to reach room temperature; I then add the macaroni and cheese to a buttered baking dish, sprinkle with bread crumbs and then bake for 20 to 30 minutes, until golden brown on top and bubbling.

You can always adapt this recipe in so many ways. Add bacon bits. Try a can of diced tomatoes. The possibilities are endless. This recipe was found on Food.com

SPENCER FAMILY DENTAL

Dr. Daniel and Dr. Anna Spencer, my youngest children, have opened a new dental office in Graham, along with their established office in Lakewood. It's been a pleasure to see them work so hard. The result of that nearly decade-long educational process is a lovely brand-new facility that is state-of-the-art. I have learned over time that the key to your health, and that of your baby who gets kissed daily! is your mouth! So please take a look at their website, and perhaps their coupon will help you. You can tell them that "Mom sent you." I feel affectionate and parental about you all as well, and consider you all a part of my family. So let me know how the experience goes for those of you who pick them as your dentists.

~Nancy

Lakewood ~ 253-584-2250 ~*~ Graham ~ 253-875-6599



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SPENCER
family dental

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Patients
& Emergencies
Welcome

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- White Fillings
- Root Canals

- Invisalign Braces
- Implants
- Dentures/Partials
- Extractions

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Not valid with any other offer.
Expires 4/30/10

10% OFF

**Any Single
Dental Service**

New patients only.
Not valid with any other offer.
Expires 4/30/10

Babies Born

July 28th, 2009 ~
March 1, 2010



Abigail Marie Blackwood
8/13/2009 F 8#14 2nd child
Audrey & Isaac Blackwood
Gig Harbor, Wa

Megan Joy Burwell
7/25/2009 F 7#4 4th child
Corrie & Jared Burwell
Renton, Wa

Charles Monroe Roach
8/6/2009 M 7#2 4th child
Melanie & Dan Roach
Bonney Lake, Wa

Mia Mae Wrzeski
8/7/2009 F 7#4 1st child
Danielle & Adam Wrzeski
Lakebay, Wa

Jennifer Giselle Cortez
8/8/2009 F 7#1 1st child
Tabatha & Dennis Cortez
Renton, Wa

Lucia Jo Burnson
8/16/09 F 8#13 3rd child
Margarita & Joshua Burnson
Pt Orchard, Wa

Ignatius Rock Peters
8/20/09 M 8#9 1st child
Aymee & Steve Peters
Kent, Wa

Hope Kapuamakamae
Radiant Huntsman
8/22/09 F 7#14 1st child
Pikake & Benjamin Huntsman
Spanaway, Wa

Brianna Marconi Huynh
8/22/09 M 7#15 1st child
Michelle & John Huynh
Bonney Lake Wa

Dahlia Galian
8/24/09 F 9#4 1st child
Tanya & Yuriy Galian
Federal Way, Wa

Colby Aaron Fossum
08/24/2009 M 8# 3rd child
Colleen & Aaron Fossum
Auburn, Wa

Alora Dawn Holmes
8/24/2009 F 7#11 5th child
LynAnn & Chris Holmes
Auburn, Wa

Abigail Lynn Kemp
8/26/09 F 5#14 2nd child
Katie & Scott Kemp
Sumner, Wa

Calvin Ethan James
8/28/09 M 7#7 4th child
Elizabeth & Colin James
Tacoma, Wa

Zoe Evelyn Eden Retynski
8/31/09 F 9#9 2nd child
Nancy & Tim Retynski
Sumner, Wa

Davena James Lotus Lopez
9/1/09 F 8#8 3rd child
Shannon & David Lopez
Bonney Lake, Wa

Huck Allister Hughes
9/3/09 M 8#6 2nd child
Michelle & Sam Hughes
Kent, Wa

Micah Jubal Krabbenhoft
9/3/09 M 10#8 3rd child
Sherra & Kevin Krabbenhoft
Bonney Lake Wa

Ariella Isabel Slobodkin
9/5/09 F 7#7 1st child
Caroline & Israel Slobodkin
Renton, Wa

