

News From Home

August

2010

Volume 77



Time for Nancy's Annual Picnic



What Day: Wednesday, August 25th, 2010-

What Time: 9am—3pm

Where: Sunset Park in Lakeland Hills, Auburn

Address: 1306 69th St SE,
Auburn WA 98391

View map: <http://tiny.cc/LakelandHillsPark>

There will be clowns from Clown Buggie Entertainment!

Hotdogs and juice will be served but bring your side dish!

Nancy will have her book available for purchase at the picnic and will be signing them as well!



Nancy's Notes:

Every time a newborn baby comes into the world, yells that magnificent First Cry, then settles comfortably on mother's breast, I'm in AWE.

Nothing is commonplace about this event, which seems to make the earth stand still. For just a few moments, moms wonder, "What am I doing here?"

Then, almost before a song is finished, her baby is ushered into waiting hands, the silence is filled with glorious noise, pain has ceased, wonder fills the room, all is well.

The transformation is electric, mom is thrilled, dad is speechless, grandma is crying, sometimes I'm crying too: what could possibly be better than this?

Thanks for all your sweet babies who grace my life, and to the Great God in Heaven who makes it all possible: That's the dedication to my book, *Heaven in My Hands*,

I have thought of that "announcement," an acknowledgment of stories that are always tumbling out of my heart, for literally decades. So eventually I put some of these stories in a book.

I'll bring some books to the picnic, and welcome your comments and reviews. I'm looking forward to seeing you all on WEDNESDAY, AUGUST 25th, at Sunset Park in Lakeland Hills, 10-3.

Tate Publishing Company is putting together a press release for August 31st, and will be listing *Heaven in My Hands, a Midwife's Stories of Birth and Life* on Amazon, other booksellers, and different sites, together with TV ads and a TV trailer. Interesting stuff.

One of my main goals in writing this little book was to provide an encouragement to all of you who gather your skirts of courage and deliver these spectacular babies.

Thanks so much for letting me have a small part in the festivities! I love you all.

Love, Nancy

View the trailer for Nancy's book at
<http://www.youtube.com/watch?v=4jIAzKGOtRM>



I'm reading a wonderful book, *SAME LAKE, DIFFERENT BOAT, Coming Alongside People Touched by Disability*. The author Stephanie O. Hubach presents a cogent argument to our society, individuals and churches, to be inclusive of all people. She demonstrates the beauty and value of seeing persons with disabilities, not as "abnormal in a normal world," but rather "normal in an abnormal world." That is a striking and remarkable statement in an excellent and masterful book, which I highly recommend.
Love, NS

Eleanor Holman
7/17/09 F 7#10 2nd child
Jodie & David Holman
Tacoma, Wa

Mary Emma Allred
12/31/09 F 5th child
Randi & Chad Allred
Normandy Park, WA

Pualokomaika'i Meka'ikeoi-
a'i'o Pule
3/8/10 9#3 F 4th child
Sonelle & Johnny Poe
Federal Way, Wa

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

Joshua Bialek
3/24/10 M 3#9 3rd child
Heather & Jason Bialek
Arlington, Wa

Patience Triumph Stahl
3/25/10 F 7#9 1st child
Robbin & Jason Stahl
Issaquah, Wa

Cacilia Olivia
Alexandra Morrow
4/1/10 F 6#11 5th child
Valerie & Brad Morrow
Auburn, Wa

Liam James Waters
4/1/10 M 7#15 1st child
Cassandra & Jameson Waters
Lake Tapps, Wa

Katie Claire Goheen
4/5/10 F 8#2 2nd child
Joy & Mike Goheen
Auburn, Wa

Adam Josef Larsson
4/10/10 M 9# 3rd child
Dana & Josef Larsson
Des Moines, Wa

Eli Aaron Christensen
4/23/10 M 8#8 4th child
Kari & Aaron Christensen
Puyallup, Wa

