

Welcome Helen Sztain-Quintana to this world!

After a long, 10-hour wait at the Peter Lougheed hospital in Calgary, Canada, we welcomed Helen Sztain-Quintana into this world at 11:56 pm, on June 7, 2018.



She came in with as much hair as Stella, her older sibling, who's turned 4 years old in July. Luckily both inherited that from Sushila's (my wife) family.

Sushila is originally from Venezuela, in South America, and women there are known for their physical beauty.

I am originally from Buenos Aires, Argentina, though we lived for four years in Tel Aviv, Israel before immigrating to Calgary, Canada, back in 1993.



Both our families are large:

- Sushila has four siblings, one of whom is in Calgary, one in USA, one in Germany and one in Venezuela.
- I have three siblings, all of them in Calgary.
- Stella has 14 cousins, most of them a couple of years older than her – 10 of them live in Calgary, two in USA and two in Germany.
- Out of the group of 12, including Stella and Helen, in Calgary, only three are boys, so there's always plenty of female energy around.
- So when I'm not looking at numbers at work, doing stuff with/for the Canadian Theosophical Association or the International TOS or doing volunteer work elsewhere, I'm usually with family, and I may be a bit biased, but I'm most of my nephews'/nieces' favourite uncle.
- As you can imagine, with so many little girls, I spend a lot of time in birthdays with girly themes, so I know quite a bit about Barbie dolls, My Little Pony, Peppa Pig, etc... I quite enjoy Peppa Pig cartoons, I admit, and know most of the characters in there, as well as in other popular cartoons.
- Having a gentle and easy-going personality helps immensely when spending time with children.



Yes, Stella is as cute in real life as she is in photos. Apparently she looks exactly like Sushila did when she was Stella's age. With Stella, I play a lot of pretend stuff, so I play doctor and she pretends to be the patient, then we switch roles, and the same with dentist, eye doctor, boss, chef, and she pretends to be a little baby again, so I feed her a milk bottle and change her diaper (although she wears no diapers), and then we switch, so I lie down, she feeds me and changes my diaper.

Stella is at that age where she asks WHY about anything and everything. And she doesn't just stop after we give the first reason. Once we reply, then she asks again, "but why?" And after we reply, she again asks, "but why?" I wonder if I was like that at her age. Frankly I still am in many aspects, definitely asking WHY. That's why I'm a TS member, and so is everyone reading this.

I started doing that to my wife, asking why after she gives me an answer to a question I pose. After a few times she said she's looking after two children already. She doesn't need another one.

Being a dad and an uncle who's present in the lives of children is extremely rewarding. Even if the children will never remember any of it, I always will.

We'll see how a Gemini (Helen), a Cancer (me), a Leo (Stella) and a Sagittarius (Sushila) get along, as we go through this life together as a family.



Stella, acting as a good big sister, helps mommy feed the new baby.



Helen, peacefully sleeping