



# The Daily Double

Fredericksburg Area Mothers of Multiples Club

Volume 28, Number 1 June, 2003

*June*

## FAMOMC Meeting

**DATE:** June 3, 2003

**TIME:** 7:00 Business Meeting

**Place:** Mary Washington Hospital

Directions to MWH: From Rt. 3 take Rt. 1 north go to fourth light and take a left at light onto Mary Washington Blvd. Follow signs to hospital.

Our speaker for June will be Donna Drury from Tastefully Simple...small indulgences for busy lives. She is Lisa Marsden's Aunt. She will be talking about the products, giving us a few recipes and tips, and **feeding us!** There will be a mystery hostess which will be drawn at the meeting so be sure to attend because it could be you! If you have suggestions for upcoming speakers, please contact Kim Schneider at twinsand1@mail.com or 540-286-0690. Thanks.

**Also you will not need to bring any refreshments to share as food will be provide by Donna!**

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## A Note From Our "New" President

Hello fellow multiple mothers:

I would like to take this opportunity in my first newsletter message to let everyone know that I have never been a president of a club nor did I ever plan to be a president of the club. I am taking this post this year, and for one year only, so that others will realize that they too can do this job. I vow to do the best job that I can, but I will need the help and cooperation of all club members to make this a successful year. I will rely on my experience as a special education teacher and a school social worker as well the guidance of my only two presidents, Lisa and Selma. My goal this year is to get our clubs' members involved in our activities and to encourage building relationships with other mothers of multiples so that we all feel that we have a support system in place when or if ever needed. Sometimes just simply knowing that others are there to support you make situations much better.

As we progress through this year, I am hoping that we can increase our membership, involve more mothers of multiples, and have more members step forward with enthusiasm and take on some responsibility and or leadership roles to continue our clubs goal of providing support for parents of multiples, providing community support, and maintaining that special bond experienced between those with multiples.

Before I close, I would like to remind everyone that we have three main club fundraising activities and we will need the help of all members. We are selling trinkets at the Fredericksburg First Friday functions, selling food and drinks at Hurkamp Park, and sponsoring a fall and spring yard sale. Please jump in and help with these functions. Our June First Friday event is on June 6th and our July function will be held on Thursday July 3rd because of the holiday. Please come help.

Also, don't forget our patriotic concert we plan to perform at the Chancellor Retirement Village at 10:00 am on July 4th. I will have tapes with the songs available at the June and July meetings.

And last but not least, get ready for those children to be home for summer!!!!!!!!!!

Sheri Pierce

**Donations:** We will be collecting cleaning supplies for the Thurman Brisben Homeless Shelter this month. They especially need 13 & 39 gallon Trash Bags. Also if anyone is wanted to get rid of their double stroller they are also in need of those. Any questions please contact Laura Wright at 540-854-4032

**FAMOMC OFFICERS**

President.....	Sheri Pierce .....	752-4262
1st VP.....	Kim Schneider .....	286-0690
2nd VP .....	Stacey Broughton.....	654-5338
Secretary .....	Lisa Marsden.....	659-2075
Treasurer .....	Kim Hupp .....	786-8723

**COMMITTEE CHAIRMOMS**

Newsletter Editor .....	Stephannie Hartwig...	834-4172
Membership .....	Stephannie Hartwig.	834-4172
Webmaster .....	Renee Hamlett.....	891-2530

**Sunshine.....**

Honorary .....	Dianna Wheeler.....	582-8188
Prospective.....	Kristine Keesecker ..	891-5087
Packets .....	Lisa Marsden .....	654-5338
Librarian .....	Carlene Lewis.....	720-2728
Historian .....	Selma Kossol.....	785-9820
Refreshments .....	Kristine Keesecker ..	891-5087
Scholarship .....	Kim Hupp.....	786-8723
Scholarship .....	Kim Altemose .....	752-1650
Mom's Morning Out...	Stacey Broughton ....	654-5338
Mid-Atlantic Delegates		