Tyce Thiago Thorpe
4/22/10 M 8#14 3rd child
Suzanne & Sean Thorpe
Spanaway, Wa

Jerusha Grace Waldo
4/22/10 F 7#2 3rd child
Hannah & Kenneth Waldo
Gig Harbor, Wa

Gabriela Sharlayne Hernandez
4/18/10 F 9# 8th child
Kena & Rudolfo Hernandez
Lake Tapps, Wa

Ronin Michael Ray
4/17/10 M 7#8 4th child
Auburn & David Ray
Wilkeson, Wa

Ruby Renee Lecann
MacKinnon
4/15/10 F 8#10 3rd child
Bonnie Bingham
Kent, Wa

William Hudson Stegman
4/12/10 M 8#9 3rd child
Jessica & Isaac Stegman
Kent, Wa

Reese Marie Yukish
4/13/10 F 8#8 1st child
Tia & Beau Yukish
Auburn, Wa

Dahlia Ava Dills
4/12/10 F 7#9 1st child
Kim & Daniel Dills
Auburn, Wa

Jeffrey Kenneth Gage
4/24/10 M 8# 1st child
Angela & Ken Gage
Federal Way, Wa

Calvin Owen Jones
5/2/10 M 7#12 1st child
Shana & Eric Jones
Bonney Lake, Wa

Shelbey Nichole Rowe
5/5/10 F 8# 2nd child
Josie Davis & Blair Rowe
Bonney Lake, Wa

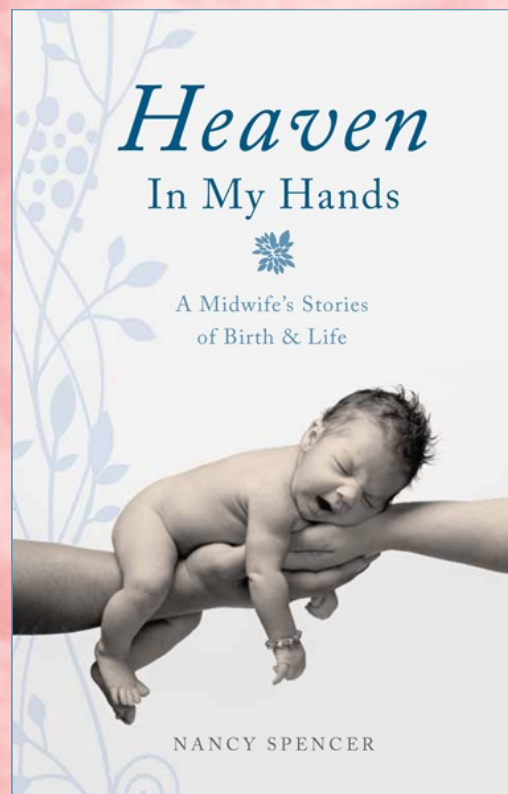
It's Finally Here!!

What on earth has our favorite midwife been up to, you ask? Well, besides assisting little bundles of joy be born she's been writing a book.

"We are wrapped in a mantle of awe at the beauty around us. But there is one particular experience transcending all others—a baby's first breath, that primal cry of a brand new human being that's so powerful, so rich, and so pure, it brings instant tears. The cycle of life begins anew—full of expectation, hope, and love.

Every baby is magnificent, beautiful, perfection itself, whose grand entrance into this world is never commonplace. How could it be? For those first several minutes, it seems as if one can sense the very breath of God come to earth.

This brief exchange with holiness is undeniable, a treasured memory forever, and certainly a story worth sharing."



Nancy's book will be available for purchase at the picnic on August 25th. See Page 2 for details.