Analise Marie Weber
9/8/09 F 8#8 1st child
Kirsten & Johnathan Weber
Kent, Wa

Timothy Sean Gorodyski
9/14/09 M 7#1 2nd child
Rebecca & Mykola Gorodyski
Federal Way, Wa

Silas Michael Phelps
9/14/09 M 10#8 2nd child
Sandra & DeForrest Phelps
Auburn, Wa

Cassidi Rose Green
9/16/09 F 8#3 2nd child
Becki & Amos Green
Buckley, Wa

Boohanna Tubbs
9/18/09 F 6#6 1st child
Sarah Tubbs
Spanaway, Wa

Zoey Faith Golovanov
9/25/09 F 6#14 3rd child
Olga Slassi & Chris Howard
Tacoma, Wa

Destiny Talitha Cumi Mitchell
9/26/09 F 7#7 1st child
Breanna Mitchell
Auburn, Wa

Titus Brodie Silva
9/30/09 M 7#2 7th child
Grace & Mike Silva
Everett, Wa



Lucas James Corkrey
9/30/09 M 8#7 1st child
Tamera & Josh Corkrey
Bonney Lake, Wa

Uriah John Neuert
10/1/09 M 8#10 4th child
Gretchen & Greg Neuert
Milton, Wa

Oliver James Ke-a Taft
10/16/09 M 7#7 1st child
Laura & Chris Taft
Orting, Wa

Asher Luke Reynolds
10/16/09 M 9#9 2nd child
Alicia & Bryan Reynolds
Puyallup, Wa

Theo Francis Wiens
10/10/09 M 8#3 3rd child
Valerie & Ryan Wiens
China

Liam Kaneola Stewart
10/1/09 M 7#12 2nd child
Joy & Tom Stewart
Bremerton, Wa

Paityn Nichole Barcus
10/13/09 F 6#8 1st child
Krishelle Welsh
& Aaron Barcus
Bremerton, Wa

Jason Daniel Sharp II
10/6/09 M 8#3 1st child
Rikkia & Jason Sharp
Tacoma, Wa
Samuel Joel Carver
10/5/09 M 9#4 3rd child
Natasha & Brandon Carver
Fife, Wa

Tate Andrew Cristel
10/13/09 M 9#7 1st child
Deanne & Ripp Cristel
Puyallup, Wa

Zoe Adriana Thompson
10/12/09 F 10#1 2nd child
Hanna & William Thompson
Bonney Lake Wa

Masha Aleksandra Koval
10/22/09 F 9#10 2nd child
Liliya & Alex Koval
Algona, Wa
(Continued on Page 8)

The Second Round Mom

The Second Round Mom is familiar with the feeling
Of the stretched out tummy, the birth and the healing.

The long sleepless nights of unscheduled nursing
The dotting on baby that needs no coercing.

But for the Second Round Mom new challenges await
Ones that require six hands and a mate.

For the Second Round Mom now deals with a tot
Whose been shamelessly shoved from his number one spot.

The poor little fellow will work hard to get a mention
He'll color your walls just to get your attention.

He'll squeeze himself into the baby's car seat
And he'll get in the cupboard and eat every treat.

Its amazing the things your first child will do
While your day is consumed with Child Number Two.

What if they'd nap at the same quiet hour
Maybe you'd rest or run through the shower.

But that never happens so don't hold out hope
Just keep changing diapers and eat chocolate to cope!

Thankfully, soon the clock will strike four
And your big handsome husband will burst through the door.

He'll throw Number One up and around
And they'll wrestle and giggle then roll on the ground.

And you can sit quiet and rock Baby Two
And marvel at God's plan for your family and you.

He gives you the strength and he gives you the grace
To sprint through the day and stay in the race.

And even the days when you feel you can't do it
Just lean on the Lord and He'll help you get through it.

So this is my prayer for you today Jenn
That on those tough days He'd bring you a friend.

And when you feel tired that He'd give you rest
As you look at your babies and know you are blessed.

By ShaleAnn Cluff



MY DEAR CHILD

You are the poem
I dreamed of writing
The masterpiece
I longed to paint.
You are the shining star
I reached for
In my ever hopeful quest
for life fulfilled...
You are my child.
Now with all things
I am blessed.

- Author Unknown



Time to Grow

If you're close to Sumner here's the opportunity for you to start your garden!

The City of Sumner has created a community garden program and are now taking applicants.

It's a beautiful way to grow food and gather with your community. It's especially handy for those with very little yard space or those who live in an apartment.

Visit: <http://www.ci.sumner.wa.us/Living/Garden.htm> to find out more.

Amelia Sue's Birth Story

** This is a detailed story for those of you interested in the details of birth. It's long, but worth it in the end....kinda like my labor.*

April 23rd was 6 days past the due date, and I was huge and anxious. Calls and emails from family and friends were constantly keeping me afloat during that rough week. April 22nd had been a typical prego day for me, entailing emailing supportive friends and family in the morning, a mid-morning walk with Cash, laundry, an afternoon walk with mom, and a lazy spring evening with Grant. We went to bed at our usual 10 pm, and I woke up at 2:20 am to a warm gush of water between my legs. I was thrilled. Finally! I told Grant what happened, and we were so excited; whispering about what would happen next, whether I was feeling anything, when to make some phone calls, etc. Needless to say, we had a hard time going back to sleep. I hadn't felt any contractions yet, but my water continued to trickle throughout the morning. I already had an appointment with my super-hero midwife, Nancy, scheduled for 9:30 am that day, and she said to just come in at that time to see how I was progressing. (Nancy Spencer, Licensed Midwife, Lakeside Birthing Center, Lake Tapps, WA).

At the birthing center at 9:30 am, I still hadn't felt any contractions, just a little back pain here and there. Nancy checked me and I was only 2 cm dilated. She stripped my membrane while she checked me (manually stretched my cervix to let it know what it should be doing, not fun), then announced that I am the prime candidate for Castor Oil. (Castor Oil is an over-the-counter laxative. Since it had been 7 hours since my water broke and I was having no contractions and little dilation, Castor Oil helps to release oxytocin and get the contractions going. The oil itself is the consistency of a raw oyster, yum!) Nancy said to go home, take 2 oz of the castor oil in however form I could choke it down, and come back whenever I wanted. Megan lives about 3 miles away from the birthing center, so we decided to head to Megan's apartment to take the oil and hang out until the contractions started coming (and to ruin her toilet in the process J). Meg was so excited we were coming over, she lit her apartment with candles and set up pillows everywhere. I downed the castor oil in an oreo McFlurry mixed with a raw egg (Nancy said taking the oil with eggs makes it more effective). DIS-GUS-TING, I probably won't ever have a McFlurry again. While we waited for the oil to "do its thing", we watched Lady Gaga and Beyonce videos online, ate pizza and oreos to pass the time. I felt some lower back pain every 8 to 10 minutes, getting more intense (along with diarrhea), over the next couple hours. At about 1:30 pm I experienced my first "big" contraction, and we decided to get things ready to head back to the birthing center.



After several pull-overs on the road during the next contractions, we finally made it to the center. At 2:30 pm I was only 3 cm dilated. WHAT???! I still had a long way to go! Nancy sent me into another room to continue the contractions. For the next several hours, I experienced the "real" contractions. Waves of pain that I could not talk, move, or open my eyes through. Megan and Grant did exactly what they were supposed to do at this stage-- they shut up, held my hand, and waited. Megan tried to eat a peanut at some point, and I mustered the energy to open one eye and say "No." She looked at me like I had awoken from death, stared at me and opened her mouth and let the pile of chewed nuts fall into her hand.

(Continued on Page)

Ryann Johanna Waltho
10/25/09 F 6#12 1st child
Jessie Waltho
Lake Tapps, Wa

Alexander Coooper Mitchell
10/26/09 M 8#13 2nd child
Tiffany & James Mitchell
North Bend, Wa

Michael Rohde, Jr.
10/26/09 M 7#8 1st child
Cassie Johnson
& Mike Rohde
Buckley, Wa

Trinity Rose Forgey
10/27/09 F 8#1 2nd child
Nichole & Jacob Forgey
Kent, Wa

Ezra Imipono Baptista
10/27/09 F 7#6 3rd child
Angelina & Kalahaoui
Baptista
Tacoma, Wa

