

The Daily Double

Fredericksburg Area Mothers of Multiples Club

Volume 27, Number 6 November 2002

NOVEMBER

FAMOMC Meeting

DATE: November 5, 2002

TIME: 7:00 Business Meeting

LOCATION: Chancellor Eye
Care Center

Directions: 12100 Ken-
nedey Lane, near UKROPS
on Route 3 West.

Kristine asked that we
please bring snacks to
share!

This month we will make
bows, and paint ornaments
for our tree as a holiday
craft and have a twin chat.
The club will provide rib-
bon, and ornaments to
paint.

Donations: Thanks-
giving Baskets. We
will be collecting food
for three needy families
in our area. See this
newsletter for needed
items.

Fall Festival

THIS WEEKEND!

Sunday, November 3rd from 3:00-6:00PM at Countryside Nursery on Mullen's Farm. Come out and join the fun as we celebrate Fall. There will be hayrides, a moon bounce, playground, and crafts to enjoy as well as small gourds for the children to take home (2 to 3 per child). The club will supply a main meal, but we ask that you bring either a side dish or dessert to share. A signup will be at the October meeting. If you cannot attend the meeting, but would like to join us at the Fall Festival, then please contact Selma Kossol or Joanna Melton. Even though you may not have signed up at the meeting, you can still call Selma or Joanna to let us know you are coming.

Directions: Route 3 West. Drive about 10 minutes past 5 Mile Fork. Countryside Nursery is on the right hand side off of Route 3.

Festival of Trees

Two by Two

For the past three years we have participated in the Downtown Festival of Trees. This is a fundraiser that helps to benefit Hope House. We decorate a tree that is displayed and then a few days later it is auctioned to the public. The theme for the tree is Two by Two. We have used this theme the past few years and done very well. Items we have at this point are as follows: 7 1/2 ft pre-lit tree, one set of black bears, reindeer, giraffes, elephants, hippos, and zebra's, the tree topper, and tree skirt. We will be asking that club members please donate either pairs of animal ornaments or you may do cash donations if you would choose not to shop. You can bring your donations to this month's meetings in order to be added to our collection. If you collect an ornament, but are unable to attend the meeting please let us know so that we can arrange to pick them up. The set up dates are as follows: Sunday, November 24th from 12-8 pm and Monday, November 25th from 10am-8 pm. **Please keep in mind that they do not allow children under the age of 12 (unless they are infants) in the set up area on those two days.** If you have any questions please contact Stephannie Hartwig at 834-4172. I know with everyone's help we can make this the best year yet!

A Note From Our President

What a month! I thought of all of you often during the recent events in our area.

The sniper shootings changed the way we lived. Thank God, that they've been caught and we can get back to our normal way of life. My children are so happy to get back outside. These events have made me more appreciative of everything. I am so thankful for our club and the friendships I have made there. You all are important to me.

With a sigh of relief, we leave October and move into November. We have lots of plans in the works for this month. We'll be collecting food for our baskets, ornaments for our tree, and we'll have our Fall Festival this weekend.

I hope to see you at this month's meeting, we'll be painting ornaments and making bows.

Lisa Ernest

Chub Club

We have starting a new club for those members trying to loose weight. At each of our regular monthly meetings we will have private weigh ins. Each participating member will pay a \$2.00 fee and the person who has lost the most weight for that month will win the take. For the month of August, Dianna Albrecht lost the most weight and won the pot.



Newsletter Deadline

The deadline for the newsletter is **Nov 22nd, 2002**.