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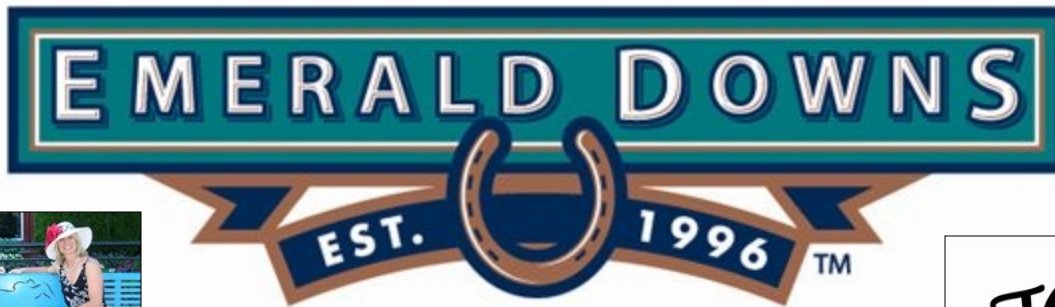
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HATS AND HEELS

(and Shopping, Shopping, Shopping)benefiting: August 13, 2010

Event begins at 5:00p.m. and lasts all evening)

Long before there were fashion shows with catwalks, ladies of elegance attended the races where women of stature strutted their latest fashions, including those trademark hats. Times have changed, and so has fashion, but this long-standing tradition has not. Dust off your hats, put on those heels and join us for Hats and Heels. Plan for an all-inclusive

evening of fun, exclusive shopping, and hopefully a few lucky bets on the ponies.

Tickets for this event include: Admission to the Races Access to the exclusive shopping event in the Emerald Room Hors d'oeuvre Buffet A glass of wine Racing Program and Tip Sheet \$30

To purchase tickets to this event, click here and type in

Promo Code: HATS2010

<https://www.ticketreturn.com/prod2/Buy.asp?EventID=51771&promocode=HATS2010>

OR please call 253-288-7700. 2300 Emerald Downs Drive, Auburn, WA 98001

10% of the sales will go to Children's Therapy Center.

Conception After Adoption: is there a connection?

By Aleigh Acerni

It's an often-overlooked but prevalent phenomenon, and one that hasn't been studied in detail. The scenario: A couple decides to have a baby, but after being unsuccessful, turns to adoption – only to discover during the adoption process that they are also pregnant.

Over the years, I have delivered 6 babies to parents who've adopted first, - two this year! What a joy. ~Nancy

When Michelle Wolf and her husband, Patrick Register, of Charleston, S.C., decided to try for a baby three years ago, they never expected the experience to bring them anything but joy. But, "After three miscarriages and a lot of emotional and physical pain from those experiences, I decided I really didn't need to get pregnant to satisfy any need in me," says Wolf. "We just wanted to be parents. Both my husband and I felt that there are so many children in this world that need love; why not rescue one of them instead of creating yet another mouth to feed on this planet?"

The couple decided to pursue a domestic adoption, a process that took them 10 months to complete. The final step, a home study, was to be scheduled next, but by the time the state was ready to schedule, Wolf was already 5 months pregnant. She'd discovered her pregnancy a month after finding out that she and her husband had been approved to adopt.



Now their adoption has been put on hold, but only for a little while. "First I need to get through this birth and at least a year or two of raising our son," says Wolf. "I hope to set up the adoption process once again in about two years and adopt a little girl a year later or so – about three years from now. I look forward to the experience of meeting our little person and welcoming her into our home."
(continued on page 11)

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The Ten Minute Ten Pounder

I delivered my first child in a hospital in South Dakota and my experience there was great. I had wanted to have a natural delivery and was able to do so. My labor was ten and a half hours long, and only a few hours were intense. The nurses were attentive and knowledgeable and at the end of everything I had a beautiful baby girl to take home with me.



We moved to Washington a year after our daughter was born and a few months later I was pregnant again. I was already the patient of a well respected OBGYN and began my prenatal appointments in his office. At the beginning of my second trimester one of my good friends asked me if I had ever considered seeing a midwife. I told her quite honestly "No." Having a midwife was something that sounded a little too unconventional for me, and I had had a good delivery experience in a hospital. My friend said that the only reason she suggested a midwife to me was because she knew I wanted natural delivery and because you get more personal attention with a midwife. Both of those things were appealing to me so I agreed to meet her midwife.

