

News From Home

March 2006

Volume 70



Nancy's Notes:

Greetings! What a wonderful and challenging year just past. 2005 saw the beginning,--and completion--of the remodel of Lakeside Birth Center. Hooray!

We added a clinic for Dr. Nathan Spencer, Lakeside Naturopathic Clinic, with a separate entrance, a fireplace, exam rooms and office. Our son Matt Graham, who lives next door, oversaw the construction, and we're very happy with the result. Dr. Nathan's patients are enjoying the peaceful space as well. Thank you all for your patience during the process.

The best, as always, are the sweet babies. They're just delicious! Each time a little one "pops around the corner," I'm awed by the magic in the air. It's hard to find words to describe what almost seems like "angel dust" that surrounds the family and settles on everyone present. Some babies have hair, some not, some red, some black, some blond; some babies are chubby, some lean; all their feet are like puppy paws, their fat little bellies taut like a puppy at the milk bowl. They all have such kissable necks, folds everywhere, amazing little ears, sparkly eyes. They smell divine, like fresh rose buds. Just can't get enough of them!

I feel such affection for my Moms who do this grand work. I've often described labor as "hard physical work, like bailing hay, or climbing Mt. Rainier." After watching much of the Winter Olympics, I think all my Moms could stand on the podium and receive the Gold, for the excellent heroic work they've accomplished. The hardest job, usually, comes with the first Little Bean; and when her baby is finally in her arms, nuzzled against her breast, Moms feel victorious. And then a peace settles on the family that you can almost touch. It's wonderful!

Thank you all for sharing this precious time with me, for letting me love you, for allowing me to marvel in what you do.

I hope you enjoy the pictures and stories in this newsletter. My friend Johanna Bocian is responsible for the excellent result! Love, Nancy S

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Yogurt
By Cheryl Tallman and Joan Ahlers

Most people associate yogurt with cow's milk, but it can also be made from goat, sheep, camel and soy milk. Yogurt originated in the Middle East, where the domestication of the cow occurred about 9,000 years ago. It's likely that yogurt was eaten long before it was recorded in history in about 2000 BC. Modern interest in yogurt began in 1910, when Russian researcher Ilya Metchnikoff reported that Bulgarian peasants, whose diets included a great deal of yogurt, lived to extraordinary ages (Does anyone remember those yogurt commercials from the 70's?).

Yogurt is a cultured milk product, made by adding "good" bacteria to milk. These "friendly" cultures, *L. bulgaricus* (named after those long-living Bulgarian peasants) and *S. thermophilus*, are what give yogurt its special properties. Similar to the making of beer or cheese, yogurt is made by introducing a bacteria culture into milk and allowing time for it to ferment. The result of this process is the creamy texture and distinctive flavor we all know as yogurt.

Many people eat yogurt for its health benefits, because yogurt is more than a delicious, nutritious food. Along with being a good source of protein, calcium, and potassium, yogurt with live, active cultures can help to overcome lactose intolerance, and help to prevent and combat digestive tract infections. Some recent research also indicates the possibility that yogurt can help boost the immune system, lower cholesterol, and has potential in the prevention of certain cancers.

Other yogurt folklore remedies profess the benefits of yogurt for skin disorders from pimples to eczema and psoriasis. Additionally, yogurt has been mentioned in treatments for insomnia, hepatitis and jaundice. Bottom line - yogurt is good food!

Age to introduce: About 10-12 months old

Toddler Treat: Sweetheart Parfait

A parfait is an old-fashioned layered dessert that looks pretty, and is fun to eat. We thought you would enjoy a nice sweet treat to serve for dessert to your special loved ones.

Ingredients for each parfait:

- 3 Tbsp. strawberry puree (made from 3-4 large strawberries)
- 1 Tbsp. chocolate syrup
- ½ cup vanilla yogurt
- Whipped cream and sprinkles (optional)
- Parfait glasses, short stemmed wine glasses, or tall glasses

Directions:

Puree the strawberries in a blender. Make the parfaits by layering the ingredients in each glass in the following order:

- 2-3 Tbsp yogurt
- 1 Tbsp chocolate syrup
- 2-3 Tbsp yogurt
- 3 Tbsp strawberries
- 2-3 Tbsp yogurt

Chill. Just before serving, top with whipped cream and sprinkles. Grab your spoons and dig in!



