

Fredericksburg Area Mothers of Multiples Club

Volume 27, Number 3 August 2002

AUGUST

FAMOMC Meeting

DATE: Aug 6th, 2002 TIME: 7:00 Business Meeting

8:00 Speaker Dr. Trementozzi 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.

Ask the Pediatrician: Our speaker this month is Dr. Daniel P. Trementozzi, M.D., Pratt Medical Center. After his talk, we will have some time for questions and answers. So bring your questions and ask the pediatrician. In September, we will take a break and play Bingo.

Kristine has asked that we please bring snacks to share!

Donations: We will be collecting School supplies for Child Help in Lignum. Please bring your items to the meeting.

This is such an important piece of information we thought we would run it again!

Important information for our expectant mothers

There is a supplemental social security income for families of very premature babies. Families are urged to contact their local Social Security office as soon as their babies are born, if they weigh under 1,200 grams (2.6 pounds) at birth. It seems there is a Supplemental Social Security Income that is available to families (\$466.00 per child, per month), to help with the overwhelming costs associated with such early births. During the time of hospitalization, there is no consideration of parent's income or resources. Later, when the babies come home, family income is taken into consideration for further help if it is needed, but there is often additional help available. Evidentially, it is rare for hospital social workers to alert families of this benefit, and it is not retroactive. SSI should be called immediately following the birth of the babies. One mother said that since the benefit is so new, it is important to be persistent and to file an "intent to file" if the local SS worker is uninformed and to follow through to be sure the proper paperwork is taken care of. When needed, Medicaid is also made available to some upon application for SSI.

For more information about the SSI program and children, call Social Security's toll free telephone number, (800) 772-1213 M-F 7 am to 7 pm. The best time to call is early in the morning, late in the afternoon, late in the week, and toward the end of the month. Or, contact your local Social Security office. Ask for the leaflet, <u>Social Security and SSI For Children With Disabilities.</u>

You may also contact Debbie Harvey (Honorary Mom) at 972-9021, or Stephannie Hartwig (Newsletter Editor) at 834-4172 to receive information on how to receive a complete packet from the club.

A Note From Our President

Hello Everyone,

I hope you are all well and enjoying the hot weather. Can you believe the summer has passed by so quickly? Now it is time to get ready for school! (Yeah!) FYI: Wal-mart and Target already school supply lists posted for many of the local schools. Remember to watch the newspaper and local cable station for orientation dates and times. This is such an exciting time for moms with kindergarteners.

Our club is busy in August. We have lots of activities planned, First Friday, Art Expo, Backyard Carnival, and the Bug Party. Make plans to come out and join us. I want to thank Selma Kossol and Joanna Melton for all of their hard work and dedication to our club. They have planned and executed many great social activities for the club. Both have hosted several events at their homes and I want to extend my appreciation to them. Also, Sheri Pierce has been working tirelessly on our budget, end of the year report, and on balancing our checkbook. Thank you.

I hope that you all can make it to the August meeting, I look forward to seeing you then.

Lisa Ernest

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, August 2nd. Help is needed. If you can face paint or

help watch the tables, then contact Barbie Baugh at 785-9711. If you, your husband, and/or a friend can help, then please let Barbie know.

Newsletter Deadline

The deadline for the newsletter is August 23rd . 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

President	Lisa Ernest	786-8003
1st VP	Rebecca Thomas	373-9339
2nd VP	Selma Kossol	785-9820
2nd VP	Joanna Melton	775-0053
Secretary	Lisa Marsden	659-2075
Treasurer	Sheri Pierce	752-4262