It didn't take long for me to be won over by Nancy. As soon as you step into her office you feel peaceful, and her obvious knowledge about childbirth is very calming. I trusted her almost immediately and soon after our first meeting I transferred into her care. I don't think I could have made a better choice.

My pregnancy was easy and pleasant. My check ups were brief and reassuring. As my due date approached I was able to enjoy listening to the baby's heartbeat during my non-stress tests. Finally my due date came, and then went. Five more days came and went until finally, early one morning I started



having contractions. They were quite far apart so I tried my best to stay in bed and sleep while I still had time. I already had an appointment to see Nancy at 9:30 that morning. I called her at about 8 to let her know what was happening and to say that we would be in for our appointment time. When we arrived at her office she checked me and I was happy to hear that I was dilated to about 4 or 5. However, my contractions had slowed down. Nancy reassured me that the baby would come that day and then showed my husband and I into her home to wait. Being the impatient person that I am, I



made my husband go on a walk with me, thinking that would speed things along, it didn't. In fact my contractions slowed down even more.

(Continued on the page 7)



(The Ten Minute, Ten Pounder - Continued from page 6)

When we got back to Nancy's I told her that my contractions seemed to be getting further and further apart. She once again reassured me that the baby would be with us soon, and she put me on an IV with plans to break my water once I had a decent amount of fluid in my system. While I was sitting and relaxing with my IV my contractions came back. They got stronger and closer together and when it was time to break my water I had been having intense contractions for about half an hour.

Nancy took us into her delivery room and at 2 o'clock she broke my water. I was dilated to about a 6 when she broke my water, so with each contraction she had me push and she helped my body stretch from a 6 to a 10 in just a few contractions. A few more minutes of contractions and pushing followed and at 2:10 our son was born. I will admit that it was a very intense 10 minutes, but I was so grateful that it was a brief delivery. Nancy laid Liam on my chest and let us enjoy a few moments of snuggling before she took him over to be weighed. I was shocked when she announced

that he was 10 pounds! I had never imagined that I would be the woman delivering such a big baby, and that it would seem so normal. While the delivery was intense it never seemed impossible. Nancy made delivering a ten pound baby in ten minutes seem like a totally normal delivery. Her expertise and calm manner made my whole pregnancy and delivery experience a pleasant one. I now recommend midwives to all my friends who are considering natural childbirth. Midwives, and especially Nancy, know how to make your body work with you to have a safe and less taxing delivery. The day my son was born I fell in love with two people, Liam and Nancy. I have told my husband that we can't move away from Washington until we are done having children because I can't imagine delivering with anyone else. Thank you, Nancy!



Photo by KENANIB.COM

Nancy Recounts the birth from her perspective

Abigail and her husband came in about 9:30AM and she was about 4 cms. She was overdue, and was excited about having this baby.

I sent her out to walk, and when they got back about noon, she was still 4 cms, but her cervix was considerably softer and much more effaced. Sometimes, it seems to me, the cervix doesn't quite reflect what's really going on. I felt some hydration would help her, and set up an IV.

The World Cup soccer games were going on, and so they came into my TV room in my house, and watched Brazil beat Chile. Great game. The game was on from noon to 2PM. At 2PM, when the game was over, I checked Abbie. She was 6 cms., and 100% effaced, and +1 station. VERY READY. I asked her if she felt "ready," and she said "yes." So I broke her water, and with about five contractions, she delivered LIAM,

A spectacular "fully grown" baby boy, 10# and beautiful! We were all a little shocked. I call him "my 10-minute, 10# baby." What a delight.

Sometimes, when hearing a woman re-tell her birth story, I wonder if we were at the same event!

But Abbie's and my recollections match. It was such a fun birth, one I could wish for all my moms!

-Nancy





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Pregnancy Pick Me Up

This is a great drink for relieving morning sickness and helps to restore the body's balance after vomiting or diarrhea. It also helps keep electrolytes high and is good to drink during labor.