From Mothering.com ~~~ Read more from this article here:
http://www.mothering.com/guest_editors/food_families/food_families.html



Blessed Surprise

Dave and I (Alisa) thought we were done with two children- Jordan Paige who is 11 and Alex 7. What a surprise it was when we found out that we were expecting last February. My past deliveries were not the best experiences but since my sister had two kids through Nancy and was very happy, we set up an appointment with her.



We wanted the kids to know right away so we wrapped small baby items and made them guess the surprise. They were so happy! From the beginning, we involved them- they came to every appointment and we prepared them for being in the birthing room by watching baby shows on TV and reading books.

As the time grew closer, I was VERY disappointed in how far along we *weren't*. On a Sunday we progressed to 2.5 centimeters but were having no contractions. Then during the middle of the night on Wednesday my water broke! Since I had already been in the hospital when this had happened in the past, I was worried that I was going to deliver right then. We called Nancy and she helped us focus by counting contractions and then told us to come on in. We woke up the kids and arrived a little after 1 a.m.

This was the first time that my mom couldn't come so I was concerned that my husband David wouldn't be up to it but I worried for nothing- he was great! As Nancy observed in the room, he stood right there helping me through

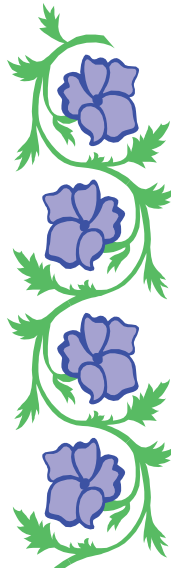


contractions. A little after 5 a.m. my body *still* wasn't ready- but I WAS- so Nancy helped me along a little farther and finally I was able to push! The kids had stayed up the entire night and they called my parents so that they could also "be there" over the phone. They were all so excited- David even got to catch the baby and cut the cord!

At 5:40 a.m. on October 18th our little boy, Corbin Reed Garate, was born at 8 lbs. 14 oz and 22" long. He was so beautiful!!! After the birth we made phone calls, nursed, packed our bags, and were home by 8... it was so great being able to pass out in our own beds.

I can't believe that we thought we were done with just two because now our family feels complete. What a blessing! Thank you, Nancy.





Rivka and Yofi

Taire Malu
9/1/05 8#8 2nd child
Cherish Kaikala & Siota Malu
Tacoma, Wa

Bronson Elijah Karr
9/3/05 8#6 1st child
Sarah & Dan Karr
Sumner, Wa

Mason James Scamahorn
9/7/05 8#6 2nd child
Kelsey Reynolds & Ryan
Scamahorn
Puyallup, Wa

Sawyer John Smith
9/9/05 8#14 3rd child
Mechelle & Jesse Smith
Sumner, Wa

Isabella Ruby Vaughn
9/10/05 7#7 1st child
Annie & Aaron Vaughn
Tacoma, Wa

Tiffany Renee Jones
9/12/05 7#11 3rd child
Danette & Jim Jones
Auburn, Wa

Madeline Claire Phillipps
9/12/05 7#7 3rd child
Sarah & Colby Phillipps
Tacoma, Wa

Rodolfo Jeyden Hernandez
9/13/05 8#13 6th child
Kena Bergquist & Rodolfo
Hernandez
Enumclaw, Wa

Wilhelm Lance Miller
9/14/05 7#12 3rd child
Bekki Beal & Billy Miller
Puyallup, Wa
Mya Joy Massey
9/15/05 7#4 3rd child
Leslie & Cliff Massey
Federal Way, Wa

Ella Skye Baumgardt
9/16/05 7#3 2nd
Robyn & Jeremy Baumgardt
Enumclaw, Wa

Corbin Reed Garate



Yofi and Ellisheva

Mark William May
9/20/05 8#1 3rd child
Keri & Scott May
Yelm, Wa

Adeline Joy Graham
9/25/05 6#10 3rd child
Lori & Tim Graham
Des Moines, Wa

Lillian Grace Lynn
9/25/05 8# 4th child
Shawna Tafoya & Todd
Hickam
Covington, Wa