COMMITTEE CHAIRMOMS

	. Stephannie Hartwig834-4172
Membership	. Renee Hamlett
	. Renee Hamlett
Sunshine	
	. Debbie Harvey972-9021
Prospective	. Kristine Keesecker 891-5087
	. Stephannie Hartwig834-4172
Librarian	
	. Selma Kossol758-9820
Refreshments	. Kristine Keesecker 891-5087
Scholarship	
Mom's Morning Out	. Selma Kossol
e	Joanna Melton775-0053
Mid-Atlantic Delegates	\$
	Lisa Ernest
	Selma Kossol
Alt Delegates	Dianne Albrecht 898-1131
i ili 2 elegates	Kim Altemose
National Ren	. Laurie Kosloske
	Sheri Pierce
	Stephannie Hartwig834-4172
	. Barbie Baugh
	Lisa Ernest
Hurkamp Park	
	. Barbie Baugh
	. Brenda Stout
	. Kim Hupp
	. Joanna Melton775-0053
First Fridays	
	Joanna Melton
June	. Selma Kossol
July	. Lisa Ernest
	. Barbie Baugh
	. Donita Wagner
	.Rebecca Thomas373-9339
2nd Vice President C	
	. Selma Kossol785-9820
Fall Festival	. Joanna Melton775-0053
	Selma Kossol785-9820
Christmas Party	. OPEN
Easter Party/Egg Hunt	. Lisa Ernest
Installation Dinner	. Sheri Pierce
Progressive Dinner	. Joanna Melton
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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.

<u>Social Events</u>

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.



Alum Springs Park in Fredericksburg on Thursday, August 8th This park offers a shaded playground

as well as a creek and trails for the

adventurous. The park is free for Fredericksburg residents, but \$2.00 per car for non-residents.

Directions: From 195 take Route 3 East. At the intersection of Greenbrier Drive, Route 3, and William Street turn right onto Greenbrier Drive. Follow Greenbrier into the park. The playground is on the right.

Backyard Carnival at Joanna Melton's on Sunday, August 18th from 3:00 to 6:00 pm

Come join us for carnival games, food, face-painting, and fun. The children will receive tickets as they play each game and then exchange the tickets for small prizes and/or candy. (If you have a few new or gently used small toys/party favors that you would like to contribute, please bring them to the August meeting.

Directions: Take Route 3 East to King George. Drive through the stop light at the intersection of

Route 3 and Route 206. About 1/4 mile after the light turn right onto Hoover Drive. Turn left onto Roosevelt Drive. Make the 4th right onto Independence Circle. Joanna Melton's house number is 8378 and is the 3rd house on the left.

Convention 2003 Raffle Baskets

Our club's Convention 2003 raffle baskets will be a Dress-Up Basket for boys and girls and an Arts 'n Crafts Basket. I know that Convention 2003 is still 8 months away, but I wanted everyone to be aware and on the look out, especially for sales. Please contact Joanna Melton at 775-0053 or cjmelton@crosslink.net if you have found any great deals or have purchased something to contribute to the baskets.



Lightening Bug Party at Lisa Ernest's on Friday, August 30th At 7:00 pm

Bring your bug nets and containers and join in on lots of fun. We

will make some bug crafts and eat some bug snacks. Yum-Yum!

Directions: 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.



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 small fee and the person who has lost the most weight for that month will win the take. Last month it was a tie between Lisa Ernest and Sheri Pierce both losing 4 pounds! Congratulations Ladies! We believe by working together and supporting each other we can all be successful.

July Minutes by Lisa Marsden

Members Present: Lisa Earnest, Sheri Pierce, Dianne Albrecht, Vicki Lare, Debbie Harvey, Joanna Melton, Selma Kossol, Stacy Broughton, Diana Wheeler, Jennifer Stoy, Cabell Melson, Jane Hutchinson, Beth Burns, Kim Hupp, Lisa Marsden, Angela Clayberg, Lesley Moore, Barbie Baugh, Rebecca Thomas, Kristine Keesecker, and Stacy Watson

President: Call to order, and Introductions **Secretary:** Motion to approve Junes minutes made by Dianne Albrecht; second by Debbie Harvey **Treasurer:** Motion to approve June report made by Kim Hupp; second by Dianne Albrecht. Up the monies for 1st VP motion made by Dianna Albrecht second by Selma Kossol, Up the monies for Mid-Atlantic motion made by Rebecca Thomas, second by Joanna Melton, up the monies for social welfare made by Joanna Melton second by Selma Kossol. Lower the monies for newsletter. Amend budget. **1st VP:** Ice cream social tonight, next month Pediatrician speaker. Any ideas for speakers let Rebecca know.

2nd VP: Picnic July 28th 3-7 p.m. at Selma's, Backyard carnival at Joanna's on Aug. 18. Multiples Day at Kings Dominion on July 20.

Moms Morning Out: The parade turned out well had lots of fun. Aug. 30 Bug party at Lisa Earnests at 6:00, August Elms Spring Park

Big sis/Little Sis: One new form sent out. Now available to expectant mothers.

Honorary: 15 on list

Membership: 25 paid members. Dues are due now. **Ways and Means:** First Friday for July contact Selma Kossol, Aug. 10 Hurkamp Park Art expo need volunteers.

Social Welfare: Donated \$450.00 to Nicu, Aug donations to Child Help they need school supplies. **Newsletter:** deadline is July 26.

Chub Club: \$2.00 whoever loses most weight for month wins the pot.

Scholarship: two applicants, need 3 volunteers to read.

Old Business: Make donation to church for spring yard sale \$25.00, Yard sale date is Sept. 20-21.

Motion to adjourn meeting made by Debbie Harvey second by Joanna Melton

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 July 2002 by Sheri Pierce

Beginning	Balance:		\$5,7	12.13
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INCOME:

*Dues 02-03	\$110.00
50/50 Raffle-Ways & Means	\$7.50
First Friday (July-Table)	\$277.00

Т	otal	Income:			.\$394.50
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EXPENSES:

Scholarship-Matthew Hartwig	\$250.00
Ways & Means 1st Fridays (L. Ernest)	\$168.30
2nd VP: (J. Melton)	\$7.90
1st VP Ice Cream Social (R. Thomas)	

Total Expenses:....\$438.69

Checkbook Balance:	
Cashbox:	
Ending Balance:	\$5,867.94

***Dues Paid By: 02-03** 22) Barbie Baugh 23) Laura Powell 24) Jane Hudgins 25) Heidi M. Johansen-Street 26) Beth Burns

Fall Yard Sale

It's not too early to start sorting your clothing and toys! Our Fall Children's Clothing and Toy Sale has been set for Saturday, Sept. 21 at the Zoan Baptist Church in Fredericksburg. Set-up and a members only presale will occur on Friday night, with the public sale on Saturday morning, 8 am to noon. Members (including honorary and prospective members) of the club are welcome to sign up to sell items at this sale, with a percentage of your profits going back to the club. If you have been a previous seller at a sale, you may continue to use that number. If you are new and need a number, please call Barbie Baugh at 785-9711 or email her at bbaugh@hgamcarmy.mil to get one. More detailed information about the sale will appear in the September newsletter.

For Those Of You That Want To Get A Jump Start

Tips for Organizing and Pricing for the Sale

Please note these are just suggestions!!!

ORGANIZING:

* T-shirts: group 3 to a set in a zip-loc bag. Usually sell for \$.25-\$.50 each or \$.75-\$1.50 for a set

* Shoes: Shoes have not typically sold well. Place in zip-loc bags or tie the laces together (so they won't get separated). Shoes will sell for \$1.00-\$5.00.

* Socks: Group 2-3 like pairs of socks to a bag. Socks will sell anywhere from \$.25-\$1.50/pair.