Michael Harrison Reagan
11/01/09 M 9#5 1st child
McKenna & Jesse Reagan
Bonney Lake, Wa

Alessandra Daniela Mathews
11/2/09 F 7#12 1st child
Nataliya & Trenton Mathews
Leavenworth, Wa

Zoey Lynn Marie Weigel
10/22/09 F 8#9 1st child
Melanie Weigel
Auburn, Wa

Ezra William Taiga Lee
11/05/09 M 6#12 3rd child
Mizuho & Tim Lee
Tacoma, Wa

Anthony James Brewer
11/05/09 M 8#1 1st child
Nora O'Brien
& Kris Brewer
Anacortes, Wa

Amiri Djimon Guest
11/06/09 M 6#12 3rd child
Sonnie Jones
& Vern Richardson, Jr
Fircrest, Wa

Anaiyah Sari Stuart
11/07/09 F 7#8 1st child
Alisia Stuart
Graham, Wa

Logan Allen Vaardahl
11/12/09 M 8#6 2nd child
Jaime & Mike Vaardahl
Bonney Lake, Wa

Noah Robert Woods
11/21/09 M 9# 2nd child
Fely & Dannie Woods
Puyallup, Wa
Eden Jade Dreeste



11/23/09 F 7#9 1st child
Lauren & Jake Dreeste
Tacoma, Wa

Kieva Rene Carrigan
12/1/09 F 7#1 1st child
Alyia & Josiah Carrigan
Spanaway, Wa

Taylin Noelle Thornton
12/3/09 F 7# 3rd child
TD & Gavin Thornton
Sumner, Wa

Aurora Grace Leavitt
12/7/09 F 7#5 1st child
Sarah & Byron Leavitt
Bonney Lake, Wa

Nathanael Richard Wright
12/7/09 M 8# 4th child
Beverly & Zeth Wright
Puyallup, Wa

Max Sheppard McKeown
12/9/09 M 6#5 1st child
Chandra Linzalone
& Judd McKeown
Puyallup, Wa

Liam Thomas Guzman
12/12/09 M 8#6 2nd child
Megan & Raymond Guzman
Enumclaw, Wa

Isaac James Winslow
12/14/09 M 8#9 2nd child
Shari & Matt Winslow
Federal Way, Wa

Oliver Nicolas Rosario
12/16/09 M 8#10 3rd child
Alexis & Rhandy Rosario
Pacific, Wa

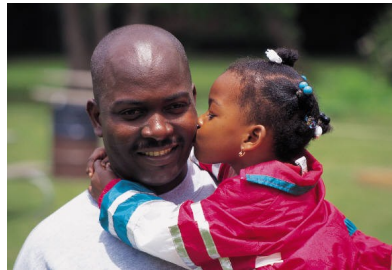
Natasha Hope Morley
12/22/09 F 8#10 3rd child
Fevilyn & Ben Morley
Kent, Wa

McKenna Maurine Reed
12/24/09 F 7#4 1st baby
Rita & Brent Reed
Sumner, Wa

Kaylee May Aves
12/30/09 F 9#7 1st child
Crystal & Tyler Aves
Tacoma, Wa

Cristian Alejandro Quinones
12/31/09 M 6#9 1st child
Susan & Ian Quinones
Auburn, Wa

Tu'ugaifo Aulaumea
1/2/10 M 6#13 4th child
Pomaika'I & Tu'ugaifo
Aulaumea
Tacoma, Wa



Rashaad Michael Tolliver
1/4/10 M 7#3 2nd child
Amanda & Tim Tolliver
Tacoma, Wa

Josiah Scott VanderPol
1/5/10 M 5#12 5th child
Sharletta & Tim VanderPol
Tacoma, Wa

Marilyn Shirlene Madison
1/7/10 F 8#4 3rd child
Courtney Fortner
& Edward Madison, Jr
Lakewood, Wa

Elysa Jane Collyard
1/9/10 F 6#14 1st child
Sarah & Scott Collyard
Olympia, Wa

baby Cunningham
1/11/10 F 1st child
Catherine Bower
& Robert Cunningham
Federal Way, Wa