	Kim Hupp.....	786-8723
	Kim Schneider .....	286-0690

Alt Delegates	Dianne Albrecht .....	898-1131
	Kim Altemose .....	752-1650

National Rep .....	Lisa Marsden.....	659-2075
Big Sis/Little Sis .....	Stacey Watson.....	368-3153
Social Welfare .....	Laura Wright .....	854-4032
Bylaws .....	Rebecca Thomas .....	373-9339

**Ways and Means..... OPEN****Hurkamp Park..... OPEN**

Yard Sale .....	Michelle Patrick .....	899-8982
Silent Auction .....	Dianna Albrecht .....	898-1131
T-shirts/Hats, etc.....	Kim Hupp.....	786-8723
Convention Sales .....	Stephannie Hartwig.	834-4172
Convention Sales .....	Kim Schneider.....	286-0690

**First Fridays.....**

May.....	Lisa Ernest.....	786-8003
June.....	Stacey Watson.....	368-3153
July .....		
August.....	Stacey Broughton ....	654-5338
September .....		
October .....		

**2nd Vice President Committees.....****Summer Picnic..... OPEN**

Summer Picnic Host ...	Selma Kossol.....	785-9820
Fall Festival .....	Stacey Broughton ....	654-5338
Christmas Party.....	Stacey Broughton ....	654-5338
Easter Party/Egg Hunt	Lisa Ernest.....	786-8003
Installation Dinner .....	Sheri Pierce .....	752-4262
Parents Dinner .....	<b>OPEN</b>	

This will be a new feature to this year's newsletter! Each month Sheri will be publishing a copy of the important issues/topics to be discussed at the meeting. This will give you the chance to see if there is something important you don't want to miss. Also if there is an issue/topic that you feel needs to be brought up at the meeting you will need to contact Sheri a few days before the meeting to have your topic added to the agenda.

The following is a list of items that will need to be discussed at our June meeting. If you have any items that you feel should be part of the June meeting, please call Sheri Pierce 752-4262.

**1. Bylaw updates:**

- a) Expanding the members of the executive board
- b) And life-time members benefits.

**2. Updating and changing the yearly budget:**

- a) Adding Scholarship to the yearly budget

**3. Suggestions for Guest Speakers****4. Suggestions for Monthly Donations through Social Welfare****5. Secrete Pal Revision****6. June events:**

- a) First Friday
- b) T-shirt painting Date June 28 10-12 pm old t-shirt red, white, blue or gray if new needs to be washed

**7. July events:**

- a) First Friday
- b) July 4th Patriotic Concert
- c) Club picnic

**Trail Baby Sitting Service!**

We are going to try the baby sitting service on a 3-month trial basis beginning in July. The club will give the sitter an initial \$10 and the cost to the parent will be \$1 per hour per child. The sitter has the right to remove unruly children. You must make reservations by June 24 or you will not be able to use the service. Reservations can be made by calling Cabell Melson at (540)368-5569.

## May Minutes by Lisa Marsden

**Members Present:** Lisa Earnest, Sheri Pierce, Stacey Broughton, Lisa Marsden, Jane Hudgins, Vicki Lare, Debbie Harvey, Renee Hamlett, Dianne Albrecht, Natalie Foley, Laura Wright, Beth Bowen, Stacey Watson, Diana Wheeler, Kristin Copeland, Brenda Eatough, Shari Deneke, Charlene Lewis, Stephannie Hartwig, Kim Schneider, Selma Kossol, Rebecca Thomas, Aji Joseph

**Secretary:** Motion to approve April Minutes made by Stephannie Hartwig, seconded by Stacey Watson.

**Treasurer:** Motion to approve April budget made by Dianne Albrecht, seconded by Stephannie Hartwig.

**1st VP:** tonight is elections, installation and gift exchange followed by a twin chat.

**2nd VP:** 13 families at the Easter party lots of fun! Installation dinner at Sheri Pierces May 17 at 7:00.

**Membership:** 51 Paid Members. 8 paid members for the 2003-2004 year.

**Sunshine:** 6 on the honorary list.

**Historian:** need pics from recent events.

**Big Sis/Lil Sis:** there are new forms

**Mid-Atlantic:** Convention was good. We won awards for perfect attendance at meetings and having the highest percentage of members at convention. Several members won raffles. Made donations to 2 families. Discussed next years baskets one is Summer Fun Theme.