* Put nicer clothing on hangers (these seem to sell well). They will sell for \$3.00 -\$6.00

* Group stuffed animals and small toys together \$.25-\$3.00

PRICING (Try to avoid selling stained or very worn clothing)

<u>Clothing</u>

* t-shirts (\$.50-\$2.50), * pajamas/sleepers: \$.50-\$3.00, * pants (\$1.50-\$4.00),

* playsuits/overalls (\$3.00-\$5.00), * dresses (\$3.00-\$6.00), * shirts (\$1.00-\$3.50), * jackets (\$5.00-\$8.00)

*sweaters (\$2.00-\$5.00), *maternity clothing \$2.00-\$20.00 * preemie clothing can be priced a bit higher, brands such as gymboree, old navy, Disney store can be priced higher.

Toys and Equipment

* books \$.25-\$2.00, * videos \$2.00-\$5.00, * puzzles and books - \$.25-\$4.00

* large toys in good condition price at 1/2 retail, * small toys: \$.25-\$5.00 * furniture/equipment in good condition, you can price 1/3-1/2 retail.

Also if you are not working the sale and really want to get rid of an item be sure to let someone know the lowest price you will take for the item.

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 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.

<u>Free</u>

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.

For Rent:

Our club owns and rents to club members, a small, blue and white striped, 10 X 10 ft canopy. We ask for a \$25.00 check for deposit and a \$5. rental fee. If you are interested in using this canopy, please Contact Lisa Ernest @ 786-8003.

Annual Treasurer's Report 6/01 to 5/02

Expenses	Budgeted	Actual	(+/-)
President	\$ 75.00	\$ 75.00	\$ —
1st VP	\$ 50.00	\$ 9.36	\$ 40.64
2nd VP	\$ 450.00	\$ 1,304.58	\$ (854.58)
Secretary	\$ 100.00	\$ —	\$ 100.00
Treasurer*	\$ 50.00	\$ 52.24	\$ (2.24)
Social Welfare	\$ 500.00	\$ 806.25	\$ (306.25)
Membership	\$ 175.00	\$ 101.53	\$ 73.47
Sunshine	\$ 175.00	\$ 72.91	\$ 102.09
Editor	\$ 715.00	\$ 892.08	\$ (177.08)
Publicity	\$ 50.00	\$ 335.36	\$ 285.36
Historian	\$ 90.00	\$ 47.22	\$ 42.78
Operating Expenses	\$ 75.00	\$ 38.00	\$ 37.00
MAPOMC Registration	\$ 80.00		\$ 80.00
Tri-State Reg.	\$ 80.00	\$ 123.00	\$ (43.00)
Tri-State Dues	\$ 20.00	\$ 20.00	\$ -
Tri-State Scholarship Contribution	\$	\$ 63.00	\$ (63.00)
National Dues	\$	\$ 477.00	\$ (477.00)
National Rep.	\$ 40.00	\$ -	\$ 40.00
Cash Box	\$ 200.00	\$ 200.00	\$
Total	\$ 2,925.00	\$ 4,617.53	\$ (1,692.53)

Position	Budget	
President	\$	100.00
1st VP	\$	100.00
2nd VP	\$	1,000.00
Secretary	\$	100.00
Treasurer	\$	50.00
Social Welfare	\$	1,000.00
Membership	\$	125.00
Sunshine	\$	175.00
Editor	\$	315.00
Publicity	\$	50.00
Historian	\$	90.00
Operating Expenses	\$	75.00
MAPOMC Registration	\$	90.00
Mid-Atlantic	\$	20.00
National Rep.	\$	40.00
Total	\$	3,330.00

This is the 2002-2003 Actual Budget as voted upon at the July Meeting!

It was also decided that all Convention Basket money will be used for the clubs scholarships and all First Fridays profits will go to Social Welfare.

There was a balance of \$225.00 in the Savings Account. It was decided that the Savings Account would be closed, and roll that money into our regular Checking Account as it was getting confusing with two accounts open at two different banks. The Scholarship money will now come out of the Checking Account.

