



multiple mayhem

A monthly publication of the Pensacola Parents of Multiples December 2008
Vol. 20, Issue 5



THIS MONTH'S MEETING: We are going to play our annual **Bingo game** at this month's meeting! Bring a \$5-10 gift for prizes. Please also bring some homemade cookies or dessert to munch on while we play. Bring the recipe to share. Be sure to bring your own drink.
Thursday, Dec. 4 / 7 p.m. / Sacred Heart Hospital Conference Center

FROM THE PRESIDENT

Merry multiples to all!

Season's greeting!
Those of you who did not make it to the November meeting missed a relaxing but funny time. Most of us were decked out in eye patches and white lip goop. It was a sight to see. (See photos on page 2!)



Diane Wood

I want to thank everyone who attended the Fall Carnival. The kids had a lot of fun playing in the bounce house, and in the big box used for the fishing game. We all got to eat yummy treats. It was a great time to converse with our fellow members and to get to see their families.

From our yard sale proceeds we will be donating \$250 each to the Sacred Heart NICU, Ronald McDonald House and one other charity. Way to go, members and consignors! We will need volunteers to deliver the gifts and spread some cheer. Pictures should be taken to help spread the word through print.

The December meeting will be fun

for all of us. We will be playing Bingo and eating yummy treats. Bring a wrapped gift of \$5-10 to use as our prizes.

Our adult Christmas party is this Saturday, and we will be doing an old or new wrapped ornament exchange along with a little karaoke.

This is a special time of year for everyone, so enjoy the holidays for the time being. The week before Christmas is when it gets crazy for me. Enjoy your family now and have a happy, healthy and joyous holiday.

As we move towards the New Year, I want to let you know that **the meeting in January is CANCELLED.** It happens to fall on New Year's Day, and I want each of you to spend the day with your families bringing in the New Year.

I hope to see you at the December meeting and Christmas party.

Merry Multiples,
Diane Wood



Pensacola Parents of Multiples
P.O. Box 10596
Pensacola, FL 32524
Club voice mail: (850) 470-0880
During club meetings, you can be reached at 416-8000.

Web addresses

PPOM: www.pensacolapom.org

FOMOTC: www.fomotc.org

NOMOTC: www.nomotc.org

Contact Diane Wood for the password to the NOMOTC site to enter the Members Only section.

Yahoo Group:

ppoms-subscribe@yahoo.com

Pensacola Parents of Multiples is a member of the Florida Organization of Mothers of Twins Club and the National Organization of Mothers of Twins Club.

The printing of this newsletter is provided courtesy of Sacred Heart Hospital.

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CHRISTMAS PARTY!

Join us for our adult Christmas party at 6:30 p.m. Saturday at the home of Bach-Uyen Le Thi. (Refer to your Evite invitation for directions.) Bring a potluck dish, and a wrapped ornament for Dirty Santa. Be prepared for karaoke!

What's PPOM?

Pensacola Parents of Multiples is a non-profit organization established to provide support and assistance to all parents of multiples and their families. We provide **emotional support and encouragement**. We offer information on various **educational topics** relating to having and caring for multiples. We also offer **social interaction** with other parents and families with multiples. These services are for all parents of multiples and expecting parents regardless of membership status in our organization. Membership includes local, state, and national organizations. You will receive 12 issues of the club newsletter, Multiple Mayhem (by email unless specified by mail), and 6 issues of the National Notebook. Members have reduced participation fees at the two biannual club consignment sales and also get early shopping privileges at the sales.

Club and meeting information

The Pensacola Parents of Multiples meets the **first Thursday of every month** (except July) at the **Sacred Heart Hospital Main Entrance Conference Center**. Meetings begin at **7 p.m.** (please try to arrive by 6:55) and last about 1 1/2 to 2 hours. **Annual dues** are \$25, which include local, state and national membership and newsletter subscription. Parents with multiples 5 or older have half-price membership, as do grandparents of multiples. Dues should be mailed to: Treasurer Rebecca Knapp, or given to her or the president at a meeting. **Local membership is free for those expecting multiples and until the multiples are 3 months old.** This monthly newsletter subscription can be purchased for \$7 a year to non-members. If you are an expecting parent, please pick up a helpful information packet at our next meeting.