Robert Coven Glastetter
9/26/05 8#13 2nd child
Shannon Cape & Ben
Glastetter
Tacoma, Wa

Isaiah Thomas Sather
10/3/05 5#14 5th child
Tabitha & Matt Sather
Chehalis, Wa

Kellen Samuel Gray
10/3/05 7#4 4th child
Shane & Aaron Gray
Longbranch, Wa

Gabriella Mae Sibayan Dinelt
10/8/05 8#3 1st child
Patricia & Seth Dinelt
Tacoma, Wa

Chase Scott Morraitis
10/10/05 8#1 1st child
Veda & Tom Morraitis
Kent, Wa



Dr. Nathan's Naturopathic Corner

THANK YOU!!!

Thanks to all of you who have made these past few months such a success for us at Lakeside Naturopathic Clinic! We couldn't have done it without you. As we look forward to even better months ahead, it is extremely exciting to see the progress each of you are making along the path to great health. Keep it up! Remember, we all deserve lifelong great health—my job is to help you reach that goal!

★★



FREE TALK

What is Naturopathic Medicine?

12 Noon Tues. & Wed. March 28 & 29

@ Lakeside Naturopathic Clinic

RSVP to 253-862-3501

Time for Spring Cleaning!

The house is cleaned, and the garage as well.
Now it's your turn!

Start your spring off with the gift of great health.

Lakeside Naturopathic Clinic's convenient, personalized health plans help you feel great fast!

Did You Know?

Pregnant women need an extra 300 calories per day.

Nursing mothers need an extra 500 calories per day.

Just remember, quality counts when eating for two!

Would you like more nutrition advice for you and your baby?
Call today for an appointment.
(253) 862-3501



Introducing Yofi Neshama

Yofi joined our family on February First at 10:44 in the morning. She came ten days early and she came very quickly. I woke up at about 5 in the morning feeling some cramping. At about 7, after not being able to go back to sleep, Josh wanted to know if we should call Nancy. I think he knew I was in labor even though I wasn't quite sure. Since this was our third baby and my last two labors went pretty quickly Josh wanted to make sure and call Nancy in enough time. At 7:30 we called Nancy and as with our two other girls she asked me if it was time. I was feeling a bit funny and wasn't sure if I should commit to it. So we decided to go out to Nancy's so that she could let us know if I was really in labor. Sure enough I was dilated to a 4 even though I wasn't really having hard contractions. She said she was going to cancel her appointments for the day and meet us at our house. I had a few contractions on the car ride home, but I thought that they probably weren't doing very much and that we still had some time before I was going to be ready. By the time Nancy got to our house and checked me again I was a 9. I had gone from a 4 to a 9 in one hour! I could hardly believe that the contractions I was having had done that much work. About half an hour later I started pushing and 3 pushes later Yofi was born. Our third girl. Our third wonderful home birth attended by Nancy!

This third pregnancy was a much harder one than the first two. I had some complications which put me on bed rest for about four months. It was very hard and seemed like a very long road for our family. Nancy was there the whole time and even came to our house for all of my appointments during my bed rest. Throughout all the pregnancies and deliveries, especially this third one, Nancy has always known exactly what to do, when to do it and known exactly what I needed. I feel so blessed to have Nancy as my midwife. I could not imagine not having her with me when I am pregnant and in labor, I don't think I could have a baby without her! We have always felt safe and secure with Nancy around.

Nancy, thank you so much for your wonderful knowledge, attention, care and love for me and our family! You are truly a blessing and we love you!