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

FAMOMC OFFICERS

PresidentLisa Ernest 786-8003
1st VPRebecca Thomas 373-9339
2nd VP.....Selma Kossol 785-9820
2nd VP.....Joanna Melton..... 775-0053
SecretaryLisa Marsden..... 659-2075
Treasurer.....Sheri Pierce..... 752-4262

COMMITTEE CHAIRMOMS

Newsletter Editor..... Stephannie Hartwig...834-4172
Membership Renee Hamlett891-2530
Webmaster Renee Hamlett891-2530

Sunshine

Honorary Debbie Harvey972-9021
Prospective..... Kristine Keesecker ...891-5087
Packets..... Stephannie Hartwig..834-4172
Librarian..... Beth Burns898-7584
Historian..... Selma Kossol.....758-9820
Refreshments Kristine Keesecker ...891-5087
Scholarship.....

Mom's Morning Out ... Selma Kossol.....785-9820
Joanna Melton775-0053

Mid-Atlantic Delegates

Lisa Ernest.....786-8003

Selma Kossol.....785-9820

Alt Delegates

Dianne Albrecht898-1131

Kim Altemose752-1650

National Rep Laurie Kosloske.....286-1649

Big Sis/Little Sis Sheri Pierce752-4262

Social Welfare..... Stephannie Hartwig..834-4172

Bylaws Barbie Baugh758-9711

Ways and Means Lisa Ernest786-8003

Hurkamp Park **OPEN**

Yard Sale Barbie Baugh785-9711

Silent Auction Brenda Stout.....898-3264

T-shirts/Hats, etc..... Kim Hupp786-8723

Convention Sales Joanna Melton775-0053

First Fridays

May Joanna Melton775-0053

June..... Selma Kossol.....785-9820

July Lisa Ernest786-8003

August Barbie Baugh785-9711

September..... Donita Wagner898-4260

October..... Rebecca Thomas373-9339

2nd Vice President Committees

Summer Picnic..... Selma Kossol.....785-9820

Fall Festival..... Joanna Melton775-0053

Selma Kossol.....785-9820

Christmas Party **OPEN**

Easter Party/Egg Hunt . Lisa Ernest786-8003

Installation Dinner Sheri Pierce752-4262

Progressive Dinner Joanna Melton775-0053

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.

Fall Social Events

MOM'S MORNING OUT

All members including honorary and prospective members are invited to join us for some playtime each month. Moms can bring their children or come alone. Mornings Out **usually** last from 10 am to 12 pm. If you would like to host a morning out please contact Joanna Melton or Selma Kossol.



Chuck E Cheese's

Join us for a morning of fun and games at Chuck E. Cheese's on Tuesday, November 19 at 11:00 a. m. located in Central Park. They have a new tot spot for toddlers and smaller children, as well as

rides and games for children of all ages.

See you there!!

Directions: Central Park off of Rt. 3

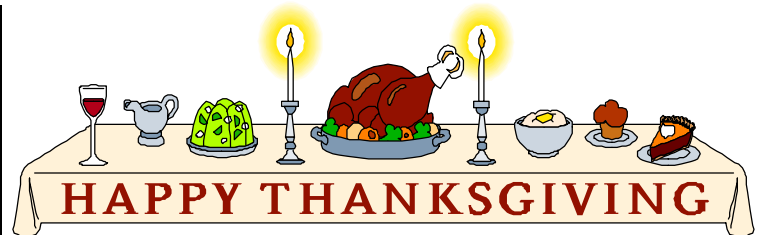
Thanksgiving Baskets

We will be collecting food for three needy families in our area. Below are items we need for the baskets. Please call Lisa Ernest and let her know what you'll be bringing, so we won't end with duplicate items.

- 3 boxes of Stove Top Stuffing
- 3 boxes of instant potatoes
- 3 jars or cans of gravy
- 3 lg. cans of green beans
- 3 lg. cans of sweet potatoes
- 3 boxes of roll or cornbread mix
- 3 cans of cranberry sauce
- 3 cans of fruit
- 3 cake mixes
- 3 cans of frosting

Convention 2003

Please keep a lookout for any arts and crafts supplies or dress-up clothes/accessories on sale. So far, 2 - 50 marker sets and a nice art supply set have been donated for the Arts 'n Crafts raffle basket. Thank you, Kim Schneider. If you have any donations or would like to make a monetary donation, please talk with Joanna Melton at the meetings or contact her at 775-0053 or cjmelton@crosslink.net.