Minutes of November meeting

Attending: Diane Wood, Susan Kline, Louise Hirst, Rebecca Knapp, Dianne Taylor, Jennifer Clarke, Tamara Cummings, Tanda Cook, Holly Jeffries, Renee Shelnut

Early Bird Door Prize: Susan Kline
Courtesy of Holly Jeffries, Tupperware Consultant

Speakers: Bibi Dobson was with us from BeautiControl, a company which specializes in makeup and spa products. She gave us a hand treatment, and then used under-eye patches and a lip scrub. The best part was the head massage with her fancy little tool. It was a funny, relaxing, and rejuvenating. (Photos below!)

Yard Sale Committee: We distributed tags and hangers to consignors.

Socials:

- Fall Carnival at Shannon Krupa's, Nov. 8, 10 a.m.-1 p.m.
- Adult Christmas Party at Bach-Uyen's, 6:30 p.m. Dec. 6. Potluck, Karaoke, Dirty Santa ornament exchange.
- Board Meeting/Playgroup, Friday, Nov. 21, at 9:15 a.m.

Reminders:

- Bring soda tabs for the Ronald McDonald House.

Yard Sale Update: Treasurer Rebecca Knapp gave a final report on our Fall Yard Sale:

Sales:

Friday sales	\$625.50
Saturday sales	\$2,323.90
Bake sale	\$145.00
Raffle	\$58.00
Vendors	\$85.00
Total Sales:	\$3,237.40

Expenses:

Consignor payout	\$2,266.59
Van rental/gas	\$43.53
Krispy Kreme	\$72.00
Ice	\$8.53
Signs/misc.	\$25.53
Maintenance man	\$120.00
Ad/flyers	\$138.00
Total Expenses:	\$2,674.70

Total Profit: \$562.70

Also, we reported last month that baby and children's items were donated to the Pregnancy Resource Center. We wanted to add that adult clothes went to the Washburn Center for the homeless.



Above: Susan Kline gets a head massage from Bibi Dobson at the November meeting. Susan also won the door prize!



Right: Prospective member Tanda Cook gets the under-eye treatment.

**ANSWERED: QUESTION OF THE MONTH**

Holiday traditions with multiples

The holidays are a wonderful time for families, full of excitement and memory-making traditions. The season's activities provide many opportunities for parents of multiples to develop traditions that enhance their children's unique identities. Here are some responses we got to our Question of the Month.

Diane Wood

We always start putting up Christmas decorations the day after Thanksgiving. I want no part of Black Friday. I do not listen to any Christmas music until Thanksgiving is over with. It drives the kids crazy, especially since they are singing Christmas music in the school play that is coming up. I cannot celebrate one holiday when another holiday has not passed.

We have no specific traditions for multiples, except sometimes I have to write both of their names on the same present if I know both of them will like it.

When we wake up Christmas morning the kids are only allowed to open their stockings, and then we eat breakfast. After the dishes are cleared and the cameras are found then we open Christmas presents one at a time so that it lasts longer and we can see what everyone gets and their reaction. We usually finish around

11 a.m. Plus one of the kids plays Santa and wears a hat and passes out the presents one by one. It is the same thing my parents did when I was a child. My husband's parents let their kids open one present the night before and then the morning of it is a free-for-all and they rip through all the presents in a hurry. I did incorporate his tradition of opening one present the night before.

Kirsten Efirid

A tradition my mother started when I was a child is to let each of us pick out one new ornament for the tree each year, so I have continued that with my three. They hang theirs on their little tree. However, since I love ornaments, I usually find myself buying others as well, especially if I find ones that have the theme of three (such as penguins, angels, snowmen, etc.). These are really for Mama more than the kids!