Love,
Ava, Josh, Rivka, Ellisheva, and Yofi





Ayden Joseph Strange
10/16/05 7# 1st child
Jessica & Dirk Strange
Federal Way, Wa

Micah Seth Wattnem
10/17/05 9#6 5th child
Cathy & Shan Wattnem
Tacoma, Wa

Corbin Reed Garate
10/18/05 8#14 3rd child
Alisa & David Garate
Buckley, Wa

Porter Reed Simmons
10/24/05 8#10 2nd child
Erin & Mike Simmons
Orting, Wa

Jeremiah Josiah Hord
10/25/05 6#3 3rd child
Julie & Jonathan Hord
Kent, Wa

Lucas Russell Elliott
10/28/05 8#3 1st child
Jamie Scott
Puyallup, Wa

Octavius Allen Simington
11/1/05 8# 3rd child
Crystal Isabell
& Lonny Simington
Puyallup, Wa

Damien Christopher Baker
11/2/05 8#13 1st child
Jolene & Joshua Baker
Graham, Wa

Cara Annaliese Young
11/3/05 8#13 3rd child
Carmel & Kevin Young
Bonney Lake, Wa

Allison Ann Johnson
11/4/05 6#14 3rd child
Michelle & Eric Johnson
Federal Way, Wa

Malachi Josef Wentzel
11/4/05 6#12 5th child
Kelly & Ryan Wentzel
Federal Way, Wa

Alyssa Kimberly Millhollen
11/6/05 6#11 1st child
Debra & Drew Millhollen
Tacoma, Wa

Faith Isted
11/6/05 3#12 3rd child
Brandy & Chris Isted
Tacoma, Wa

Naomi Marie George Getz
11/8/05 8#2 3rd child
Angel Getz
Tacoma, Wa

Jim Robert Hicks
11/11/05 6#8 3rd child
Christal & Jesse Hicks
Tacoma, Wa

Annika Jolene Holley
11/17/05 8#4 2nd child
Shana & Richard Holley
Covington, Wa

Randon Moroni Pine
11/22/05 7#6 2nd child
Karen & Derek Pine
Edgewood, Wa

Cole Hunter Hamilton
11/23/05 7#6 2nd child
Leah & Zach Hamilton
Enumclaw, Wa

Keigan Ardan Stevens
11/28/05 8#12 4th child
Maureen & Kevin Stevens
Marysville, Wa

Isaiah Einar Brotman
11/28/05 7#8 6th child
Ellen & Tim Brotman
Bainbridge Island, Wa

Jacqueline Marie Casad
12/7/05 9#4 4th child
Jodi & John Casad
Auburn, Wa

Melodee Grace Czarnik
12/11/05 7#15 3rd child
Ashley & Conrad Czarnik
Puyallup, Wa

Lauren Claire Waters
12/14/05 8#7 2nd child
Brandi & Duke Waters
Burien, Wa

Heather Brooke Nash
12/16/05 7#13 2nd child
Shayla & Jeff Nash
Tacoma, Wa

Emily Jordan Bleckov
12/26/05 7#11 1st child
Anne & Matt Bleckov
Buckley, Wa

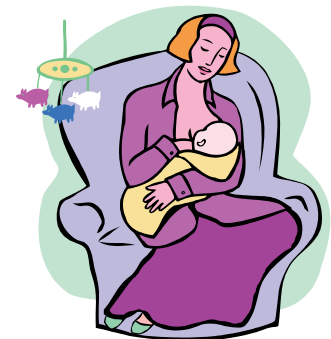
Adam Kay Lindsay II
12/30/05 8#7 2nd child
Cassie Hamilton
& Adam Lindsay
Kent, Wa

