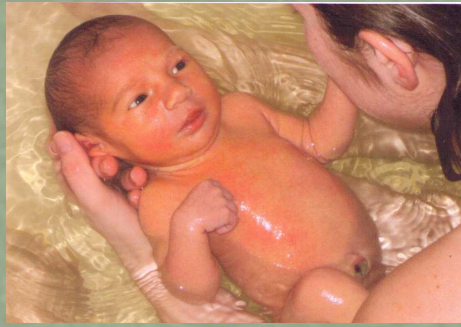


News From Home

March 2009 Volume 76





Nancy,
I ran into a friend that mentioned the fact that she is having her 2nd child and that you are her midwife. You delivered my K'Lee in '92, and there hasn't been a day that has gone by that I don't think about you and the wonderful experience that we shared. I always wanted to have another just so that I could see you again. I check up on you on occasion online, and you have done so much in the community, bringing great joy to many families. You are someone that I will never forget, and I still enjoy sharing my story with others, a very fond memory. I had to write after reading the newsletter. You are a magnificent woman Nancy!
Amber Shelton

Nancy's Notes:

Hello everyone, my friends,

This is a wonderful day, as all days with your sweet babies! My grandson NOAH MICHAEL SPENCER was born to Nathan and Beth on Monday night, 3/2/09. Cute Little Bean, 7#2, as you'll see included in this newsletter with all of those other absolutely spectacular babies born since the last newsletter. How precious it is to me to get to take care of you, to watch your courage and strength, and the awesome outpouring of love and tenderness – and relief – when your sweet little one is put onto your breast, nuzzles in, and just plans to stay there by your heart forever.

Wouldn't it be grand if we could "box up" those delicious feelings that cascade over everyone when your baby takes that first lovely howl, and then settles down to bless your lives forever.

I am so happy to get to communicate with all of you, and to share with you my love and regards. Please keep sending me your fabulous, encouraging and brave stories, They are SO very helpful to others, it's like your sending angel dust to someone you don't know, and bringing them goodness that makes this difficult and troubled world just a little bit better. Thank you all. Hope to see some of you soon again



Love, Nancy



Cash William Santman
8/7/08 M 8#6 1st child
Ali & Shane Santman
Bonney Lake, Wa

Wyatt Jackson Chrismer
8/9/08 M 9# 3rd child
Lori Anne Chrismer & Jeff
Jackson
Gig Harbor, Wa

Gehrig John Paudler
8/10/08 M 7#4 1st child
Heather & Tim Paudler
Lake Tapps, Wa

Logan James Driskell
8/12/08 M 6#13 1st child
Chelsea & Barry Driskell
Des Moines, Wa

Jeanine Marie Stegman
08/14/08 F 7# 2nd child
Jessica & Isaac Stegman
University Place, Wa

Lucas Daniel Finney
8/18/08 M 7#15 3rd child
Susan & Daniel Finney
Renton, Wa

Abigail June Chaussee
8/19/08 F 8#2 3rd child
Joy & Sean Chaussee
Buckley, Wa

Samuel David Hansen
8/19/08 M 7# 1st child
Morgan & Joel Hansen
Eatonville Wa

Sam Russell Reece
8/21/08 M 6#5 1st child
Hannah Reece
Eatonville, Wa

Sydney Lynae Puljan
8/22/08 F 7#5 2nd child
Tina & Darrin Puljan
Bonney Lake Wa

Logan Alexander Deel
8/23/08 M 7#4 1st child
Amanda Deel & Ramiro Gar-
cia, Jr
Enumclaw Wa



Nami Kahauoililehua James
8/22/08 F 8#2 1st child
Rebecca Arakaki & Jeremy
James
Auburn, Wa

Tarryne Wirth
9/1/08 F 4#8 1st child
Shauna Wirth
Bonney Lake, Wa

Caitlin Eliana Young
9/4/08 F 8#8 3rd child
Carmel & Kevin Young
Bonney Lake, Wa

Harley Michael McPherson
9/5/08 M 9#7 6th child
Tasha & Mike McPherson
Buckley, Wa 98321