2000-2001 Income	9	
Dues	\$	876.50
Ways and Means Clothing Sales	\$	690.90
Hurkamp Park Convention	\$ \$	352.17
Silent Auction First Fridays	\$	240.50 2,174.24
Cookbooks/Other 50/50 Raffle	\$ \$	131.00
Avon Fundraiser Donations	\$ \$	132.05
Bingo	\$	
Total	\$ 4	,892.17

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
Carey Sealey	371-1872
Cathy Loving	710-0866

HONORARY MEMBERS

Contact Debbie Harvey @ 972-9021

Terri Lumpkin Stacey Watson Tresha Tidwell Jessica Ney-Grimm Johanna Friess Beth Bowen Jackie Crogan Cabell Melson Jennifer Stoy Diana Wheeler Stacey Broughton Karin Linkous	288-4008 286-0706 295-1554 720-9302 580-5802 720-5154 368-5569 288-8283 582-8188 654-5338 876-1054
Stacey Broughton	654-5338
Tammy LaPrad Heather Myers	786-2082

Who is Your Secret Pal?

Come to the August meeting to find out the identity of your Secret Pal. After the business meeting Secret Pals will hand deliver the last gift for the 2001-2002 year. I'm Going to Bed Submitted by Parent Souper Caroline

Mom and Dad were watching TV when Mom said, "I'm tired, and it's getting late. I think I'll go to bed." She went to the kitchen to make sandwiches for the next day's lunches, rinsed out the popcorn bowls, took meat out of the freezer for supper the following evening, checked the cereal box levels, filled the sugar container, put spoons and bowls on the table, and started the coffee pot for brewing the next morning. She then put some wet clothes in the dryer, put a load of clothes into the wash, ironed a shirt and secured a loose button.

She picked up the game pieces left on the table and put the telephone book back into the drawer. She watered the plants, emptied a wastebasket and hung up a towel to dry. She yawned and stretched and headed for the bedroom.

She stopped by the desk and wrote a note to the teacher, counted out some cash for the field trip and pulled a textbook out from hiding under the chair. She signed a birthday card for a friend, addressed and stamped the envelope, and wrote a quick note for the grocery store. She put both near her purse. Mom then creamed her face, put on moisturizer, brushed and flossed her teeth, and trimmed her nails. Hubby called, "I thought you were going to bed." "I'm on my way," she said.

She put some water into the dog's dish and put the cat outside, then made sure the doors were locked. She looked in on each of the kids and turned out a bedside lamp, hung up a shirt, threw some dirty socks in the hamper and had a brief conversation with the one kid who was still up doing homework. In her own room, she set the alarm, laid out clothing for the next day and straightened up the shoe rack. Then she added three things to her list of things to do for tomorrow. About that time, Hubby turned off the TV and announced to no one in particular, "I'm going to bed."

And he did.

Kids Birthdays:	Parent's Birthday:	HAPPY ANNIVERSARY:
Molly & Lydia Bryant8/1Claire Adams8/1Tina & Sebastian Lett8/10Bonnie Miller8/11Rachel McKane8/13Faith & Grace McKane8/14Lauren & Samantha Street8/15Rebecca & Virginia Melton8/22Nick, Paul, & Russ Pierce8/23Eric & Kurt Herlan8/28Thomas Melton8/31	Karen Wible	Selma & Bill Kossol

August 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Here's the LOOK AHEAD at September -Canal Walk in Fredericksburg on Thursday, September 12th at 10:00 am -Lunch in the Park at Hurkamp Park in Fredericksburg on Tuesdays at 11:00 am -Club Yard Sale			1	2 First Fridays Downtown Fredericksburg 5-9 pm	3	
4	5	6 Monthly meeting at MWH at 7:00	7	8 MMO at Alum Springs Park 10-12 pm	9	10
11	12	13	14	15	16	17
18 Backyard Carnival at Jo- anna Melton's 3-6 pm	19	20	21	22	23 Newsletter Deadline	24
25	26	27	28	29	30 Lighting Bug Party at Lisa Ernest's House at 7 pm	31

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!