Emily Maureen Fossum
Colleen & Aaron Fossum
1/2/06 7#6 1st child
Kent, Wa

Te Ihiarohanui Brown
1/4/06 7#7 3rd child
Ho'o & Ray Brown
Tacoma, Wa

Benjamin Michael Brenizer
1/9/06 7#12 3rd child
Angela & Brian Brenizer
Kent, Wa

Madeline Anne Venzke
1/12/06 8#8 2nd child
Molly & Jay Venzke
Auburn, Wa



Corbin Reed Garate



Old Farmer

- * Your fences need to be horse-high, pig-tight and bull-strong.
- * Keep skunks and bankers and lawyers at a distance.
- * Life is simpler when you plow around the stump.
- * A bumble bee is considerably faster than a John Deere tractor.
- * Words that soak into your ears are whispered...not yelled.
- * Meanness don't jes' happen overnight.
- * Forgive your enemies. It messes up their heads.
 - * Do not corner something that you know is meaner than you.
- * It don't take a very big person to carry a grudge.
 - * You cannot unsay a cruel word.
 - * Every path has a few puddles.
- * When you wallow with pigs, expect to get dirty.
 - * The best sermons are lived, not preached.
- * Most of the stuff people worry about ain't never gonna happen anyway.
 - * Don't judge folks by their relatives.
- * Remember that silence is sometimes the best answer.
- Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.
- Don't interfere with somethin' that ain't botherin' you none.
- * Timing has a lot to do with the outcome of a rain dance.
- * If you find yourself in a hole, the first thing to do is stop diggin'.
- * Sometimes you get, and sometimes you get got.



- * The biggest troublemaker you'll probably ever have to deal with, looks at you from the mirror every mornin'.
Always drink upstream from the herd.
- * Good judgment comes from experience, and a lotta that comes from bad judgment.
- * Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
- * If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around





Name: Micah Seth Wattnem
Meaning: "Who is like Yahweh"
Birthday: 10/17/05 6:03 p.m.
Height: 21 inches
Weight: 9 lbs. 6 oz.
Labor: 3 hrs.
Parents: Cathy and Shan Wattnem
Siblings: Hannah (9), Cassia (7),
 Nathaniel (5), Josiah (2)

Wattnem Family

Anna Sergeevna Goncharov
 1/14/06 8#10 1st child
 Julia & Sergei Goncharov
 Tacoma, Wa

Marissa Rose Roberts
 1/25/05 7#7 10th child
 Angie & Jon Roberts
 Puyallup, Wa

Lauren McKenzie Cates
 2/10/06 5#7 1st child
 Lisa & Coby Cates
 Bonney Lake Wa

Christian-David Aiden Schumacher
 3/5/06 6#12 1st child
 Valerie Schumacher
 Wilkeson, Wa

Dylan Christine Pierucci
 1/14/06 6#4 1st child
 Kristi Baldwin
 & Chad Pierucci
 Buckley, Wa

Aiyana Rhiainon Henningsen
 1/29/06 7#12 1st child
 Courtney Henningsen Fortner
 Tacoma, Wa

Cole Duane Wicklander
 2/20/06 9#2 1st child
 Amanda & Skylar Wicklander
 Tacoma, Wa

Noah Lawrence Pine
 3/10/06 8#1 2nd child
 Becky & Robert Pine
 Bonney Lake, Wa

Paityn Emma Vo Parque
 1/16/06 8#4 2nd child
 Janine & Jim Parque
 Puyallup, Wa

Yofi Neshama Hegg
 2/1/06 6#11 3rd child
 Ava & Joshua Hegg
 Tacoma, Wa

Ethan James Young
 2/23/06 2#9 1st child
 Stephanie Haas
 & Derek Young
 Auburn, Wa

Zenna Maelle Durise Pfeiffer
 3/12/06 7#3 2nd child
 Allani & Bob Pfeiffer
 Puyallup, Wa

Eli Kazuhiko Ohara
 1/17/06 8#10 4th child
 Rita & Mike Ohara
 GigHarbor, Wa

Malachi Reed VanderPol
 2/3/06 8#2 3rd child
 Sharletta & Tim VanderPol
 Tacoma, Wa

Kelahna Naomi Miller
 2/28/06 7#9 4th child
 Amy & Tim Miller
 Bonney Lake, Wa

Emmaly Grace Larsson
 3/14/06 8#3 1st child
 Dana & Josef Larsson
 Des Moines, Wa

Willa Catherine McClung
 1/18/06 4#7 4th child
 Susan & Dennis McClung
 Fircrest, Wa

Dallas-Mae Pardee Chambers
 2/4/06 7#14 8th child
 Rebecca & Craig Chambers
 Puyallup, Wa

Riley Ross Hauptmann
 3/1/06 5#9 3rd child
 Tami Warnstadt
 & Ross Hauptmann
 Bonney Lake, Wa