Samuel Gavin Kralik
9/9/08 M 9#3 4th child
Krista & Gavin Kralik
Graham, Wa

Luke Gabriel Szody
9/11/08 M 8#1 1st child
Gina & Gabriel Szody
Orting, Wa

Jacob William Dixon
9/11/08 M 7#6 4th child
Monica Hayos
Olympia, Wa

Hannah Simone Gibelyou
9/12/08 F 9#1 1st baby
Linda & Harry Gibelyou
Spanaway, Wa

CORN CASSEROLE

by Johanna Bocian

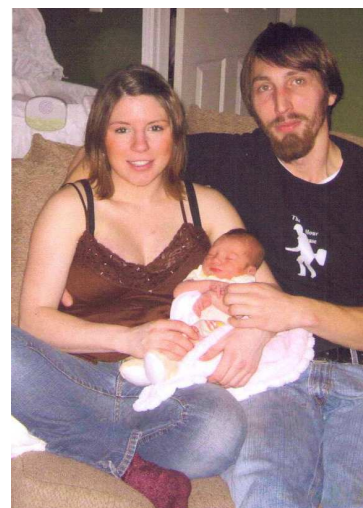
Recently my son had a Cub Scout gathering where they requested parents bring a side dish. Having made every dish I know too many times over I asked the advice of a dear friend. This dish, she said, was strangely popular. She brought it to a party and it was gone before you could say "I guess that WAS a good recipe." Well, I figured, what the heck. Why not? Well, it did not let me down. Not only was it gone in record speed but I got several requests for the recipe. It's cheap, easy and very yummy.

1 can whole kernel corn, drained
1 can creamed corn
1 stick butter (1/2 C), melted
2 eggs, slightly beaten
1 tsp sugar
1 7 oz. package corn muffin mix



Mix all ingredients together, place in to a greased 9x11 casserole dish.

Bake at 350 degrees, uncovered, for 45 - 50 minutes.
It's fairly firm when done, so if it's still "soupy", let it go longer in the oven.



Zoe Gwen Huggins
9/13/08 F 8#2 3rd baby
Jennifer & Jeff Huggins
Puyallup, Wa

Greyson Christopher Fahey
9/19/08 M 7#7 3rd baby
Naomi & Nathan Fahey
Tacoma, Wa

Demetrius Macias
9/19/08 M 8#12 5th child
Elizabeth & Henry Macias
Auburn, Wa

Liv Lavender Wenzel
9/22/08 F 6#7 4th baby
Suzanne Little
& Chris Wenzel
Lake Tapps, Wa

Mason Anthony Harris
9/23/08 M 7# 2nd baby
Jessica Kessler
& James Harris
Tacoma, Wa

Maverick Jay Crossman
9/24/08 F 8#9 3rd child
Cristina & Joshua Crossman
Roy, Wa

Amelia Goheen
9/24/08 F 2nd child
Joy & Mike Goheen
Kent, Wa

Xander Scott Pearson
9/24/08 M 7#6 1st child
Tresha Reed & Jay Pearson
Lake Tapps, Wa

Tanero Iukea'olaione
Alfredo Brown
9/23/08 M 7#9 5th child
Ho'o & Ray Brown
Tacoma, Wa

Crockett Courage Cantrell
9/26/08 M 6#13 5th child
Natalie & Mike Cantrell
Bonney Lake, Wa

Cerridwen Elizabeth Meharg
10/1/08 F 8#6 1st child
Christine Chansley
& Glen Meharg
Tacoma, Wa

Olivia Grace Stoll
10/1/08 F 8# 3rd child
Joy & Seth Stoll
Puyallup, Wa

Irie Haze Weigt
10/3/08 M 8#10 3rd child
Ann Krohn & David Weigt
Buckley, Wa

Savannah Jean Scott
10/5/08 F 6#9 2nd child
Tina & Rob Scott
Federal Way, Wa

Hayden Olivia Musselman
10/24/08 F 7#10 2nd child
Amber & Brian Musselman
Puyallup, Wa

Jana Lilia Stewart
10/24/08 9# 1st child
Joy & Thomas Stewart
Pt Orchard, Wa

Zachary Hayes Chittenden
10/28/08 M 8#15 3rd child
Candyce & Tad Chittenden
Tacoma, Wa

Rhyker Dean Ingalls
10/29/08 M 10#10 6th child
Monica & Brian Ingalls
Eatonville, Wa

Mathias James Lee
11/2/08 M 9#1 6th child
Rachel & Brian Lee
Buckley, Wa

Evan Thomas Hall
11/4/08 M 8#7 1st child
Zsanett Szabo & George Hall
Lake Tapps, Wa