**Ways and Means:** Position is open. July's first Friday is on the 3rd.

**Newsletter** deadline: May 22nd.

**Webmaster:** nothing new

**Old business:** banner updates, talked about t-shirts. Made donation to Christina Harvey for the Soccer USA Air Force. Try babysitting at meetings for 3 months starting in July, motion made by Rebecca Thomas, seconded by Stephannie Hartwig.

**New Business:** discussed secret pal program.

*Motion to adjourn meeting made by Stephannie Hartwig and seconded by Kim Schneider.*

### Newsletter Deadline

The deadline for the newsletter is  
**June 20th, 2003.**

Send entries to:

Stephannie Hartwig or FAMOMC  
302 Azalia Drive P.O. Box 252  
Fredericksburg, VA 22408 Fredericksburg, VA 22404

**You can also e-mail me at [twinadoes@mail.com](mailto:twinadoes@mail.com)**

### Treasurer's Report May by Sheri Pierce

**Beginning Balance:.....\$5,873.70**

#### INCOME:

Ways & Means-T-shirts & Totes.....\$160.00  
Dues-03-04 .....\$110.00  
Ways & Means-Convention Baskets .....\$356.00  
Ways & Means-1st Friday-May .....\$353.00  
**Total Income:.....\$979.00**

#### EXPENSES:

Social Welfare-tri-state family donation...\$250.00  
2nd VP-Selma-President's gift .....\$50.00  
Social Welfare-Christina Harvey-sponsor\$270.00  
President-K. Schneider-officers t-shirts.....\$87.96  
Scholarship-Angela Clayberg.....\$100.00  
Scholarship-Ashley Albrecht.....\$100.00  
Scholarship-Laura Wright's husband.....\$100.00  
Operating Expenses-S. Hartwig-mailbox....\$48.00  
Operating Expenses-L.Ernest-ink cartridge\$26.58  
2nd VP-L. Ernest-moms day & installation.\$69.27  
Publicity-R. Thomas .....\$51.57  
1st VP-R. Thomas-Moms Day.....\$51.09  
Ways & Means-R. Thomas-1st Fri. supp. ...\$51.57  
2nd VP-S. Pierce-installation dinner .....\$209.53  
**Total Expenses:.....\$1,638.24**

**Checkbook Balance:.....\$5,214.46**

**Cashbox:.....\$200.00**

**Ending Balance:.....\$5414.46**

**Membership: 03-04 #9 Lisa Ernest #10 Sheri Pierce #11 Stacey Watson #12 Joanna Melton #13 Shari Denecke**

## MOM'S MORNING OUT

All members including honorary and prospective members are invited to join us for some playtime or activity each month. Moms can bring their children or come alone. If you would like to host a morning out or have any great ideas please contact Stacey Broughton at 654-5338

—Hurkamp Park in Downtown Fredericksburg on William Street from 11 am-1 pm on June 17th. There is live music for the children, as well as, some sort of free attraction for the kids to enjoy. A lunch can either be brought or there are vendors set up selling food as well.

—T-shirt Art at Lisa Ernest's House 10-noon on June 28th. Bring a new (pre-wash), or gently used red, white, blue, or gray t-shirt to paint. We will paint the shirts with a "4th of July" theme to prepare for the upcoming holiday.

**Directions to Lisa's:** Take Rt. 3 W past the mall and BJ's, turn left onto Salem Church Rd., turn right at the third stop light onto Harrison Rd. Go left at the next stop light onto Piedmont Rd. Go approximately 1 mile and turn into Piedmont Landing on the left. Lisa's home is the first house on the right. The actual address is 11222 Piedmont Landing Dr.