Thanksgiving Recipe Swap

We are going to try something new. Bring in your favorite family holiday recipes and a notebook. We'll pass the recipes around and you write down the ones that interest you.

October Minutes by Lisa Marsden

Members Present: Lisa Earnest, Selma Kossol, Stacey Watson, Monsieur and Farzaneh Azimipour, Debbie Harvey, Kim Schneider, Stephannie Hartwig, Renee Hamlett, Lisa Marsden, Rashell (?), Vicki Lare, Rebecca Thomas, Joanna Melton, Jane Hudgins, Dianne Albrecht, Natalie Foley, Sheri Pierce, Kristine Keesecker, Aji Joseph

President: Call to order and introductions

Secretary: Motion to approve Sept. minutes made by Selma Kossol seconded by Rebecca Thomas

Treasurer: Motion to approve Sept. budget report made by Stephannie Hartwig seconded by Kim Schneider

1st VP: November meeting is at Selma Kossol's conference room, we will do ornament painting for Festival of Trees and making bows. December will be cookie and gift exchange.

2nd VP: Oct. 6 pumpkin/bonfire \$3.00 for pumpkin, Oct. 19 moms day out, Oct. 26 Riverside dinner theatre and Nov. 3 Fall Festival, 3-6 p.m., \$5.00 a child.

Big Sis/Lil Sis: No new ones

Sunshine: 16 prospective members

Membership: 41 paid members. Renee has the membership booklets if you need one.

Ways and Means: Yard sale made \$622.00, Last First Friday

Social Welfare: donations to Pregnancy Center, Nov. Festival of Trees and food baskets.

Newsletter: deadline 10-26

Tri-state: Meeting on 10-19, convention coming up

Chub Club: Sheri Pierce and Stephannie Hartwig won last month.

Old Business: If anyone wants to order shirts talk to Rebecca Thomas

Motion to adjourn meeting made by Stephannie Hartwig, seconded by Joanna Melton

SECRET PAL THANK YOU'S

Thanks to my secret pal for my gift certificate and those wonderful cards. I loved them all.

Lisa Ernest

Thanks to my Secret Pal for my cute Halloween decoration. I really liked it.

Stephannie Hartwig

Treasurer's Report October by Sheri Pierce

Beginning Balance: \$6,410.96

INCOME:

*Dues 02-03 \$18.75
50/50 Raffle-Ways & Means \$6.00
Silent Auction \$58.00

Total Income: \$83.25

EXPENSES:

Ways & Means-V. Lare- Yard Sale \$48.00
Ways & Means-L. Keller- Yard Sale \$20.00
2nd VP- S. Kossol- Backyard Carnival \$4.63
Selma- Operating Expenses Meeting Room... \$25.00
Stephannie Hartwig- Festival of Trees- Tree \$74.61

Total Expenses: \$172.24

Checkbook Balance: \$6,321.46

Reconciliation: \$246.60

Checkbook Balance after correction: \$6,074.86

Cashbox: \$200.00

Ending Balance: \$6,274.86

***Dues Paid By:** 02-03 41) Charlene Lewis 42) Toni Podrasky

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 twinadoes@mail.com or call me at 540-834-4172. Your ad will be ran for 3 months, unless I am notified otherwise.

For Sale

Two Chicco Mamma highchairs
Has five-point harness, six height adjustments, three recline positions, rolls on lockable casters and easily foldable. Bought for \$150 each, selling for \$70 each.
Graco 4 in 1 stroller/infant car seat with 2 stay in car adjustable bases. \$60. Primo's "Euro Bath" White plastic molded tub – 0-2 yrs. Bought for \$25, selling for \$10, Graco Exersaucer \$20. Please contact Aji Joseph at 288-0408

Two white wooden baby cribs and matching changing table all in excellent condition - ONLY \$125.00 for all three pieces! Also, have matching crib sheets, bumper pads, will sell for CHEAP. Crib tent (keeps child in crib so will not climb out and injure self) retails for \$70.00 will sell half-price. Other miscellaneous baby items for sale. Please call: Lesley Moore 891-9453.