Ethan Ryan Sweet
11/4/08 M 7#9 2nd child
Bethany & Jeff Sweet
Puyallup, Wa

Fiamma Violetta Guida
11/7/08 F 8#3 2nd child
Lindsay White
& Carlo Guida
Burien, Wa

Caleb David Anderson
11/18/08 M 9#5 3rd child
Amy & Mike Anderson
Buckley, Wa

Tristan James Lauer
11/24/08 M 5#12 1st child
Nicole & Chris Lauer
Puyallup, Wa

Levi Drake Franklin
12/21/08 M 7#11 2nd child
Nichole & Marcus Franklin
Buckley, Wa

Madison Jane Fox
12/26/08 F 7#7 4th child
Rhonda & Chris Fox
Auburn, Wa

Colessa Maylin Pinnell
12/17/08 F 7#7 5th child
Christina Crownhart & Gerry
Pinnell
Spanaway, Wa

David Eduardo YehChi
12/17/08 M 5#8 2nd child
Beatriz YehChi & Santiago
Garcia Lopez
Auburn, Wa



Noah Ryan Hennigan
10/6/08 M 8#8 1st child
Bethany & Ryan Hennigan
Steilacoom, Wa

Kaydence Nichole Nash
10/7/08 F 7#12 3rd child
Crystal Nash
Sumner, Wa

Brody Joel Ronning
10/17/08 M 7#10 1st child
Shandra & Casey Ronning
Edgewood, Wa

Yahel Emunah Meeks
10/23/08 F 7#12 3rd child
Nichelle & Joshua Meeks
Lakewood, Wa

Leslie Ryan Buczak
10/29/08 F 6#4 1st child
Stephanie & Ryan Buczak
Everett, Wa

Analise Joy Larsson
10/31/08 F 7# 2nd child
Dana & Josef Larsson
Des Moines, Wa

Liam Delbert Griffith
11/2/08 M 9#10 4th child
Michelle & Andy Griffith
Des Moines, Wa

Logan Maxwell McGrath
11/2/08 M 9# 2nd child
Christine & Dean McGrath
Tacoma, Wa





Luke's Birth

We would like to announce the birth of our son, Luke. He was born on December 2nd at 1:07am. The labor and delivery went beautifully. I was due November 27th and went to see Nancy on the morning of the 1st. She examined me and nonchalantly said she wouldn't be surprised to see us back there soon. We went grocery shopping after our appointment and I noticed I was pretty

uncomfortable from the examination, but didn't think much of it. Later on that day, I was getting ready to go get a pregnancy massage when my water broke at 2:30 in the afternoon. Right away I started having pretty strong contractions. Within a few minutes, they were a steady 2 minutes apart, 40 seconds long. I called Brandon to come home from work and he rushed home. Thank goodness, my mother-in-law works only 5 minutes away from our home, so she came right over and helped me until Brandon could get home.

We labored at home for only another 30 - 45 minutes before the contractions were 1 minute apart, 45 seconds long. We decided to head for Nancy's. So up to Lake Tapps we went. Our doula, also one of my dearest friends and our birth photographer, met us at Nancy's. I was a 3 when we arrived. So the hard work began. My contractions were relentless and often piggybacked 3-6 of them on top of each other. I had a wonderful support team with my husband, his mom, our doula, and Nancy. I found a little relief in the soaking tub and was able to sleep between contractions for a while. We labored in and out of the tub for the next 10 hours until Nancy finally said the magic words..."Ok, it's time to start pushing!" I pushed for 22 minutes, 4 rounds of pushes, and out came our son, Brandon Luke Jeffries. Brandon caught him and bonded with that little goeey mess of a person as soon as he saw him. I got to hold my reward for a little while, then Nancy took him over to weigh and measure him. Then came the surprise. She told me I just gave birth to a 9 pound, 2 ounce baby! I couldn't believe my ears. He was perfect. We couldn't have imagined a more beautiful experience. Even though natural birth is painful, long, hard work, it was a productive pain. For me, it was so worth it to have control of my pushing. I did mention that I'd like something for the pain. I even asked for Tylenol, since that was the only pain killer I could take during the pregnancy it seemed logical at the time. Thank goodness my team knew me well enough to know that I'd give up if they didn't acknowledge my requests. All in all, the whole delivery went beautifully. There was no need for any intervention, other than Nancy stretching my cervix each time she checked me (ouch!). That is what labor can do if you let it do it's job. I spoke with our pediatrician later and he said hands down we would have had a 75% chance of a C-section if we had been in a hospital. The other, more important payoff, was that Luke