1/3 cup lemon juice
1 teaspoon salt
1 crushed dolomite (calcium/magnesium carbonate) tablet

Pour over ice and sip slowly. Stir in enough water to make 1 quart of solution



A variation:

For those who experience low blood sugar, which may contribute to extreme nausea in pregnancy, try this simple drink.

1 teaspoon honey
1 teaspoon apple cider vinegar

Stir into a glass of warm water and sip.

This mixture can be made and drunk throughout the day and if you get up at night.

<http://www.mothering.com/recipes/pregnancy-pick-me-up>





Three Months

"I'll share your sorrow, and you can share my joy." Finally. I've been trying to express this for weeks. I've played this whole mess out in my mind repeatedly, but could not come up with the right words. Not so succinctly and correctly as Allison. Not as beautifully as this.

Mary Emma was the first of a little group of girls at my church. Within six weeks of her birth, three brand new baby girls arrived on our scene. All the moms grew round and tired along with me. All the babies kicked and wiggled along with Mary Emma. Yet we'd been set apart. For most people, it's too hard to know what to do with disaster. Even though we were the same, we weren't.

I watch the new moms carry their new babies to church. The girls are tiny and sweet. The moms are proud and in love. I am in love with my little one too. But I have no proof of her. And few people ask to see her photos. It's awkward. I don't know what to do with disaster either.

The three tiny newborns in my church aren't the problem. Nor are their gorgeous moms. Those babies are alive and growing and learning and well. What a glory! So many things can go wrong. But these babies are right. They are loved by their families. They are cared for and adored. These things are right.

The only thing wrong is that Mary Emma died. This ushers in a wealth of sorrow that can't be denied or ignored. Sorrow does not respect time and place. It wells up in the midst of great joy: It has a mind of its own. I can't control it. I'm simply forced to carry it.

The three other moms carry their joy. They have to. Joy is no respecter either. When it strikes, you're captured. It is unrelenting and brave. It's a beautiful, fitting gift, and should not be denied. We must be careful not to let anyone steal it from us. God has given it.

I've kept some distance from the other new moms. I'd love to know how their babies are doing. How the babies are sleeping and the funny quirks they are unveiling. I love new moms' fears and frets. We have sweet, tender concern for our little ones. Yet, I fear I'll make the moms uncomfortable. Some days the fresh reminder of what I've lost is overwhelming. My tears flow at the sight of those babies. Grief floods in, intruding and uninvited.

I bumbled through a piece of this when I ran into Allison today. We were collecting our toddlers from nursery. She kindly told me she's been thinking about our Mary Emma. I thanked her. I told her how often I think of her. It's a hard place to be--where she is--in light of where I am. She admitted feeling guilty that she had her tiny baby girl, and I didn't. I tried to let her know how glad I am for the new addition to her family. And then she said it. "I'll share your sorrow, and you can share my joy." I'll take her up on her offer.

Alexandra Peyton Henriksen
5/6/10 F 7# 3rd child
Michelle Fredricks
& Jim Henriksen
South Prairie, Wa

Eli Roy Winchell
5/6/10 M 8#4 1st child
Kyra & Carlton Winchell
Puyallup, Wa



Evyn Louie Hillstrom
5/23/10 F 6#9 2nd child
Michelle & Kris Hillstrom
Auburn, Wa

Benedict Laurens Richard
Holdener
5/27/10 M 7# 3rd child
Mandy & Bob Holdener
Bonney Lake, Wa

Zoe Makenna Walker-
Cseswski
6/3/10 F 6#14 1st child
Christie Walker & Logan
Cseswski
Auburn, Wa

Harley Renee Huber
6/5/10 F 6#9 4th child
Alta & Lance Huber
Silver Creek, Wa

London Michael Witsoe
6/9/10 M 6#13 1st child
Natashia Tajalle
& Jaron Witsoe
Lakewood, Wa

Grace Lynn Norris
6/18/10 F 6#5 4th child
Alicia & James Norris
Edgewood, Wa

Charlotte Pearl Biron
6/19/10 F 9#4 2nd child
Kathleen & Jonathan Biron
Federal Way, Wa

Jaedyn Makensy
Rose LaPointe
6/19/10 F 5#12 1st child
Amanda Chambers
& Shain LaPointe
Puyallup, Wa

Annalyse Naomi Bulaong
6/20/10 F 7#14 4th child
Rebekah & Joverine Bulaong
Auburn, Wa

Megan Michelle Bergman
6/22/10 F 7#2 2nd child
Crystal & Britton Bergman
Bonney Lake, Wa

Liam Robert Ross
6/25/10 M 10#7 4th child
Julie & Robert Ross
Bonney Lake, Wa

William James Fischer
6/28/10 M 10# 2nd child
Abigail & Timothy Fischer
Auburn, Wa

Amelia Jayne Nohrenberg
7/2/10 F 8#2
Kathleen
& Justin Nohrenberg
Pt. Orchard, Wa

Kierin Gabriel Nuez
7/4/10 M 7#10
Kimarie & Andrew Nuez
Enumclaw, Wa



Amariah Joy Lafon
7/5/10 F 7#5 4th child
Alanna & John Lafon
Puyallup, Wa

Michelina Talitha Jakubiak
7/6/10 F 8#1 3rd child
Katrina & David Jakubiak
Graham, Wa

Daniel Harrison Gibelyou
7/6/10 M 8#8 2nd child
Linda & Harry Gibelyou
Spanaway, Wa



Wesley Angel Cordova
7/8/10 M 6#13 2nd child
Jessica & Roberto Cordova
Lakewood, Wa

Toby Joseph Burke
7/8/10 M 5#5 10th child
Sheril & Stephen Burke
Issaquah, Wa

Ethan Jeremiah Tinnon
7/9/10 M 7#6 5th child
Traci & Paul Tinnon
Camano Island, Wa

Autumn Lily Zirkle
7/9/10 F 7#8 1st child
Amber & Jacob Zirkle
Bonney Lake, Wa

Shiloh Blakeley Rushton
7/14/10 F 6#11 3rd child
Leslie & Lee Rushton
Puyallup, Wa

Josiah Michael Chong
7/15/10 M 8# 2nd child
Liz & Mike Chong
Lakewood, Wa

Adelaide Rose Hennigan
7/15/10 F 9#7 2nd child
Bethany & Ryan Hennigan
Steilacoom, Wa

Olivia Ann Stephens
7/16/10 F 5#13 1st child
Jennifer & Brandon Stephens
Lake Tapps, Wa

Ayla Lauren Smith
7/23/10 F 8#12 2nd child
Carla Vormestrand
& Brian Smith
Lake Tapps, Wa

Sawyer J Mowbray
7/25/10 M 9#11 1st child
Jennifer & Chet Mowbray
Greenwater, Wa

Mason Tobias Adams
7/26/10 M 7#5 1st child
Rebecca & Michael Adams
Puyallup, Wa

Brayden Asher Skar
7/29/10 M 8#2 1st child
Jennifer & Wendell Skar
Puyallup, Wa

Benjamin Nathanael
Solomyanyuk
8/1/10 M 7#13 2nd child
Oksana & Maxym
Solomyanyuk
Auburn, Wa

Gracie Sierra Johnson
8/2/10 F 8#7 5th child
Elaine & Rick Johnson
Graham, Wa

Nora Jane Graham
8/3/10 F 5#14 2nd child
Bridget Kerin
& Aaron Graham
Auburn, Wa



Babies are Angels that fly to the earth,

their wings disappear at the time of their birth

one look in their eyes and we're never the same

They're part of us now and that part has a name

That part is your heart and a bond that won't sever

our Babies are Angels, we love them forever.

~Unknown~



A Phenomenon?