Daniel Igor Taranov
 3/15/06 6#4 1st child
 Tetyana & Igor Taranov
 Kent, Wa

Elliott Gross
 1/23/06 7#14 1st child
 Melody & Corbin Gross
 Enumclaw, Wa

Haley Jo Clark
 2/9/06 9#7 1st child
 Kiffin Bell & Casey Clark
 Sumner, Wa

Talon Grant Brux
 3/3/06 8#14 3rd child
 Shawna & Grant Brux
 Auburn, Wa

Ella Marie Overbeck
 3/15/06 8# 1st child
 Leah & Andrew Overbeck
 Bonney Lake, Wa

Trinity Velti Thiry
 1/24/05 8#14 1st child
 Julie Vossler & Atti Thiry
 Tacoma, Wa

Faith Elizabeth Romero
 2/9/06 9#9 2nd child
 Laura & Ruben Romero
 Tacoma, Wa

Carsen Philip Lovett
 3/4/06 6#15 3rd child
 Stacy & Chad Lovett
 Puyallup, Wa

Kezia Rae King
 2/9/06 7#10 4th child
 Anita & Lon King
 Tacoma, Wa



Don't accept your dog's admiration as conclusive evidence that you are wonderful. -Ann Landers

If there are no dogs in Heaven, then when I die I want to go where they went. -Will Rogers

There is no psychiatrist in the world like a puppy licking your face. -Ben Williams

A dog is the only thing on earth that loves you more than he loves himself. -Josh Billings



Richard Hertzler / Lancaster New Era

Anybody who doesn't know what soap tastes like never washed a dog. -Franklin P. Jones

If your dog is fat, you aren't getting enough exercise. -Unknown

My dog is worried about the economy because Alpo is up to \$3.00 a can. That's almost \$21.00 in dog money. -Joe Weinstein

Women and cats will do as they please, and men and dogs should relax and get used to the idea. -Robert A. Heinlein

If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man. -Mark Twain

The average dog is a nicer person than the average person. -Andy Rooney

We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made. -M. Acklam

Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate. -Sigmund Freud

I wonder if other dogs think poodles are members of a weird religious cult. -Rita Rudner

A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down. -Robert Benchley

You can say any foolish thing to a dog, and the dog will give you a look that says, 'Wow, you're right! I never would've thought of that!' - Dave Barry

Dogs are not our whole life, but they make our lives whole. -Roger Caras

If you think dogs can't count, try putting three dog biscuits in your pocket and then give him only two of them. -Phil Pastoret

Dispatch from Karen in Aceh

I'd just like to infuse you with a little bit of a reality check from this country of Indonesia, a country where midwives are respected, organized, and direct-entry (nurse-first midwifery failed here as producing competent midwives). Obviously my experience is limited, but how lovely to see a midwife's name on at least one house in every neighborhood and every big street, with prenatal and birth clinics in the front, and their own home in the back or upstairs. Mostly they attend home births, zipping about on their motorscooters, so elegant in their head scarves and colorful draping clothing. Midwives also catch most of the babies in the hospital as well, with only 1600 OBs to serve the entire country. The midwifery association is 60,000+ strong (of 80,000 midwives in the entire country), and the books and posters and newsletter they produce are topnotch. When I mention to someone I am a midwife (like to the checkout woman at the grocery store), everyone's face lights up -- Oh, Bidan, wonderful! Thank you for being a bidan. (Bidan is midwife.)

Okay, I know I sound starry-eyed, but please permit me this moment of feeling like midwifery belongs and is honored and is needed. Of course they have their problems, needing peer review, caring for impoverished women, needing to be the village general medical person as well as midwife, but still....

I don't know how you all feel about Johnson & Johnson (the corporation), but thanks to them the women of Aceh, after the tsunami, were able to obtain midwifery care from Indonesian midwives with a pink voucher that were distributed in all the affected areas where those who survived were in camps and barracks. The pregnant women took the voucher to the midwives (whatever midwife they could find) for prenatal, birth, and pp/nb care, and then the midwives could get reimbursed from a J&J fund specially set up for that purpose. This has helped many many midwives to get back on their feet, continue to feel like they have a purpose, and reconnect with the life force.