was so alert for a couple hours after birth. His eyes were open, he responded to Brandon's and my voice and he breastfed for a good 40 minutes. It was such a precious time for us to get to know our son. After this experience, I can't imagine having a child any other way (unless intervention is necessary of course). Thank you, Nancy, for giving us the gift of your calm and wise words. Thank you for knowing when to help and when to let us work through it. Thank you for your encouragement and patience. Most of all, thank you for making this birth the most wonderful experience of our lives. We love you!

Brandon, Lacey, and Luke Jeffries



Lia, Grey Thompson
12/14/08 M 8#15 1st child
Jennifer & Jordan Thompson
Bonney Lake, Wa

Heremias & Naomi Villa
12/20/08 M & F
4th & 5th child
Veronica & Victor Villa
Puyallup, Wa (at St. Francis)

Joseph Avery Samuel Meyer
12/14/08 M 9#6 5th child
Jennifer & Fred Meyer
Burien, Wa

Hezekiah Gideon Miles
11/29/08 M 7#15 2nd child
Cathryn & Matthew Miles
Shelton, Wa

Kenji Christian Whaley
11/14/08 M 4# 2nd child
Kjerste & Derek Whaley
Puyallup, Wa (at St. Joseph)

Khizo Anthony Sebastian
Ngimbwa
11/11/08 M 8#7 2nd child
Chantelle & Tony Ngimbwa
Puyallup, Wa

Thierry Hezekiah
Henningesen
11/30/08 M 7#1 2nd child
Courtney Henningesen
Tacoma, Wa

Brandon Luke Jeffries
12/02/08 M 9#2 1st child
Lacey & Brandon Jeffries
Puyallup, Wa

Lucy May Ruet
12/8/08 F 7#14 1st child
Rebekah & Chris Ruet
Puyallup, Wa

Devynn Terri Wallace
12/23/08 F 6#1 1st child
Jennifer Thompson
Tacoma, Wa

Irie Kathleen Tait
12/30/08 F 7#1 1st child
Heika Bounds & Aiden Tait
Puyallup, Wa

Merahitia'i Meilissa
Meleho'onaniamau
Aulaumea
12/13/08 F 7# 3rd child
Pomai & Tuufaifo Aulaumea
Tacoma, Wa

Alexander Bryan McCarter
12/12/08 M 8#2 2nd child
Beverly & Peter McCarter
Chehalis, Wa

Avery Ann Smith
1/12/09 F 8# 1st child
Carla Vormestrand
& Brian Smith
Lake Tapps, Wa
Seth Calvin Spry
1/21/09 M 7#6 1st child
Leslie & Bobby Spry
Covington, Wa

Alexander William Emery
1/16/09 M 9#5 2nd child
Chanda & Jason Emery
Maple Valley, Wa

Back in Time

It's no secret that we're facing trying times in the present economic climate. There are many similarities between present times and the last depression. Personally, I choose to see this as a fabulous opportunity to embrace community, live more simply and truly appreciate what I do have. Not everyone is blind to this trend. A lot of people are really pulling together to do what they can to help one another and help reconnect to one another while helping our own pocketbooks.

Here are some fabulous resources that can help us in our journey....



<http://tacoma.jbfsale.com>

Just Between Friends—Quality childrens, teens and maternity consignment sales—Tacoma based!

No need to shop overpriced malls and department stores! No more garage sales, no more hit and miss at consignment stores! We put it all under one roof! Once you discover Just Between Friends, it will be an event that you will never miss again! Use the website above to find events near you!

<http://www.sustainablepuyallup.blogspot.com/>

Sustainable Puyallup—a network of friends who support each other's environmental and social justice work in the Puyallup area.

This group of people (surprisingly not limited to Puyallup but merely centered there) is looking to offer many things!

Demonstration sites, greenmap, classes & trainings, action! Some of their passions include but are not limited to: permaculture, cob building, waste vegetable oil fuel, farmland preservation, community gardens, self-reliant energy systems, greywater, etc. Presently they are meeting occasionally at the Puyallup Public Library in downtown Puyallup. Keep an eye on the website for more information on meetings.