Desmond James Van Hoy
1/15/10 M 7#8 1st child
Jessica & Matthew Van Hoy
Orting, Wa

Jarry Roy Carlile IV
1/15/10 M 9#5 2nd child
Lia & Jarry Carlile
Buckley, Wa

Titus James Petersen
1/15/10 M 8#13 1st child
Alena & Justin Petersen
Bonney Lake, Wa

Noah Dathan Hall Myers
1/17/10 M 7#14 3rd child
Joanna & Dathan Myers
Bonney Lake, Wa

Ezekiel Josue Garrido
1/21/10 M 6#6 3rd child
Carine & Jose Garrido
Puyallup, Wa

Cruz Cristiano Montoya
1/25/10 M 6#6 1st child
Jamie Montoya
& Blair Wilson
Spanaway, Wa

Hazel Constance Rondeau
1/25/10 F 7#5 2nd child
Katy & Andrew Rondeau
Puyallup, Wa

Justin Mitchell Rabe
1/26/10 M 8#3 1st child
Amanda & Jason Rabe
Graham, Wa

Olivia Anne Bleckov
1/26/10 F 7# 2nd child
Anne & Matt Bleckov
Buckley, Wa

Elijah Jaxsynn Saucedo
2/2/10 M 6#3 2nd child
Janelle Rice
& Jimmy Saucedo
Puyallup, Wa

(Amelia Sue's Birth, Continued from Page 7)

Back to the contractions I went. Nancy informed Megan and Grant, without my knowledge, that this painful portion would last a very...long...time. They both figured the current situation would last into the night, and were not looking forward watching me go through this. The waves of pain were incredible. I found the only way to get through the pain was to count my deep breaths from the beginning to the end of the contraction. Each contraction was 30-40 deep, slow breaths, breath number 16 was always the peak of the pain. I knew every time the new wave would begin, that if I could make it to breath number 16, I could ride the rest of the pain out (this is also a trick I use for long-distance running. I figure out the most difficult portion of the run, which is often times the half-way mark, and only think about reaching that goal. Once I surpass that, I know the worst is done and I just need to "get home" now). So each contraction was focused around breath number 16 (The number 16 will probably always send a little shiver up my spine from now on).



The waves of pain would start in my upper legs, radiate to my lower back, and then take over my entire core. My shoulders and legs shook uncontrollably. I felt incredibly weak. I heard Megan start sobbing as she watched, and for some reason it was encouraging. Nancy came in and out to check mine and the baby's heart rate, she also gave me calcium tablets for some nausea that I was experiencing. As the break between contractions went from what seemed like one minute to 10 seconds, I quickly felt the urge to push during the pain. I informed Meg and Grant in as few mumbled words as I could, and Megan went to tell Nancy. (Nancy had continued to have patients during these hours of labor. She wasn't really needed while I went through this, as it was just a matter of me going through contractions, trying to dilate.) Nancy checked me at 5:30pm, and I was 9 cm dilated!!! S

Grant practically carried me into another room with a large bed to begin this next final stage. After getting into position, Nancy told me I could begin pushing as soon as I felt ready, and that the best time would be at the peak of the contractions. At this point I was a little nervous, I had no clue if 1) I had any energy to push, 2) I would push "correctly" 3) how long this stage would take; should I use all my energy now at the beginning? Should I save my pushing energy in case I'll be doing this for the next couple hours? I had to decide quickly because the next contraction was coming NOW. Nancy told Grant to come beside and help her (after much advice from friends & family, we had decided on him staying up top with me to avoid any "irreversible memories" that other husbands have experienced) He was a little shocked, and said, even though she hadn't asked but rather told him, "I don't know". Nancy repeated that he would come down beside her and help, and this time he obeyed.

The first push was...awkward. I'll call it a practice push, I was getting a feel for it and probably didn't do it as hard as I could. Nancy said I did a great job, a fantastic push. I thought "Really? Oh, I can do way better than that". We waited for the next contraction, and now she told me to do 2-3 big pushes in a row. I pushed harder, and she said she could see the baby's head. I thought, "What? Already? Well, this time, I'll push harder than I think my body can do". Megan looked and could see the head. She got so excited and said "I can see *him!! His* head's right there!! *He's* so close Heath!!