## Paramont's Kings Dominion 9th Annual Multiples Day

Doswell, VA

Sat. June 21

10:30 am to 10 pm

Picnic hours Noon to 2 pm

\$25 (13 & up)

\$21 (3 - 12)

Children 0 - 2 are free

Parking \$7 per vehicle

Picnic cost \$10.25 ages 13 & up

\$5.25 ages 3 - 12 (under 3 are free)

Information (804) 876-5561-5240

**Order tickets by June 13**

## Help with Downtown First Fridays

Once again our club will sell items and apply tattoos at Fredericksburg Parks and Recreation's sponsored First Fridays. The next one is on Friday, June 6th. Help is needed. If you can apply tattoos or help watch the tables, then contact Stacey Watson at 368-3153. If you, your husband, and/or a friend can help, then please contact Stacey Watson at 368-3153.

## LET'S GO TO THE MOVIES—FOR FREE!!!

During the summer months the following two theaters offer free G & PG movies for the kids. So why not go see a movie! And for those of you with summer birthdays they also offer birthday parties! Check them out at <http://www.regalcinemas.com>



### **Fredericksburg Movies 15**

3301 Plank Road Route 3W

Fredericksburg, VA 22401

Phone: 540-786-4900

#### **Date**

6/17-6/18

6/24-6/25

7/1-7/2

7/8-7/9

7/15-7/16

7/22-7/23

7/29-7/30

8/5-8/6

8/12-8/13

#### **10AM G-Movies**

Rugrats: The Movie

Rugrats In Paris

Jimmy Neutron

Quest For Camelot

Jonah: A Veggie Tale

Spirit:

Babe: Pig In the City

Muppets From Space

Elmo In Grouchland

#### **10AM PG-Movies**

Snow Day

Master Of Disguise

Hey Arnold!

Clockstoppers

Shrek

Ice Age

Wild Thornberrys

E.T.

Big Fat Liar

**Only the movies listed above are free. First-come, first-served seating is limited to capacity.**

### **Aquia 10**

2850 Jefferson Davis Hwy

Stafford, VA 22554

Phone: 540-659-3200

#### **Date**

6/17-6/18

6/24-6/25

7/1-7/2

7/8-7/9

7/15-7/16

7/22-7/23

7/29-7/30

8/5-8/6

8/12-8/13

#### **10AM G-Movies**

Elmo In Grouchland

Rugrats:

Rugrats In Paris

Jimmy Neutron

Quest For Camelot

Jonah: A Veggie Tale

Spirit

Babe: Pig In the City

Muppets From Space

#### **10AM PG-Movies**

Master Of Disguise

Snow Day

Clockstoppers

Hey Arnold!

Ice Age

Shrek

E.T.

Wild Thornberrys

Dr. Dolittle 2

**Only the movies listed above are free. First-come, first-served seating is limited to capacity.**

### HELP OTHERS!

There are several mothers who collect items that will benefit their school, other social welfare projects, or themselves in obtaining objects through labels, etc. We would like to share and help one another with these projects. Such items may include pop tops, box tops for education, Betty Crocker Points, Huggies or Pampers UPC labels, Spotsylvania Mall receipts, and even coupons.

Add your name to the newsletter list if you are interested in having others collect for you. If you can help any of the below causes, please collect these items around your home and bring them to the meeting.

Sheri Pierce- soda pop tabs-- (Ronald McDonald House)

Stephannie Hartwig--Box Tops for Education (Day Care)

If you would like to be added to this list please contact Stephannie at twinadoes@mail.com or 540-834-4172.

Dear FAMOMC,

I just wanted to say thank you so much for your generous donation. Your support has helped my dream come true. I am so proud to be representing the United States while playing soccer for the USA Force soccer team going to Amsterdam, Holland this summer. Not only will I be playing soccer which I love to do, but I will tour another country and meet people from all over the world. How cool!! It will be an experience I will never forget.

This club has been a big part of my families lives for a little over 6 years. It is nice to go to activities with other families with kids around my age who also have twins in their families. Again, thank you for your support.

I will share my scrapbook with you when I get back.

Thank you,  
Christina Harvey  
(Daughter of James and Debbie Harvey)



Hey Secret Pal's please remember this is the month to reveal yourself. There will be information in an upcoming newsletter for the secret pal program.

Thanks to my secret sister for the great candles and fragrant stuff. They are very pretty and I love the scent. I look forward to finding out who you are - soon!

Stacey Watson

Thanks to my secret pal for the peanut butter truffles, they were so yummy.