Each year, we also "adopt" three children from the Salvation Army Angel Tree at our church. We take the triplets shopping and let them pick out clothes, toys and a book for "their" child. I think it's important to let them know it's not all about getting.

For more on making the holidays magical for your multiples, visit: <http://tinyurl.com/Sunrjv>

**QUESTION OF THE MONTH**

Do your multiples (especially same-sex) share everything, from toys to clothes to a room? Email answers to newsletter editor. We'll print them in the January newsletter.

Product recalls

Nestlé Recalls Strawberry Nesquik

Nestlé USA is voluntarily recalling some Nestlé Nesquik Strawberry Powder that the company said may contain small fragments of aluminum.

The recall includes two production codes in 21.8-ounce containers. The affected containers have production codes of "82255880" or "82265880" and a best-by date of "August 2010."

Other Nesquik products and Nesquik Strawberry Powder without these codes are not affected by the recall. People with the affected containers can return them to the store of purchase for a refund. For more assistance, call the Nestlé Consumer Services Center at 888-637-4345.

Razor recalls PowerWing scooters

About 103,000 Razor PowerWing Three-Wheeled Scooters have been recalled. The undersides of the foot platforms can have sharp edges, posing a laceration hazard to children. Razor has received 10 reports of Achilles tendon or ankle lacerations, including four consumers who required tendon surgery and three who needed stitches.

The recall includes products with serial numbers beginning with:

Y708 Y709 Y710 Y711 Y712
Y801 Y802 Y803 Y804 Y805
Y806 Y807 Y808

The serial number is located on the bottom of the scooter near the front wheel. Products with an oval sticker next to the serial number with a "V" followed by any letter (example VE, VF, VG, etc.) are not included in the recall.

The scooters were sold by retailers nationwide and online from October 2007 through September 2008 for about \$100. They were made in China.

Do not return the product to retailers. Contact Razor for a set of free replacement foot platforms.

For additional information, contact Razor at (800) 314-9870, or visit the web site at www.razor.com/recall

Fall Carnival fun!

Our club's Fall Carnival was Nov. 8 at the home of Shannon Krupa in Pace. Thanks for hosting, Shannon, and thanks to all who brought goodies, crafts, and prizes!

Expectant Renee Shelnut (why is she standing?!) is due with twins in January!



Bach-Uyen's girls got their faces painted.



Natasha Hohaus enjoyed the day with her twin girls.



Dawson Wood goes fishing for treats at the Fishin' Hole.



Above: Kids get creative at the craft table.



Left: Bach-Uyen and three of her girls.

All photos courtesy of Diane Wood



Hidden holiday hazards

By Pamela Prindle Fierro
About.com

Ahhh, the holidays! In homes with twins or other multiples, it's a season of doubled excitement and doubled joy, but also doubled trouble! Despite parents' best childproofing efforts, the hectic holiday time brings new dangers and hidden hazards. Here are some tips to help you avoid accidents, injuries and other disasters so that you can enjoy the holidays with your twins, triplets or multiples.

1. The Tree

The Christmas tree can present a huge challenge for parents of curious young multiples. It's easy enough to keep one toddler out of the branches, but a tag team of two, three or four is impossible to outwit.

Choosing A Safe Tree

- **Freshness counts.** Choose the freshest tree available. Buy trees from local suppliers; trees that are trucked in from faraway have spent more time in transit and won't be as fresh. Sniff for a fragrant aroma, look for intense green color, and feel for moist, pliable branches and needles. There should be no evidence of drying or browning.

- **Securing the tree.** If there is a chance that your twins or triplets may try to climb the tree or knock it over (don't laugh – it has happened to the best of us!), then consider securing the tree to the wall or ceiling. Use fire-safe materials, such as wire or nylon rope. Secure the tree to a sturdy attachment such as a toggle bolt or heavy duty hook. Use a broad, heavy-duty base to hold the tree upright.

