

The Daily Double

Fredericksburg Area Mothers of Multiples

Volume 27, Number 2 July 2002

JULY

FAMOMC Meeting

DATE: July 2, 2002

TIME: 7:00 Business Meeting

LOCATION: Mary Washington Hospital

Directions: 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. Parking is in the front.

Come Cool Down and Learn to Face Paint.

This month, we are having an Ice Cream Social just for us Moms, and face painting tips from experienced mom's. I hope everyone will bring their favorite topping to share and children's character ideas to paint. FAMOMC frequently face paints; for fun, for fundraising at First Friday's and for charity at Hospicetality. If you weren't comfortable face painting before, here is your chance to give it a try.

I am working on plans for August. In September, we will take a break from the hustle and bussle of back to school and play Bingo. Please send speaker interests and suggestions to k_rthomas@yahoo.com.

Kristine has asked that we please bring snacks to share!

Donations: We will collect items for the St. Patrick's Food Pantry. Please bring a few items to the meeting.

Twins: A Survivor's Manual

Having multiples will turn your life upside down – here's how to handle the changes
By Laura Stavoe Harm

I sometimes forget that I didn't decide to have twins. It's so like me: I've been a lifetime subscriber to the if-one's-good-two-are-better philosophy of living. I took a double course load in graduate school; I drink double lattes; I spent years racing triathlons (oops, that's three). So when the doctor said, "Wow, you're awfully big for 11 weeks," and then, while moving warm goo across my belly and staring at the monitor, continued with, "You knew you were having twins?", my response was a deep laugh. I felt a surge of adrenaline that I think was joy mixed with fear, yet something seemed right about it too. After all, if I could've chosen to have twins, I probably would have. But having survived those first few months of my sons' lives, I now know that mothering twins is very different from all of those other twos I took on. I always had the option of dropping physics mid-quarter, or going on the caffeine wagon, or walking the last leg of a triathlon. But once I learned I was carrying twins, I was committed. And the truth is, caring for two newborns was far more overwhelming and far more difficult than 22 upper-division credits. Think motherhood is intense? Motherhood times two is unbelievably intense. Herewith, some tenets that helped me to not only survive those early months, but also to enjoy my beautiful newborn sons.

Laura Stavoe Harm is a freelance writer in Boise, ID.

#1 Go Ahead. Panic.

I know it's trendy to believe that we don't have to give anything up to be parents. And some parents, even some parents of twins, go a long way to prove this. I have friends who, upon learning they were pregnant with two, started buying double sets of outdoor baby gear and mapping out trails for family wilderness excursions. Two months after the birth, they went cross-country skiing, pulling their babies behind them in a toboggan. But to tell you the truth, they didn't look as if they were having fun. I imagine they were just as tired as I was, only cold and wet, too.

To make it through our first few months of almost constant nursing and very little sleep, I had to accept the fact that life would be different. Birth, like death, is dramatic. It happens all the time, but it's still a big deal when it happens to you. Just as no one gets over the death of a loved one during two days of bereavement leave, I was not going to adjust to the birth of twins in the allotted six-week time frame. What worked for me was surrendering to the idea that my life was going to be out of my control some of the time. I had to admit that I was going to feel overwhelmed – overwhelmed by fears, overwhelmed by diapers, overwhelmed by love. When I let go of the expectation that my life was going to resemble its previous form, I could put the pieces together slowly and in a way that I actually liked. In some ways, having twins gave me more opportunity to do that than a singleton pregnancy would have. People consider giving birth to one baby a normal thing, and therefore expect new moms to be able to handle it. The fact that I had twins gave me permission to completely freak out.

#2 Send up the Flares.

A crucial tenet: Everyone who wants to help gets to do so. Many people offered to babysit during those early days, having no idea what they would be in for. Occasionally we'd take them up on it, always doubling up on sitters. But in the beginning, what I needed more than sitters was help accomplishing simple, everyday tasks.

Continued on Page 6

A Note From Our President

Hello,
 I hope everyone is enjoying their summer. It is hard to believe that it's July already. Please be safe on your travels this summer. Remember the safety tips we discussed at June's meeting, courtesy of Rebecca Thomas. Thanks Rebecca for gathering that info for us. Take time to enjoy your family.
 I want to thank new member, Beth Bowen and Kirk Clayberg for helping me with June's First Friday. We had a great night and we made \$337.00. We need help with July's First Friday. We will have sign up sheets at July's meeting. Please contact Selma Kossol or myself if you can help. I hope to see you at the meeting. Have a safe and Happy 4th of July.

Lisa

Help with Downtown First Fridays



Once again our club will sell items and face paint at Fredericksburg Parks and Recreation's sponsored First Fridays. The next one is on Friday, July 5th. Help is needed. If you can face paint or

help watch the tables, then contact Lisa Ernest at 786-8003. If you, your husband, and/or a friend can help, then please contact Lisa Ernest at 786-8003.

Newsletter Deadline

The deadline for the newsletter is **July 26th**.

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 twindoes@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 Burns
 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 Renee Hamlett891-2530
 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.

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.



Tuesday, July 2nd, 2002 Third Annual FAMOTC 4th of July Parade at Chancellor's Village

Don yourselves in red, white and blue and come join us for a marching good time as FAMOMC participates in our third annual 4th of July Parade. Decorate your wagons and strollers for the little ones or carry a flag or banner or play a musical instrument. We will begin at 10:00 a.m. at Chancellor's Village Retirement Community, Route 3 west on Tuesday, July 2, 2002. The residents there are looking forward to seeing all of you and your children. This is a great community service as well as a lot of fun. Any questions? Call Lisa at 786-8003. Hope to see you all there!



Monday, July 22nd, 2002 Annual Ice Cream Social at Joanna Melton's Home

Are you trying to beat the heat? Well, come cool off at our Annual Ice Cream Social to be held at Joanna Melton's home on Monday July 22, 2002 from 10:00 a.m. till 12:00 p.m. The club will provide the ice cream and everyone should bring their favorite topping to share. YUM-YUM!!

Directions to Joanna's: Take Rt. 3 East toward King George. After the traffic light at the high school (on the left), turn right onto Hoover Drive. Turn left onto Roosevelt. Turn right onto Independence Circle. Her home is 8378 Independence Circle and her phone # is (540) 775-0053. See you there!!

Annual 4th of July Picnic/Pool Party

Sunday, July 28, 2002

3:00 p.m.-7:00 p.m.

Selma and Bill Kossol's

6701 Turkey run Drive

Fredericksburg, VA 22407

(540) 785-9820

You and your families are cordially invited to attend the FAMOMC's Annual 4th of July Picnic/Pool Party at the home of Selma and Bill Kossol on Sunday, July 28, 2002 from 3:00 p.m. until 7:00 p.m. This year will be a patriotic theme, so try to wear something red, white, and/or blue. Your club will provide all food and beverages (and hopefully, the sunshine!). The rain date will be August 4, 2002. Our pool is 3 ft at the shallow end and 5 1/2 feet at the deep end. It is not a diving pool. Don't forget to wear your swim suit/trunks and bring your own towels, sunscreen, pool floats (water wings, wacky noodles, life vests, etc...), and chairs (we have some, but please bring some if you can). We will provide arts and crafts for the kids to make and take home with them. there will be a sign up sheet at the next business meeting or, if you cannot attend the meeting, PLEASE RSVP Selma Kossol at (540) 785-9820 by 7/24. See you! a there!

Directions: Rt. 3 West (past 5 mile fork). Turn right onto Rt. 620/Spotswood Furnace Road. Go about 1/4 mi. to a fork and go to the right onto Mill Rd. Go another 1 1/4 mi., turn right on Turkey Run Dr. Selma's house is on the left #6701. It is a 2 story gray Colonial home.



Chub Club

We are 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 small fee (to be determined at June's meeting) and the person who has lost the most weight for that month will win the take. We will have healthy snacks at each meeting and discuss tips for ways to improve our weight loss efforts. I believe by working together and supporting each other we can all be successful.

June Minutes by Kim Hupp

Members Present: Lisa Ernest, Sheri Pierce, Di-
anne Albrecht, Renee Hamlett, Stephannie Hart-
wig, Debbie Harvey, Karen Wible, Tammy Rey-
nold, Beth Bowen, Stacey Watson, Mary Sue
Kosky, Rebecca Thomas, Kristine Keesecker,
Angela Clayberg, Diana Wheeler, and Stacy
Broughton

President: Call to order, and introductions

Secretary: Motion to approve May minutes made
by Stephannie Hartwig; second by Dianne
Albrecht.

Treasurer: Motion to approve May report made
by Stephannie Hartwig; second by Renee Ham-
lett.

1st VP: Next months meeting we will have a
Moms Ice Cream Social & face painting training.

2nd VP: Installation Dinner - July 28th Pool party
and picnic. The Christmas Party will be on Dec
8th at Cosner Park

Membership: Dues are Due. 15 paid members.

Scholarship: Applications due tonight.

Social Welfare: We will to a large donation of
items to the NICU. Debbie Harvey motioned to
give \$450 and Kristine Keesecker seconded. A
member is in need of Home Cooked Meals. We
will once again participate in the Festival of Trees
with the theme of "Two by Two"

Big Sister/Little Sister: Would like to start includ-
ing Honorary Moms

Tri-State: Club of the Year winner for 2001

New Business: Hope House is raising money in
order to build a play center. This will be some-
thing that we will discuss at a later meeting.

*Stephannie Hartwig Motion to adjourn and
Kristine Keesecker seconded.*

DUES ARE DUE!!!!

FAMOMC DUES

Dues for the 2000-2001 club year are now due.
Dues for **Renewing and New 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, Renee Hamlett at 540-891-
2530

Treasurer's Report
June 2002 by Sheri Pierce

Beginning Balance: \$5,577.63

INCOME:

*Dues 02-03 \$176.00
50/50 Raffle-Ways & Means..... \$4.50
First Friday (May-Gate)..... \$310.00
First Friday (June-Table) \$337.76
T-Shirt Sales..... \$10.00

Total Income:.....\$838.26

EXPENSES:

Ways & Means (J. Melton 1st Friday)..... \$77.76
Installation Dinner (S. Pierce)..... \$151.00
Social Welfare (S. Hartwig) NICU Dona..... \$450.00
2nd VP: (L. Moore) X-mas party rental..... \$25.00

Total Expenses:.....\$703.76

Checkbook Balance:..... \$5,712.13

Cashbox: \$200.00

Ending Balance:..... \$5,912.13

***Dues Paid By: 02-03** 14) Susan Koban 15) Renee Hamlett
16) Kristine Keesecker 17) Mary Sue Kosky 18) Angela Clay-
berg 19) Debbie Harvey 20) Lisa Ernest 21) Sheri Pierce

Yearly Budget

At the July meeting, the club will vote on adopting the budget as it is written or to make changes. The amount of money budgeted for the new club year is \$525.00 more than last year's budget. The additional monies are increases in the President, and 2nd VP. The Membership budget has been decreased. Please let Sheri Pierce know if there should be any further changes.

<i>Position</i>	<i>Budget</i>
President	\$ 100.00
1st VP	\$ 50.00
2nd VP	\$ 1,000.00
Secretary	\$ 100.00
Treasurer	\$ 50.00
Social Welfare	\$ 500.00
Membership	\$ 125.00
Sunshine	\$ 175.00
Editor	\$ 715.00
Publicity	\$ 50.00
Historian	\$ 90.00
Operating Expenses	\$ 75.00
MAPOMC Registration	\$ 80.00
Mid-Atlantic	\$ 20.00
National Rep.	\$ 40.00
Total	\$ 3,170.00

Looking for Things to do this summer why not try one of these... ..

-Regal Cinema Free Movies across from Spotylvania Mall starting in June. All of these movies are free and will be shown on both days at 10am. Everyone is welcome to attend.

June 25th and 26th - Chicken Run and Mouse-hunt

July 2nd and 3rd - Anastasia and Joe Somebody

July 9th and 10th - Jimmy Neutron and Shrek

July 16th and 17th - Rugrats and Grinch

July 23rd and 24th - Rugrats in Paris and Dr. Doolittle 2

July 30th and 31st - Elmo in Grouchland & Rocky & Bullwinkle

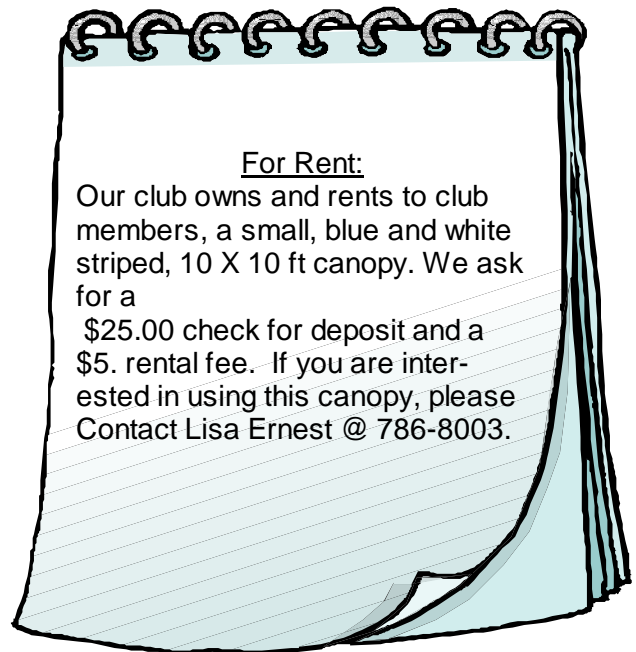
Aug. 6th and 7th - Muppets from Space and Snow Day

Aug. 13th and 14th - Ghost of Dickens Past and Galaxy Quest

Aug. 20th and 21st - Who Gets the House and Flintstones in Las Vegas

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 the first few weeks, my mom stayed with us, which meant all I needed to do was feed the babies and sleep when I could. All my husband needed to do was go to work during the day and hold me or the babies when we cried at night. The problem was, after my mom left, those "duties" were still all we could handle. Even simple errands had become complicated; the logistics of getting two babies ready and into the car took all the planning most people allow for a week-long vacation. So, I retrained myself. When people offered to help, rather than saying "No, thank you, we're fine" (a lie), I started saying "Yes, thank you" and offering options. For example, I needed someone to assist me when I went grocery shopping, or I'd ask someone to mail a package or pick up a carton of milk. Other friends helped by weeding the garden, doing the dishes, or folding laundry, which would otherwise have become a permanent mountain on our bed. I even asked the next-door neighbor to come over one day so that I could take an uninterrupted shower. While these requests seemed huge to me, they were but small favors for my invaluable friends, who emerged into two distinct sets. The first group has children. They understand. The second group doesn't have children. They have time. Today, both groups have become a community of adults who consider my boys to be special because they helped take care of them way back in the beginning, when they were babies.

#3 Gear Up. If you have twins, people will ask you whether you are going to dress them alike as though it's your biggest concern. Most of the time I dressed my sons in whatever I could grab from the shelf while I nursed one baby and kept the other from rolling off the changing table. I used similar criteria to select my own clothes, although I tried to avoid black because it really highlights spit-up. Like most new moms, I received three or four catalogs a day describing the latest baby gear. To sort it all out, I found it helpful to talk to other mothers of twins. They told me which items truly saved time or effort. For instance, when selecting strollers, it's important to have not only two seats, but two seats that recline, for those weeks when the twins are too young to sit up on their own. Some gear that offers convenience for singletons diminishes in usefulness with twins. For instance, the infant car seats that double as carriers become a bit burdensome with two babies. Besides, taking twins into a restaurant with the expectation of sitting through a nice dinner would take an incredible degree of optimism. Parents of twins are much more likely to opt for pizza. Delivered.

#4 Everyone Eats at Once. Everyone Sleeps at Once.

Many pediatricians recommend feeding infants on demand during the first couple of months. We followed this recommendation with one amendment: When one demanded, both ate. This rule was particularly crucial in the middle of the night. Though it was tempting at first to let one baby sleep peacefully when the other woke up crying for food, I didn't do it often. When I did, my sleeping child would begin crying not ten minutes after my satisfied boy had drifted back to sleep. So instead, when one woke, my husband would wake the other, and I'd feed both simultaneously. Then we'd change both diapers and put them back to bed. This increased our chances of having a full hour of uninterrupted sleep. During the day, this rule applied to me as well. When both babies drifted off to sleep at the same time, there was only one wise thing for me to do, and it was not clean house. Nothing increased my ability to cope more than a few extra moments of sleep. The rule of everyone eating at once worked for the whole family, too. I needed a lot of fuel and a lot of water to make enough milk for twins. Before sitting down to nurse the babies, I'd grab a pitcher of ice water and a simple meal and place them next to the couch where I nursed. While mothers of singletons can often feed on the run, mothers of twins have nursing stations, complete with food, drink, reading material, a telephone, and a remote control.

#5 Hang on to You.

I love being a mom. I cherish the experiences it has brought, and the way it has changed and deepened me. But at times the connection between my sons and myself has been so powerful that I felt I barely existed apart from them, and I needed to remind myself that I was a whole person all on my own. This desire didn't drive me back to what had fulfilled me before my sons' arrival, though, because my needs had changed. For instance, before having twins my idea of a good time was to go for a run in the foothills by myself. But during those first few months with the babies, I craved adult conversation more than anything. So it made more sense to go for a walk with a friend. Eventually I realized that exactly what I did to acknowledge myself wasn't nearly so important as the fact that I did something at all. Every woman has different activities that nourish her. I went to the coffee shop for steamed almond milk with friends. I read for pleasure, though it took me months to make it through *Snow Falling on Cedars* at the pace of four lines per night. And once I got into this habit, I saw how valuable it was to my own well-being and to my relationship with my sons.

#6 The Light at the End of the Tunnel is Not a Train.

The other day a store clerk gave me an odd look when I approached the counter with six pairs of new size 5 jeans. "I have twin boys, and they just outgrew all of their old ones," I explained. "Twin boys," she said. "How do you handle it?" "It's easier than one at a time," I answered. And at that moment, I realized that I meant it. The good news about having multiples is that nothing is ever as hard as the first few months. When people tell you otherwise, don't listen. They've forgotten. Nothing overwhelms like two babies who don't sleep through the night, not even a pair of toddlers in their terrible twos. In fact, just about the time they turn 2, the balance starts to tip and twins actually become easier to raise than different-aged siblings. For example, my sons were ready to learn new skills at the same time, like how to use the potty and how to dress themselves. And once they learned to put on their own shoes and buckle their own car seats, I felt like I had it made. At 4, Gabe and Dylan entertain each other for hours at a time. They create imaginary worlds, they sing preschool songs, they teach each other things. And this speaks to one of the sweetest blessings of having twins. My sons have a head start on some traits that are sorely needed in this world, like empathy, compassion, and tolerance. To them, even sharing comes easy. They have done it their whole lives.

Birthdays, Anniversaries, and More... ..

PROSPECTIVE MEMBERS

Contact Kristine Keesecker@ 891-5087

- Drew Scarlotto.....891-7162
- Shannon Harrison.....472-2282
- Renee Drinkwater.....548-3109
- Brigitte Perry.....834-2322

HONORARY MEMBERS

Contact Debbie Harvey @ 972-9021

- Ranetta Holmef.....224-1925
- Terri Lumpkin.....559-7811
- Stacey Watson.....288-4008
- Tresha Tidwell.....286-0706
- Jessica Ney-Grimm.....295-1554
- Johanna Friess.....720-9302
- Beth Bowen.....580-5802
- Jackie Crogan.....
- Cabell Melson.....
- Jennifer Stoy.....288-8283
- Diana Wheeler.....582-8188
- Stacey Broughton.....654-5338
- Karin Linkous.....876-1054
- Tammy LaPrad.....786-2082
- Heather Myers.....288-8888

VIRGINIA'S CHILD RESTRAINT DEVICE LAW

(Code of Virginia Article 13 - Section 46.2)

The major requirements of Virginia's Child Safety Seat Law:

- ? **Effective July 1, 2002:** Child restraint devices are required for children **through the age of five**. Safety seats must be **properly used** and approved by Department of Transportation standards.
- ? The law applies to **anyone** (i.e. parents, grandparents, babysitters, friends) **who provides transportation** for a child in any vehicle manufactured after January 1, 1968.
- ? Public transportation (taxis, buses), regulation school buses, and farm vehicles are exempted.
- ? The child restraint law is **primary enforcement** -- no other violation need be committed prior to ticketing for failure to have a child in an approved seat.
- ? **Effective July 1, 2002:** A \$50 civil penalty fine is imposed for failure to have a child in a child restraint device. A \$20 civil penalty fine is assessed when persons transporting a child exempted from this law due to medical reasons do not carry a written statement of the exemption. **All fines collected go into a special fund to purchase safety seats for low-income families.**
- ? There are assistance programs for low-income residents who cannot afford a safety seat. Contact Virginia Department of Health, Center for Injury and Violence Prevention at 1-800-732-8333 for more information.

Virginia's Passenger Safety Belt Law

(Code of Virginia Article 12 - Section 46-2)

The major requirements of Virginia's Child Safety Belt Law:

- ? **Effective July 1, 2002:** Children age 6 through age 15 must be belted correctly in vehicle safety belts, in vehicles manufactured after January 1, 1968. Exemptions are taxicabs, school buses, executive sedans and limousines.
- ? This safety belt law is **primary enforcement** -- no other violation need be committed prior to ticketing for failure to have a child correctly buckled up.
- ? **Effective July 1, 2002:** A \$50 civil penalty fine will be imposed. **All fines collected go into a special fund to purchase safety seats for low-income families.**



Virginia's Pickup Truck Law

(Code of Virginia Section 46.2 - 1094)

- ? No person under age 16 shall be transported in the rear cargo area of a pickup truck. There are exemptions for certain parades and farming operations.

For more information, contact:

Center for Injury and Violence Prevention

Virginia Department of Health

1500 East Main Street, Room105, Richmond, VA 23219

Secret Pal Thank You's!

Thank you to my secret pal for the delicious cookies! My whole family thoroughly enjoyed them! Thanks for the note pad, too. It brightens up my desk.

Selma Kossol

Kids Birthdays:

- Heather & Hailey Clements..... 7/20
- Christopher & Madelyn Koban..... 7/23
- Rebecca & Victoria Alicandro 7/25
- Hunter & Hannah Keesecker 7/27

Parent's Birthday:

- Laurie Kosloske..... 7/3
- Chris Marsden 7/14
- Ray Stout..... 7/20
- Torry Clark 7/26
- Kelly Gayne 7/27
- Todd Hamlett..... 7/31

HAPPY ANNIVERSARY:

- Kelly & Andrew Gayne..... 7/1
- Susan & Drew Koban..... 7/3
- Mary Sue & Robert Kosky..... 7/4
- Lesley & Glenn Moore..... 7/6
- Toni & Ken Podrasky..... 7/6
- Renee & Todd Hamlett..... 7/7
- Robin & Larry Clements..... 7/9
- Courtney & Ken McKane..... 7/9
- Judy & Mark Colson..... 7/11
- Kristine & Kenn Keesecker..... 7/16
- Torry & Jamie Clark..... 7/25

July 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Meeting at MWH 7:00 pm 4th of July Parade	3	4 Independence Day	5 Downtown First Fridays	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Ice Cream Social at Joanna Melton's	23	24	25	26 Newsletter Deadline	27
28 Family Pic- nic & Pool Party at the Kossol's	29	30	31	Here's the LOOK AHEAD at AUGUST - Lightening Bug Party at Lisa Ernest's (date TBA) - Backyard Carnival at Joanna Melton's on Sun- day, August 18th		

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!