(Continued on page 12)

Isaiah Judah Gorbun
2/3/10 M 7#12 2nd child
Olga & Nick Gorbun
Algona, Wa

Jasmine Shaela Smiley
2/3/10 9# 1st child
Aimee & Thomas Smiley
Enumclaw, Wa

Ezekiel Mower
2/6/10 M 3rd child
Brenda & Don Mower
Federal Way, Wa

Kathryn Danae Gamotis
2/5/10 F 9#6 3rd child
Danielle & Matt Gamotis
Tacoma, Wa

Skyler Jason Midkiff
2/6/10 M 8# 1st child
Kendall Mallory
& Jason Midkiff
Tacoma, Wa

Nickolas Martin Suko
2/8/10 M 7#15 5th child
Christina & Caleb Suko
Gig Harbor, Wa

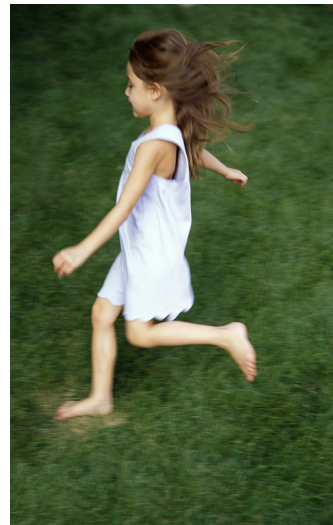
Van Patrick Turnage
2/12/10 M 7#5 3rd child
Trish & Patrick Turnage
Sumner, Wa

Ellysha Belle Sentner
2/13/10 F 7#3 1st child
Shasta & Tim Sentner
Bonney Lake, Wa

Nehemiah David Cornell
2/25/10 9# 1st child
Katy & Tom Cornell
Pt. Orchard, Wa

Owen William Kain
2/27/10 8#3 1st child
Angeline & Luke Kain
Des Moines, Wa

Briella Kait Morris
2/27/10 6#2 2nd child
Kaitlin & Dan Morris
Puyallup, Wa



Chloe Ann Martel
3/1/10 8# 3rd child
Tara & Joe Martel
Enumclaw, Wa

Jeremy Lohman Thomas
3/2/10 M 7#8 3rd child
Staci Guirsch & Lohman
Thomas
Graham, Wa

Phillip James Beattie
3/5/10 M 6#9 1st child
Jamie Hofeditz & Phillip Beattie
Puyallup, Wa

James Sadler Lucas
3/7/10 M 8# 1st child
Sarah & James Lucas
Bonney Lake, Wa

Norah Mae Lystad
3/9/10 M 6#14 2nd child
Hailey & Caleb Lystad
Lakebay, Wa



Isaac's Birth

Until I was 30 weeks pregnant, I had resigned myself to giving birth in the hospital again, as my husband wasn't quite comfortable with the idea of a homebirth. However, I desperately wanted a different experience than I had with my first child three-and-a-half years earlier, so when our doula suggested that we meet with Nancy I jumped at the opportunity. We did—and it took me exactly one hot second to know that I wanted to have our baby with her. It was the best decision we've ever made. I loved seeing her for the last nine weeks of my pregnancy; at each visit, I left feeling relaxed, cared for, and excited rather than anxious about fighting hospital policies and interventions I didn't want. Matt was also completely comfortable with her. Nancy's calm, cheerful demeanor and gentle wisdom changed everything about my pregnancy from that point on. I no longer felt like I was gearing up for a fight; instead I felt respected, loved, and safe.



I went into labor three days before my due date when my water broke shortly after one in the morning. Contractions began immediately, so we headed right to the birth center. Nancy was ready with warm towels and soft music, and our doula arrived shortly thereafter. I spent quite a bit of time on the birthing ball, and in between contractions I talked and laughed with everyone. The contractions were still pretty manageable at that point, and I was in such a good mood. It was such a different environment than the one in which I'd given birth to my daughter; I was surrounded by people who stayed with me the entire time, and the love and encouragement from Nancy, our doula, and my husband made all the difference. Instead of feeling fearful and tense, I felt excited, supported, and safe.