Lisa Marsden

I would like to thank my secret pal for all the nice gifts she has given me over the last year. They have really brighten my day. Can't wait to find out who you are!

Stephannie Hartwig

Please note that dues are due now. Anyone who has not paid by August meeting will be removed off the mailing list.

Thank You

## DUES ARE DUE

### FAMOMC DUES

Dues for the 2003-2004 club year are now due. Dues for **New and Renewing Members** are \$22.00. Please make checks payable to **FAMOTC** and send to:

**FAMOMC**  
**P.O. Box 252**  
**Fredericksburg, VA 22404**

For more information about the club, please call Membership Chair mom, Stephannie Hartwig at 834-4172.

## Mid-Atlantic updates

Annual dues has never been changed. We would like to vote on an increase in dues at the Fall Board Meeting. We need the delegates, alternates, club president, or club representative to go back to their clubs and discuss the following Bylaws proposal on dues increase with their general membership:

Mid-Atlantic Annual Dues Increase Proposals for Year 2004. (It's to late for 2003)

Annual dues \$30.00 with \$10.00 late fee if paid after August 1

or

Annual dues \$35.00 with \$10.00 late fee if paid after August 1

We will be voting on this Bylaw Change at the Fall Board Meeting.

Thanks, Georgia on behalf of Charlene

**\*This is something our club will need to vote on!**

## Summer Safety Tips

### FUN IN THE SUN

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultra-violet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

For Young Children:

- Babies under 6 months of age should be kept out of the direct sunlight. Move your baby to the shade or under a tree, umbrella, or the stroller canopy.
- Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats.
- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

## NOMOTC Information—

**NOMOTC has the following quick tips for new parents of multiples.**

- Establish a list of priorities. Babies' needs will head the list, including feeding, bathing, sleeping, and cuddling. Resting **for you**, should be high on your list as well.
- Use a chart so everyone will see at a glance who has been cared for and at what time.
- Accept all offers of help.
- Treat your babies as individuals from the very beginning. They are two (or more) separate beings. Avoid referring to them as "the twins" and use their given names. YOU set the example for others to follow.
- Be sure to take photographs of each child separately for the time when one will ask for a picture of "me." Put the child's name on the back of his/her picture so that there is no confusion in later years.
- Use care in selecting toys. As your babies grow, play becomes serious business. Toys that are suitable for singletons can become weapons when there are two (or more) in a playpen. As the children become older, try choosing different toys and encourage sharing.
- Build a special one-to-one relationship with each child. Look for special talents and praise each one often.
- Multiples may have a special bond between them. Try to rear them as individuals without destroying their special bond.
- Your children may talk to each other in a language only they can understand. Don't be upset at the "twin talk" as they will outgrow it.
- Speak clearly to your children and encourage them to talk clearly also.
- Read aloud to your multiples. Reading stimulates speech development.
- Take walks with the babies. Just getting out of the house may be a morale booster.
- If you are returning to work soon after the babies are born, look for a sitter who will understand the needs of caring for "more than one." Try the sitter a few times before actually returning to your job.
- Additional tips on parenting multiples can be found in NOMOTC's book [Twins to Quints](#)

You can also visit there website at [www.nomotc.org](http://www.nomotc.org) for even more information. For the Members Only area, the User Login is clubsrus and the password is 2n3rgr8. Under the Memebers Only area, there are now discussion boards which provide another resource for asking questions or getting answers to questions regarding your multiples.

## PROSPECTIVE MEMBERS

Contact Kristine Keesecker@ 891-5087

Brenda Eatough ..... 372-4155  
 Kristin Copeland .....  
 Sabrina Walters.....

## HONORARY MEMBERS

Contact Dianna Wheeler@ 582-8188

Heather Myers..... 288-8888  
 Cindy Vischer..... 972-6967  
 Farzaneh Azimipour .....  
 Heather Augustine..... 288-3260  
 Wendy Englund .....  
 Diana O'Toole .....  
 Teri Jewell..... 657-6262  
 Paulla Loder .....  
 Barbara Guzek ..... 548-0855  
 Kris Starosta.....  
 Mercedes Jenkins .....  
 Angela Harding ..... 548-0018



## Placing an Ad

If you have an item to sell or looking for something to buy, this is a good place to advertise. Please let Stephannie Hartwig know by emailing me at [twina-  
does@mail.com](mailto:twina-<br/>does@mail.com) or call me at 540-834-4172. Your ad will run for 3 months, unless I am notified otherwise.