(continued from page 5)

Couples that plan to adopt often find themselves pregnant, says JoAnne Solchany, Ph.D., a registered nurse, author and assistant professor of family and child nursing at the University of Washington in Seattle. "It happens a lot," says Solchany, who has studied the parent-child connection between both biological and adoptive children for over 30 years. "An aunt of mine adopted and then got pregnant right away. I think for those individuals and the ones that I've met, it's usually that they've let [their desire for biological children] go and made peace with it."



Similarly, Andy and Mollie Coyne had always planned to pursue adoption, but decided to have a biological child first. Those plans changed after a few years of trying unsuccessfully. They decided to adopt a baby girl from Guatemala and were still on the waiting list for her when they found out they were pregnant.

"We found out that we were pregnant with Rory on July 4, 2001, several months before we knew that we would be adopting Maya," says Mollie Coyne. "We were still just on the waiting list for a baby girl in Guatemala, and Maya wouldn't even be born for two and a half more months. ... We found out at the end of September that our Maya had just been born and were thrilled that we would be having two kids – by very different means – in just a few months."

The Coynes, an American family that currently lives abroad in Paris, France, now have three children: Maya, their adoptive daughter from Guatemala; Rory, a biological son; and a biological daughter, Savannah. Maya and Rory are just five months apart. But the Coynes don't feel that their adoption of Maya in any way caused their pregnancy.

"We were just downright shocked to find out that we were pregnant," says Mollie Coyne. "Everyone said, and continues to say, that we got pregnant because we were no longer stressed out about trying to conceive. But that wasn't it at all; we hadn't even tried to conceive for two and a half years, so we had not been stressed out about it in a long time."

A Fact?

Solchany isn't so sure. "Stress hormones and chemicals may take a while to completely get out of your system," she says. "Sometimes it takes a while for a couple to finally relax, and then their pathways open to make pregnancy easier. ... I've seen this happen with people who don't adopt and think they're just not going to have children. That resolution and relaxation allows them to get pregnant. I've seen a lot of people in their late 30s and early 40s who say, 'Well, we tried and I didn't get pregnant,' and they let it go, and then all of a sudden they find themselves pregnant at 42 and are shocked! But it just happens."

She would know. Not only does she work with parents of both biological and adoptive children, Solchany has two adoptive children of her own, a daughter from Romania and a son from Guatemala. "Most adoptive parents I talk to are totally convinced," she says. "They say, 'This is the way my life should've gone. If I hadn't been through the hard times, I wouldn't have this baby. It was meant to be.' I tell my daughter, 'I could've gone anywhere in the world, but I was meant to be here and find you, and you were meant to be mine.'"

Solchany does admit that this phenomenon may be more common for couples who have had difficulty and actively pursue a pregnancy, and then finally relinquish their desire for a biological child. "Really pursuing pregnancy through infertility work when it looks so easy for everyone else is stressful," she says. "Sex loses the enjoyment." Solchany offers one last word of warning for potential parents: "I will add that it is not a good idea to adopt in order to get pregnant, but it definitely happens."

Nancy Spencer
Licensed Midwife



Lakeside
Birth Center

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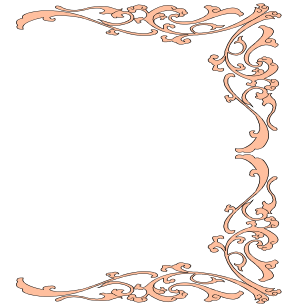
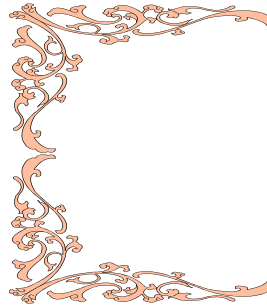
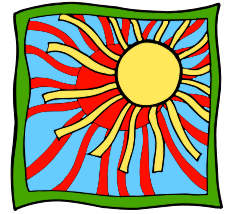
Lakeside Birth Center & Naturopathic Clinic

- 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 *



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