Free

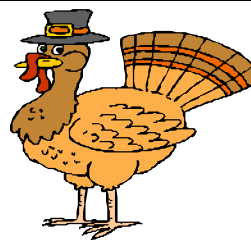
Anne Nans has a Runabout triplet Stroller. It needs a new rear wheel and a new handlebar grip. She would like to give it to someone who is in need. Please contact her.

FAMOMC DUES

Dues for the 2002-2003 club year are now due. Dues for **Renewing Members** are \$22.00. Dues for **New Members** joining in September, October, and November are \$18.75 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, Renee Hamlett at 540-891-2530



"A Magical Mystery of Multiples"

April 25-26

Hosted by the Tidewater Mothers of Multiples Club

Convention 2003

Convention 2003 is just months away, and the Tidewater Moms are busy preparing for your arrival.

Williamsburg Marriott, 50 Kingsmill Road, Williamsburg is the gathering place for an exciting magical weekend. The hotel direct phone line is 757/220-2500. Hotel reservations can be made by phone, 1-800-442-3654, or via either of these web pages www.marriott.com/phfcw, www.geocities.com/Hearthland/Bluffs/2918. Click on reservations and enter code TMMTMMA to get the \$139.00 room rate. Plan on a 2 day stay.

We have excursions and entertainment planned for Friday and Saturday evening. Tours of Colonial Williamsburg, Williamsburg Winery, local Plantations, Yorktown, Jamestown, and of course shopping at the many Outlets await our arrival. The agenda provides you with time to relax before the afternoon General Session, Main Speaker, Saturday evening dinner, and the long awaited Mystery Evening Social.

Registration for convention is set at \$47.00. There will be a drawing for those who register by February 1.

Looking forward to hosting you at our club's 35th anniversary party. If you require any help you may email me Kim Cross at kcross@series2000.com.

The Mystery of Multiples Committees Tidewater MoMs.

Club Library List

BOOKS:

- 1) What to Expect When You're Expecting (2 copies)
- 2) Natural Childbirth the Bradley Way
- 3) The Womanly Art of Breastfeeding (LaLeche League Inter.)
- 4) Baby and Child Care (Dr. Benjamin Spock)
- 5) The Growing Years
- 6) Parents Magazine Book of Toilet Training
- 7) The Baby Book Everything You Need to Know About Your Baby- From Birth to Age Two
- 8) Childrearing
- 9) The Parents Guide-Solutions to Today's Most Common Behavior Problems in the Home
- 10) Keeping Your Family Together When The World Is Falling Apart
- 11) SOS! Help for Parents
- 12) Twins: From Conception to Five Years
- 13) Who's Raising Whom? A Parent's Guide to Effective Child Discipline
- 14) Surviving Your Two Year Old
- 15) Parents Magazine of Discipline
- 16) Feed Me I'm Yours
- 17) Your and Your Childs Self-Esteem
- 18) Baby Bargains
- 19) An Exceptional View of Life- Written and Illustrated by Children with Disabilities
- 20) Alex- The Life of a Child (the story of the battle against Cystic Fibrosis
- 21) Mama Said There'd Be Days Like This (but she never said how many)
- 22) Don't Miss Your Kids (they'll be gone before you know it)

PAMPHLETS:

- 1) Placement of Multiple Birth Children In School-A Guide for Educators
- 2) Action Plan For Placement of Multiple Birth Children In School
- 3) Guidelines for the Education of Multiple Birth Children
- 4) Handling School Issues
- 5) Nurture-March/April 2000 The Parenting Magazine for Fredericksburg, Stafford, and Spotsylvania (6 copies)
- 6) Your Baby's First Year-Guide to Infant Growth and Development
- 7) Nursing The First Two Months
- 8) Staying Sane Under Twin Stress (9 copies)
- 9) Cosco-All about Strollers and Traveling With Twins
- 10) The What To Expect Guide to Car Seat Safety Families-2000 Best For Families Reader Survey
- 12) Limit Setting With Twins (9 copies)
- 13) Double Talk: A Practical Handbook For Parents of Twins
- 14) A Handbook For Mothers and Fathers of Twins- And Then They Were Two

- 15) Twin ship- Twin Related Items
- 16) Bereavement Booklet- A Guide of Support For Those Who Are Facing The Death Of A Loved One
- 17) Higher Order of Multiples Booklet- A guide of support for those who are expecting or raising higher order multiples (3 copies)
- 18) Information for Babysitters (3 copies)
- 19) First Aid for Children

MOVIES:

- 1) Tricky People Can't Fool Me! Safety Rules From Yellow Dyno
- 2) First Days Home: Keeping Your Baby Healthy and Happy (a movie from Mary Washington Hospital)

CONVENTION 2000 SEMINAR MOVIES:

- 1) Anger Management
- 2) Antique Talk
- 3) The Changing Roles of Husbands and Wives
- 4) Education Twin Panel
- 5) Fostering Creativity in Your Children and You
- 6) Human Potential Program
- 7) Natural Remedies
- 8) Play Therapy

MAGAZINES:

- 1) Twins Magazine (we have subscription so we have current and some back issues)
- 2) American Baby- Jan 1997
- 3) Good Housekeeping- May 1999
- 4) Smithsonian- Sept 1996

ARTICLES:

- 1) Folder from an Organizing Seminar
- 2) Stressed? Take Charge and Relax!
- 3) How to Help the Night Crier
- 4) Is Your Child Ready for Kindergarten
- 5) Beyond Cereal: The Transition to Table Food
- 6) Conflict Resolution
- 7) Survival Suggestions for New Parents (8 copies)
- 8) Twin Fathers Need Help Too!! (7 copies)
- 9) Pointers for Parents with Infants in the NICU
- 10) Children's Literature with a Multiple Twist
- 11) Literature for Older Children... ..with a Multiple Twist

The Library has grown much to large to tot to the meetings, but if you are interested in Checking material out please see or contact Beth Burns.

Birthdays, Anniversaries, and More... ..

PROSPECTIVE MEMBERS

Contact Kristine Keesecker@ 891-5087

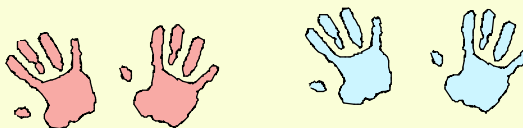
Brigitte Perry.....834-2322
 Carey Sealey.....371-1872
 Cathy Loving.....710-0866
 Shelly Forcier.....
 Jennifer Sims.....657-9945
 Erin Edmonds.....659-2426
 Astrid Kouwenhoven.....361-1863

HONORARY MEMBERS

Contact Debbie Harvey @ 972-9021

Terri Lumpkin.....559-7811
 Jessica Ney-Grimm.....295-1554
 Johanna Friess.....720-9302
 Beth Bowen.....580-5802
 Cabell Melson.....368-5569
 Jennifer Stoy.....288-8283
 Diana Wheeler.....582-8188
 Stacey Broughton.....654-5338
 Karin Linkous.....876-1054
 Tammy LaPrad.....786-2082
 Heather Myers.....288-8888
 Cindy Vischer.....972-6967
 Farzaneh Azimipour.....

Congratulations to Honorary Mom, Diana Wheeler and her family on the birth of her boy/girl twins, Mason Lee who weighed 4 lbs., 10 oz and Madison Rebecca who weighed 4 lbs., 10 oz. They were born on September 25, 2002.