## For Sale

I have 2 cribs I would love to sell. One is light wood maybe Pine and the other I think is Walnut. The Pine one has a drawer on the bottom to store extra sheets etc. Both are on Wheels. Asking \$75 each or best offer. Would need to be picked up, since I no longer have vehicle big enough to carry them around in. Also I have 2 high chairs. They convert into table and chairs for when the babies get a bit bigger. Willing to sell for \$25 each. Contact Suzanne Poe at 540-720-3069

Evenflo Megasaucer \$25, Fisher Price Full Size battery operated swing—swings in 3 directions and has mobile. Paid \$90, asking for \$40. Fisher Price portable swing, \$25. If you have any questions or would like to see photos, call Stacey Watson at 540-368-3153 or e-mail me at [twinadoes@adelphia.net](mailto:twinadoes@adelphia.net)

### Websites of Interest:

- Products & Information for multiple birth families — [www.twinshelp.com](http://www.twinshelp.com)
- National Organization of Mothers of Twins Clubs, Inc—[www.nomotc.org](http://www.nomotc.org)
- Twins Magazine—[www.twinsmagazine.com](http://www.twinsmagazine.com)
- Mothers of SuperTwins (MOST)—[www.mostonline.org](http://www.mostonline.org)
- Twinslist—[www.twinslist.org](http://www.twinslist.org)
- Parents Place—[www.parentsplace.com](http://www.parentsplace.com)
- Multiple Birth Baby Products—[www.greatbabyproducts.com](http://www.greatbabyproducts.com)
- The Triplet Connection—[www.tripletconnection.org](http://www.tripletconnection.org)
- Fredericksburg Area Mothers of Multiples Club—<http://famom.tripod.com/>

Just a few sites for you to visit and check out!

## Happy Birthday & Anniversary to:

Adam Ernest	6/1	Marilyn Brown	6/17	James & Lisa Ernest	6/9
Robert Kosky	6/1	Mary Sue Kosky	6/22	Brad & Courtney Southwell	6/9
Sheri Pierce	6/1	Peter Clemens	6/24		
Kailey Schneider	6/1	Raven Cain	6/25		
Kim Schneider	6/4	Lauren Lewis	6/25		
Kim Hupp	6/5	Tim Powell	6/26		
Tasha Street	6/5				
Kenneth McKane	6/7				
Brett Baugh	6/8				

Please forgive me if you had a birthday or anniversary that did not appear!

# June 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Monthly Meeting at MWH</i>	4	5	6 <i>First Friday Downtown 6 pm</i>	7 <i>Fredericksburg Art Festival at Hurkamp Park</i>
8	9	10	11	12	13	14 <i>Soap Box Derby William St: 8:00 pm</i>
15	16	17 <i>Hurkamp Park MMO 11-1 pm</i>	18	19	20 <i>Newsletter Deadline</i>	21 <i>Spotsylvania Antique Tractor Show 10 am</i>
22	23	24	25	26	27	28 <i>4th of July T-shirt painting at Lisa Ernest's</i>
29	30					

## THE DAILY DOUBLE

Stephannie Hartwig, Newsletter Editor  
 Fredericksburg Area Mothers of  
 Multiples  
 302 Azalia Drive  
 Fredericksburg, VA 22408



\_\_\_\_\_ If this is checked this is your last complimentary newsletter. Please contact Stephanie Hartwig to become a member. Thank You!

### THE DAILY DOUBLE

The Daily Double is the official publication of the Fredericksburg Area Mother of Multiples. It provides information about the club meetings and activities, as well as other articles of interest. The purpose of FAMOMC is to broaden the understanding of those aspects of child development and rearing that relate especially to multiples. The policy of FAMOMC shall be to give assistance and understanding to mothers of multiples and those responsible for the care and raising of multiples.