Yesterday I visited a midwife who is in a temporary home (a man gave her the place since her home and clinic were flattened). Her name is Ibu Sinarti who has supported her 4 kids alone for 14 years, since her husband died. She was in the process of catching a baby, literally the wet baby in her hands, when the tsunami struck her clinic. The wave was taller than the palm trees (a few of which still stand next to the now empty lot, with the leaves stripped bare). She was swept away in the water, 5 kilometers!!! inland. The mother and baby were lost and never found. Ibu Sinarti's leg was all cut up and it became infected. She had to go to Jakarta for a month of treatment, but kept her leg. She now awaits the rebuilding and restocking of her new clinic, and she is still working as a clinical preceptor in her makeshift clinic. Her 4 children attend university outside of Aceh (which she pays for with her midwifery earnings) so were safe.

I also visited Ibu Irni, the midwife who was awarded the White Ribbon Alliance award last summer. Her home and clinic were damaged, but the big hotel in front saved it from complete destruction. But now the local mayor took over her building, so she is in a temporary space with 2 birth rooms while the organization I am working for builds her a new clinic and home in a nearby neighborhood. Her husband, a PhD in education, and 3 of her 4 children died in the tsunami. That is only one year ago. But here she is, full of energy to rebuild her life. I cannot imagine myself to have even 1% of her strength.

It's a fulfilling time here. Don't know what my contribution will be in the end (mostly hoping there are enough sinks installed in the new clinics -- the architects don't believe me when I talk about how much midwives need sinks!, and trying to convince someone to drain the swampy standing water around some of the clinics because of so much malaria and dengue here so deadly to moms and babes.)

Love and Peace,

Karen



Nancy Spencer
Licensed Midwife



Lakeside
Birth Center

2722 214th Avenue East
Lake Tapps, WA 98591-6245
800/862-6555 ☎ 253/862-6553
Pager: 253/552-3967 Fax: 253/862-1840

Return Service Requested

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Auburn, WA



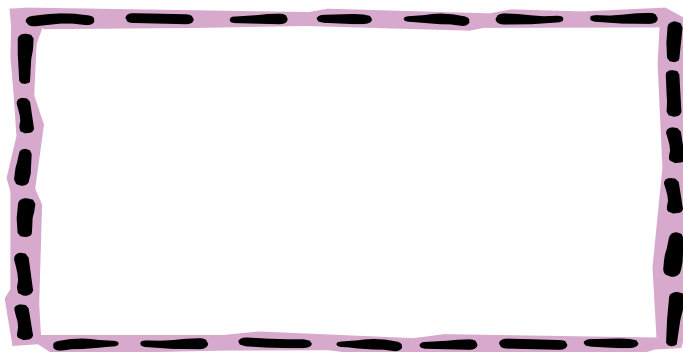
Lakeside Birth Center & Naturopathic Clinic

- Nancy Spencer LM -

- * Free consultation * Free Pregnancy Test *
- * Complete Maternity Care * Newborn Care *
- * Insurance and DSHS *
- * Licensed Birth Center/Home Births *

- Nathan Spencer ND -

- * Natural Medicine * Family Care *
- * Pain Treatment * Wellness *
- * Nutrition * Herbal Medicine * Homeopathy *
- * Individualized Care *



Micah Seth Wattnem



Don't Forget!

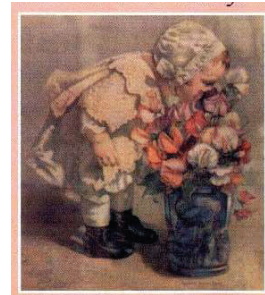
WHAT IS NATUROPATHIC MEDICINE?

A Free Talk with Dr. Nathan Spencer

12 Noon

Tues. & Wed. April 4th & 5th
@
Lakeside Naturopathic Clinic

RSVP to 253-862-3501



Visit us at: <http://www.lakesidebirthcenter.com>
Send your e-mail to: nancy@lakesidebirthcenter.com