(continued on page)

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Sometime after 4:00 in the morning, they asked if I'd like to try the tub. I'd been so looking forward to laboring in Nancy's huge tub, and at that point it was really sounding wonderful. Nancy checked me again and announced that I'd progressed to "somewhere between four and five centimeters." Everyone was so encouraging -- that's *great!* You're making progress! Your baby is moving right down! -- so I really felt okay about the fact that I wasn't as dilated as I originally thought I "should" be. The contractions were definitely picking up in intensity, but I still felt that they were completely manageable.



I climbed in the tub around 4:30 in the morning, and things began to move very quickly. At first I knelt in the water, leaning over the side. Between contractions, I would lie back in the water or lie on my side, which felt wonderful and soothing during the breaks but didn't work during the actual contractions. I hit transition in the tub, obviously, although I'm not sure when. The contractions were *hard*. I was really struggling to work through them without panicking. But everyone continued to breathe with me, and I managed not to think about what was coming -- I just kept thinking, *I'm doing this one. I can get through this one.* I grew tired of kneeling in the water, or else I just felt like I needed to move again, so I slipped down in the water and turned over on my right side. Someone slipped a washcloth underneath my head. And then things *really* changed -- I had, I don't even know, two? Three? Four? contractions in that position and I suddenly felt like I couldn't do *anything* to stay on top of them. I tried to keep my face relaxed and breathe or chant my way through them like I had been, but my body just took over. Something about shifting into that position, at that moment

And suddenly I found myself howling that I needed to push, totally panicked. Because that's exactly what was happening -- my body *was* pushing, and I couldn't stop it. I was terrified, because I thought there was no way I could possibly already be *ready* to push. Instantly, I felt hands on me, and Nancy and my doula were both right there saying, "It's okay! It's okay! Don't fight it, let it happen! Let your body work, it's *okay!*"

They placed towels on the floor all of them eased me out of the tub. I just wanted to get to the bed; at that point, I wasn't thinking at all. Matt helped me up on the bed and the next thing I knew, Nancy was saying, "Honey, reach down! Your baby's head is right there! Reach down and feel the head!" I couldn't believe it, but there it was.

Pushing, at that point, felt *wonderful* -- I mean, oh, yes, it *burned*. But I had never felt anything so powerful in my life. I pushed with everything I had, and just like that, I felt my baby's head come all the way out. "Matt, catch your baby," Nancy said. And with another push, Isaac James was born into his daddy's hands after an incredible four-hour labor. Matt cut the umbilical cord and the three of us curled up together. Isaac was so beautiful and so alert and he immediately began wriggling towards my breast, where he latched on and began to nurse. Nancy covered us in warm towels, and it was all so gentle, so peaceful. It was exactly how his entrance into the world should have been.



I felt amazing afterwards, so only a couple of hours after our son's birth, we bundled him up and headed home. We walked back in the door before my daughter had finished having breakfast with her auntie—she hardly even knew we were gone!

The entire experience was life-changing and life-affirming, and I will be forever grateful to my doula for leading us to Nancy and to Nancy herself, for helping us have the most incredible birth experience I ever could have hoped for.

~Shari

Grandparents

Grandmas are moms with lots of frosting. ~Author Unknown

What a bargain grandchildren are!
I give them my loose change,
and they give me a million dollars' worth of pleasure.
~Gene Perret



Grandmothers are just 'antique' little girls. ~Author Unknown

A grandmother is a babysitter who watches the kids instead of the television.. ~Author Unknown



Becoming a grandmother is wonderful. One moment you're just mother. The next you are all-wise and prehistoric.
~Pam Brown

Grandchildren don't stay young forever, which is good because Grandfathers have only so many horsy rides in them.
~Gene Perret

Grandma always made you feel she had been waiting to see just you all day and now the day was complete.
~ Marcy DeMaree

Grandmas never run out of hugs or cookies.
~Author unknown

Grandmas hold our tiny hands for just a little while, but our hearts forever.
~Author Unknown

My grandkids believe I'm the oldest thing in the world. And after two or three hours with them, I believe it, too.
~Gene Perret

If becoming a grandmother was only a matter of choice, I should advise every one of you straight away to become one. There is no fun for old people like it!
~Hannah Whithall Smith



(Amelia Sue's Birth, Continued from Page 9)

Oh, I don't know why I called it a *him*, I know it's a girl, sorry Heath!!" The next contraction was coming, and I promised myself I would push my body past its limit. Push number one- her head came out. Megan said again, "He's almost there! Oh my gosh! Why do I keep calling her a him??!" Push number two- her shoulders and body. Grant caught her and placed her on my chest. I jumped a little when he put her on me, I just couldn't believe she was out! I was a little surprised, and Meg said she could tell on my face. It was already over!! How wonderfully warm and wet she was! Meg was screeching, "You did it! You did it Heath!!" Grant came around me and showered us with kisses. Nancy asked us what the baby's name is, and Grant and I both answered "Amelia Sue". (We hadn't actually he said it was time to push!! I was thrilled!

Grant practically carried me into another room with a large bed to begin this next final stage. After getting into position, Nancy told me I could begin pushing as soon as I felt ready, and that the best time would be at the peak of the contractions. At this point I was a little nervous, I had no clue if 1) I had any energy to push, 2) I would push "correctly" 3) how long this stage would take; should I use all my energy now at the beginning? Should I save my pushing energy in case I'll be doing this for the next couple hours? I had to decide quickly because the next contraction was coming NOW. Nancy told Grant to come beside and help her (after much advice from friends & family, we had decided on him staying up top with me to avoid any "irreversible memories" that other husbands have experienced) He was a little shocked, and said, even though she hadn't asked but rather told him, "I don't know". Nancy repeated that he would come down beside her and help, and this time he obeyed.

The first push was...awkward. I'll call it a practice push, I was getting a feel for it and probably didn't do it as hard as I could. Nancy said I did a great job, a fantastic push. I thought "Really? Oh, I can do way better than that". We waited for the next contraction, and now she told me to do 2-3 big pushes in a row. I pushed harder, and she said she could see the babies head. I thought, "What? Already? Well, this time, I'll push harder than I think my body can do". Megan looked and could see the head. She got so excited and said "I can see *him*!! *His* head's right there!! *He's* so close Heath!! Oh, I don't know why I called it a *him*, I know it's a girl, sorry Heath!!" The next contraction was coming, and I promised myself I would push my body past its limit. Push number one- her head came out. Megan said again, "He's almost there! Oh my gosh! Why do I keep calling her a him??!" Push number two- her shoulders and body. Grant caught her and placed her on my chest. I jumped a little when he put her on me, I just couldn't believe she was out! I was a little surprised, and Meg said she could tell on my face. It was already over!! How wonderfully warm and wet she was! Meg was screeching, "You did it! You did it Heath!!" Grant came around me and showered us with kisses. Nancy asked us what the baby's name is, and Grant and I both answered "Amelia Sue". (We hadn't actually decided on the name yet, so this was special that we both said it).

Amelia was born at 5:40 pm, I had labored for 3 hours and pushed for 10 minutes, and now I felt like I could finally open my eyes. I layed there with her squirming on top of me, loving the sound of her crying, marveling over the fact that the contractions were over. She was heavenly, so soft and lovely. I looked around and noticed the afternoon sun and the lake outside for the first time that day, it was sparkling so brilliantly, it intensified the moment and made it seem even more like a dream.

I pushed out the placenta with little effort, and Nancy checked for tearing (I did not tear at all, sweet!!) Grant and I layed there with her, basking in the beautiful moment. We stayed at the birthing center for another 2 hours. I nursed her and she responded like she'd been doing it for years. Our parents came to meet Amelia at the birthing center, and then we loaded her up to head home at 7:30 pm. We had a little "birthday party" that night here at our home, our parents brought tons of food and we all just stared and held her. We went to bed at about 10 pm, and enjoyed our first evening together as a new family. What a beautiful, beautiful birthday.