To keep busy hands off the tree, consider placing the tree in a playpen,

out of reach on a tabletop (best for small trees). One year we surrounded the base of the tree with playard panels. Trim the points from any lower branches that might be at eye level for young twins or triplets.

2. The Lights

- Use appropriate labeled lights for indoor and outdoor use. Look for a seal of approval from the Underwriters Laboratory (UL).

- Check lighting strands for broken bulbs, frayed wires, loose connection, or any other signs of wear or damage. Throw away any strands that give you cause for concern.

- Keep light strands away from sources of heat or moisture. Cover the tree's water basin to ensure that lights don't come into contact with it.

- Turn off all lights when the household is asleep or away. Consider using a timer to be sure lights get turned off.

- Make sure strands of lights don't dangle or lay loosely where young children can grab them. It could result in the tree toppling over or present a strangulation hazard.

- Make sure a fully operational smoke detector is close by.

Find safety tips on more holiday decorations at About.com:

3. The Ornaments

4. The Toys

5. The Candles

6. The Holiday Food

7. The Packages and Wrapping

8. The Plants & Greenery

To view this full article online, with all the safety tips, visit:
<http://tinyurl.com/6j9ao3>

Members in the news

This is from new member Holly Jeffries:

"The twins and I made the front page of the Pensacola News Journal on Oct. 27. We voted early, and a photo-journalist was taking pictures. He saw the twins and just had to take their picture."

There were even pictures posted of Holly and the twins on the News Journal's web site (which are no longer up, unfortunately!).

Holly is mom to 8-month-old twins Charlotte and Abran.

Check out our club library

We are trying to update our library for our members. If you have any books or magazines relating to multiples that you would like to get rid of then please consider donating to the club's library which will be at most meetings. Members will have the opportunity to check out books and take home. We will have a list of the library contents in the next newsletter.

Librarian: Bach-Uyen Le Thi

Web site of the month

See the 12 top holiday toys for twins and multiples on About.com:

<http://tinyurl.com/5c6rvm>

Newsletter submissions welcome!

Would you like to submit something for the newsletter? A story, congratulations, announcement, request, a note to introduce yourself, an advertisement, interesting topic, anything? Contact Kirsten Efir. Deadline is the 20th of each month.





PPOM Officers 2008-2009

President

Diane Wood

Vice President

Jen Clarke

Secretary

Tara Rhodes

Social Chair

Penny Castor

Treasurer

Rebecca Knapp

Membership

Tamara Cummings

Newsletter Editor

Kirsten Efird

Fundraising/Yardsale Chair

Crystal Robinson

Publicity Chair

Shannon Krupa

Webmaster

Denise Hoyle /

Scrapbook

OPEN

Library

Bach-Uyen Le Thi

Mom Support Line: On call

Whether you are expecting multiples or are a recent mommy to multiples, we know that you need support and encouragement. So lean on us "veterans"! We are happy

to hear from you and to share any helpful tips, info and advice or to just listen! Listed here are categories matched with moms who have "been there." Feel free to contact us.

Adopted Multiples open

Apnea Monitor open

Bottle Feeding
Kirsten Efird

Breastfeeding
Diane Wood
Penny Castor
Jen Clarke
Louise Hirst

Bed Rest
Penny Castor
Tara Rhodes

C-section
Tara Rhodes
Crystal Robinson
Penny Castor
Rebecca Knapp
Holly Jeffries

Cleft lip/palate open

Contraction Monitoring
Diane Wood
Kirsten Efird
Tamara Cummings

Developmental Delay open

Epidural
Crystal Robinson

Gestational Diabetes
Maria Prusa
Crystal Robinson
Louise Hirst

G-tube open

Hearing Issues open

Hypospaedius open

In Vitro
Kirsten Efird

NICU Experience
Diane Wood
Kirsten Efird
Penny Castor

PPD Jen Clarke
Susan Kline
Kirsten Efird
Holly Jeffries

Preterm Labor
Kirsten Efird
Tamara Cummings

Pneumotorax open

Reflux open

Setting Schedules
Diane Wood
Kirsten Efird
Tara Rhodes

Single Parent
Tamara Cummings

Torticollis
Tara Rhodes

Toxemia open

Triples Kirsten Efird

Chatty Cathys
Penny Castor

Working Moms
Rebecca Knapp
Bach-Uyen Le Thi

If you have any experience with any of these conditions and would like to give advice to new members please let Kirsten know and she will add you to the list. We have bunches of openings!