Congratulations to Honorary Mom, Stacey Broughton and her family on the birth of her boy/girl twins. Jack who weighed 5 lbs., 3 oz and Caroline who weighed 5 lbs., 3 oz. They were born on October 4, 2002.

Please Add The Following New Members To Your Handbooks!

1) Julia Cain 785-5752 10602 Crestwood Drive Spotsylvania VA 22553 Email: the8cains@juno.com Birthday: 4/4 Anniversary: 12/30 Husband: David 12/2 Triplets: BGB Jensen, Reannah, & Jaeden 5/23/00 Raven 6/25/90, Jonathan 8/18/92 Jordan 12/30/95	2) Charlene Lewis 720-2728 12 Brittany Lane Stafford VA 22554 Email: charanded@adelphia.net Birthday: 11/6 Anniversary: 11/29/97 Husband: Ed 9/5 Expecting BG 1/18/03 Lauren 6/25/00
3) Kim Schneider 286-0690 17 Holly Court Stafford VA 22554 Email: twinsand1@mail.com Birthday: 6/4 Anniversary: 12/11 Husband: Bill 10/7 Twins: IB Blake & Brandon 4/16/99 Kailey 6/1/01	4) Stacey Watson 368-3153 PO Box 6356 Fredericksburg VA 22403 Email: stacey_watson@hq.dla.mil Birthday: 2/6 Twins: FB Dale & J.P. Law 4/17/02

A Yummy twist to Hot Chocolate

Our hot chocolate float is a true hot chocolate, not a hot cocoa. The extra cocoa fat in the hot fudge sauce makes for a richer smoother drink. We like to top it off with ice cream, fresh whipped cream, and shaved chocolate.

2 tablespoons Hot Fudge Sauce

3/4 cup milk

1 small scoop ice cream, your favorite flavor

Whipped Cream

1 ounce semisweet or bittersweet chocolate, shaved

Measure the fudge sauce into a large coffee cup or mug. Heat the milk in a small saucepan over low heat. Do not boil. Pour the hot milk into the cup and stir until completely blended. Gingerly scoop the ice cream on top. Top with the whipped cream and sprinkle with the shaved chocolate. Makes 1 serving

Kids Birthdays:

Cara & Kaitlin Reynolds..... 11/13
 Taylor & Jordan Patrick..... 11/19

Parent's Birthday:

Todd Altemose..... 11/5
 Charlene Lewis..... 11/6
 Rick Alicandro..... 11/8
 Heidi Johansen-Street..... 11/15
 Kenn Keesecker..... 11/16
 Kenneth Wagner..... 11/16

HAPPY ANNIVERSARY:

Heidi & Alan Street..... 11/1
 Lynn & Peter Clemens..... 11/9
 Sheri & Roger Pierce..... 11/26
 Charlene & Ed Lewis..... 11/29

November 2002

Sun Mon Tue Wed Thu Fri Sat

A LOOK AHEAD FOR DEC. —Gingerbread Party-date TBA —Christmas Party - Sunday, Dec. 8, 2002					1	2
3 <i>Fall Festival at Mullen's Farm 3-6pm</i>	4	5 <i>Monthly Meeting at Chancellor Eye Care Center 7 pm</i>	6	7	8	9
10	11	12	13	14	15	16
17	18	19 <i>MMO at Chuck E Cheese's</i>	20	21	22 <i>Newsletter Deadline</i>	23
24 <i>Festival of Trees Set-up 12-8 pm</i>	25 <i>Festival of Trees Set-Up 10-8 pm</i>	26	27	28 <i>Thanksgiving Day</i>	29	30

THE DAILY DOUBLE

Stephannie Hartwig, Newsletter Editor
 Fredericksburg Area Mothers of Multiplies
 302 Azalia Drive
 Fredericksburg, VA 22408
<http://famom.tripod.com>



_____ If this is checked this is your last complimentary newsletter. Please contact Renee Hamlett to become a member. Thank You!