<http://www.freecycle.org>

The Freecycle Network™ —is made up of 4,689 groups with 6,497,000 members across the globe. It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by a local volunteer. Membership is free. To sign up, find your community by visiting the website above.

Finely Charles Burwell
1/19/09 M 9#3 3rd child
Jill & Adrian Burwell
Renton, Wa

Brody Dylan Pierucci
1/14/09 M 8#10 2nd child
Kristi Baldwin
& Chad Pierucci
Buckley, Wa

Solomon Mack Henley
1/23/09 M 7# 14 1st child
Cheramie & Adam Henley
Puyallup, Wa

Jarin Paul Ragazzo
2/1/09 M 7#5 4th child
Donna & Mario Ragazzo
Spanaway, Wa

Harmony Reign Lundberg
2/2/09 F 8#11 4th child
Naomi & Eric Lundberg
Puyallup, Wa

Adoni Cary
2/6/09 M 7#5 1st child
Amy & Micah Cary

Lakewood, Wa
Marina Joy Carlton
2/6/09 F 6#10 2nd child
Shanna & Max Carlton
Auburn, Wa

Aidyn Johnathan Neal Sydnes
2/7/09 M 9#6 2nd child
Kalyn & John Sydnes
Kent, Wa

Nolee Grace Guerra
2/08/09 F 8#12 2nd child
Chariti Guerra

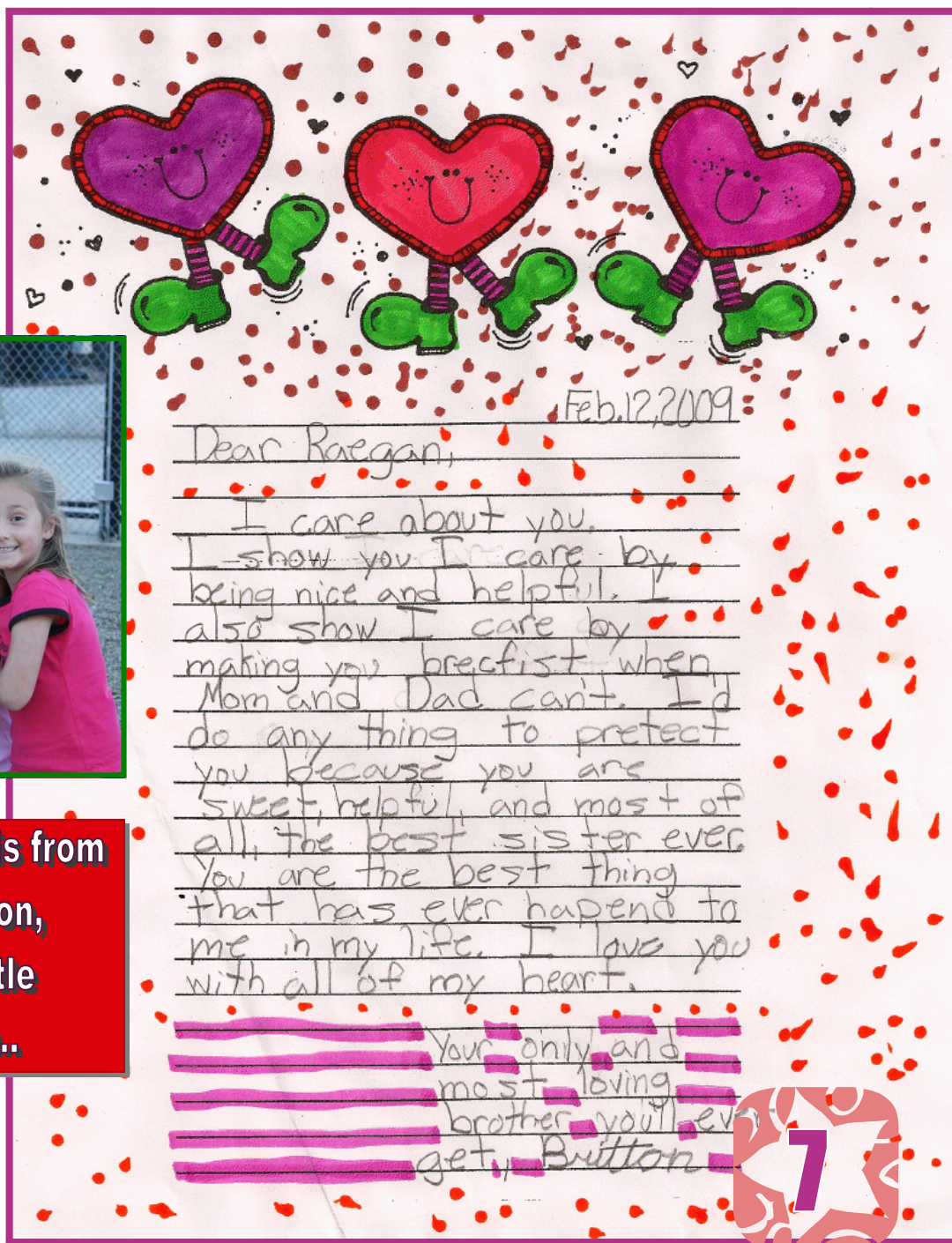
Puyallup, Wa
Scarlet Alyse Cheney
2/10/07 F 6#8 1st child
Amy Fyalka & David Cheney
Tacoma, Wa

Gabriel Joseph Franco
2/13/09 M 7#5 2nd child
Krista & Jose Franco
Orting, Wa

Colt W Jopp
2/14/09 M 7#11 2nd child
Janna & Tim Jopp



This little love note is from
Nancy's Grandson,
Britton to his little
sister, Raegan..



The Natural Path

The Question of Vaccinations

Dr. Nathan Spencer www.LakesideNaturalHealth.com

As a Naturopath working alongside Nancy, I am blessed to see many children in my own practice. One of the most common subjects parents ask me about is vaccinations. Are they Safe? What are the Risks? Which vaccinations, if any, do I recommend they get for their child? As with many health issues, there is not always one good answer to each of these questions. As I do in all aspects of my practice, I encourage a whole-person, holistic approach to these issues.

There is increasing concern about the safety of vaccinations. Recent court cases in the past few years have first supported, and then re-futed the link between vaccines and illness, particularly autism. Other cases point to the potential link between the multiple vaccines in the recommended schedule and learning disorders, asthma, and other health concerns. Meanwhile the official position from the medical community at large is that vaccines are only a good thing with no significant side-effects. What is a parent to believe?

I tell parents with these concerns is that, first and foremost, from a global perspective, vaccinations have undeniably benefited children world-wide. Polio, small-pox, diphtheria; these all caused significant suffering throughout human history. Through vaccination efforts, these diseases are now found mostly in undeveloped areas of the world.

Here in Washington, and the US, most people have been vaccinated without apparent side-effects. This creates "herd immunity," reducing the chance that diseases will spread through communities, and reducing the overall risk for everyone. We also have access to excellent emergency health care and abundant food choices preventing many nutritional deficiencies. This allows many parents to feel confident declining vaccinations for their child.

For parents actively debating whether or not to vaccinate, I recommend keeping an open mind and determining their general risk level. Exposure is the greatest risk for these diseases. This includes traveling, and contact with other travelers; daycare and other children's groups; any exposure to large groups of people. Also, some of these diseases are not as likely to be caught by, or to cause significant harm to children. While we never want our children to catch Hepatitis B, the route of infection is almost exclusively through sex or IV drug use – both unlikely in infants. Chicken Pox infected close to 95% of previous generations, and most of these developed lifelong immunity without any further complications. These are two examples of vaccines that some parents have decided they do not want for their children due to low risk and/or benefit. For these parents, I support spreading out the vaccination schedule, fewer vaccinations over a longer period of time.

The decision to vaccinate is often a difficult one, especially for new parents. I want all parents to know, whether they decide to decline all vaccinations, to fully vaccinate, or to create an amended schedule, that I will support their informed decision. Your health, and that of your family, belongs to you. My job is to ensure that these decisions are made with the best information available, in a supportive, caring environment.

For those of you with additional questions, I encourage you to call and set an appointment.

Yours in health,
Dr. Nathan Spencer





Longbranch, Wa
 Moriah Carlene Luong
 2/16/09 F 8#1 1st child
 Tamiko & Simon Luong
 Graham, Wa

Yanelly Lopez
 2/29/09 F 7#13 5th child
 Maria & Jose Lopez
 Pacific, Wa

Jaxon Harvey
 2/27/09 M 6#12 1st child
 Cheyanne Howell
 & Jared Harvey
 Auburn, Wa

Naomi Miriam Jacobson
 2/27/09 F 6#10 1st child
 Elizabeth & David Jacobson
 Federal Way, Wa

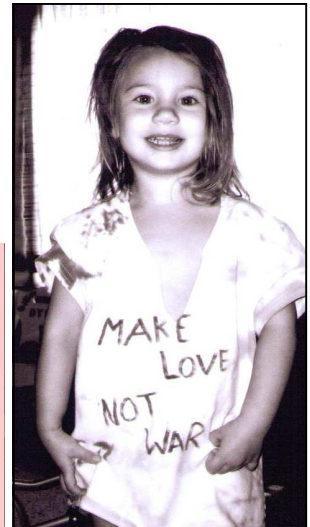
Baby Girl Haigh
 3/1/09 F 9#9 5th child
 Michelle & Brian Haigh

Nathan, Beth and Zach
 got to meet Noah on March 2nd.

Tacoma, Wa
 Corban Lemanski
 3/2/09 M 6#8 1ST child
 Melissa & Nathan Lemanski

NOAH MICHAEL SPENCER
 3/2/09 M 7#2 2nd child
 Beth & Nathan Spencer
 Buckley, Wa

Ruston Emmanuel Crones
 3/2/09 M 7#6 1st child
 Julie & Jeremy Crones
 Fife, Wa



Nancy Spencer
Licensed Midwife



Lakeside
Birth Center

2722 214th Avenue East
Lake Tapps, WA 98391-6245
800/862-6533 ☎ 253/862-6533
Pager: 253/552-5967 Fax: 253/862-1840

Return Service Requested



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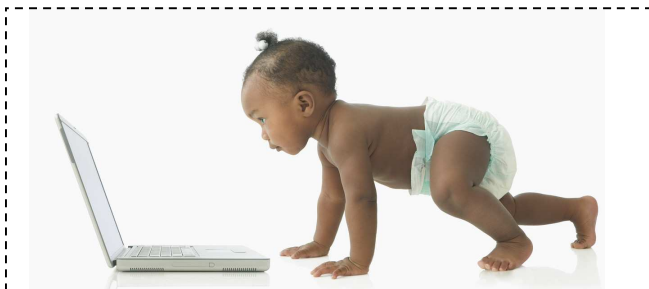
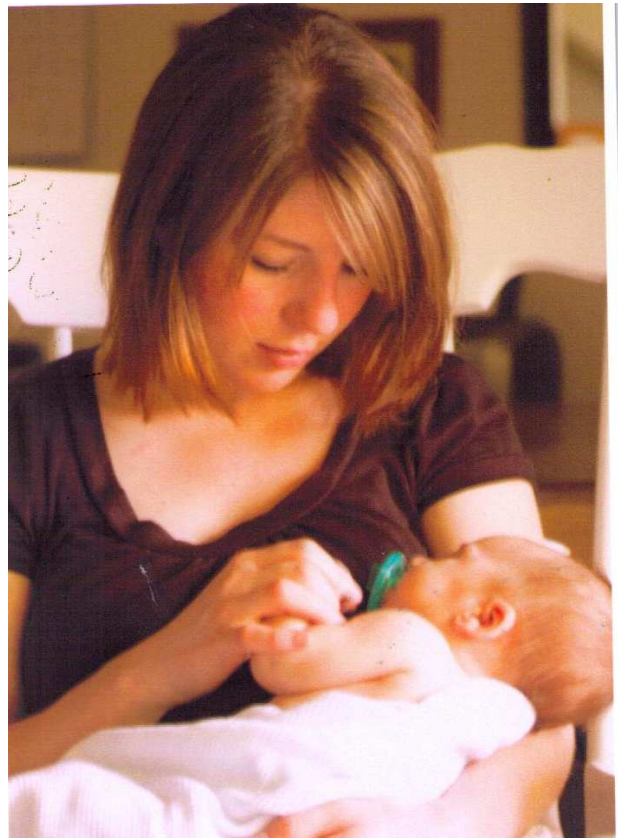
**Lakeside Birth Center &
Naturopathic Clinic**

- 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 *



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