MEET OUR AREA 'MOST' COORDINATOR

Triplet mom and PPOM member Katina Meacham is the Northwest Florida area coordinator for MOST (Mothers of Super-Twins).



Katina and David Meacham and their triplets visited Key West on vacation over Thanksgiving.

"I would love to be able to help others who are looking for additional resources for triplets, quads and more," Katina says. "MOST is such a great organization! I cannot say enough about how wonderful they have been for me, my fellow triplet mom-friends and others I have met

who are also members of MOST.

"I just really enjoy the people and members there, and they really did help me through many triplet things."

Katina is mom to B/B/G triplets Derrick, Nicholas and Kaitlyn, who are 4 1/2 years old.

<http://www.mostonline.org/>
(631) 859-1110
Info@MOSTonline.org

ADVERTISING PRICES

If you know of any businesses that might like to advertise to more than 100 families a month, please contact Rebecca Knapp, treasurer, at 434-8537 or email beccabutterflies@yahoo.com. Remember to include a contact person, address and phone number.

Payment is required in advance and should be made out to PPOM. The deadline is the 15th of each month.

Yearly rates are available on request.

Paid club members will receive a 50 percent discount for advertising their business. Baby-related ad items are free to members.

Rates:

Business card	\$10/month
Half page	\$20/month
Quarter page	\$15/month

TEN MILE ROAD STORAGE

"Serving Your Storage Needs"

75 East Ten Mile Road
Pensacola, Florida 32534
(850) 477-8997
Office Location:
10250 N. Palafox Street



Holly E. Jeffries
Tupperware Consultant
www.my.tupperware.com/hollyejeffries

Thanks to Holly Jeffries for providing the door prize for the November meeting! Congrats to Susan Kline, winner of Tupperware goodies!

Celebrations

Birthdays

Kids

- 12/20 – Eric Stanley (12)
- 12/29 – Landis Austin Wood (2)

Adults

- 12/10 – Amy R. Smith

Anniversaries

- 12/19 – Penny and Ron Castor (13 years)

OOPS! Did we miss a birthday or anniversary? Please let Kirsten Efird know and we will update our records. Thanks!

Welcome to our newest member!

Holly Jeffries, who has 8-month-old twins, Charlotte and Abran.

In sympathy

Our thoughts are with Tara Rhodes, whose father-in-law passed away recently after battling a long illness.

Members photo directory in the works

We are (STILL!) in the process of creating a photo directory of all our members. We started taking photos and filling out information forms at the August meeting. If you weren't there, please come to the December meeting prepared to have your picture taken and give us some information about you and your family, or you can email Kirsten Efird. We think this will be very helpful in getting to know each other. Thanks!



December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 PPOM meeting 7 p.m. Sacred Heart	5	6 Adult Christmas party, 6:30 @ Bach-Uyen's
7	8	9	10	11	12	13
14	15	16	17	18	19 Early release for Esc. and S.R. public schools	20 Newsletter deadline
21 HANUKKAH BEGINS	22	23	24 CHRISTMAS EVE	25 CHRISTMAS	26	27
28	29	30	31 NEW YEAR'S EVE			

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>NOTE: There will be NO PPOM meeting this month, due to the date falling on New Year's Day.</i>			1 NEW YEAR'S DAY	2	3
4	5 Santa Rosa Co. public schools return	6 Escam- bia Co. public schools return	7	8	9	10
11	12 National Organize Your Home Day!	13	14	15	16	17
18	19 MLK HOLIDAY No school	20 Newsletter deadline	21	22	23	24
25	26	27	28	29	30	31



INSIDE:

