



multiple mayhem

A monthly publication of the Pensacola Parents of Multiples

September 2008
Vol. 20, Issue 2



THIS MONTH'S MEETING: Close to My Heart consultant Tina Stojak will share the art of scrapbooking and stamping with us. Come create some fun cards! Also, you could win the door prize!
Thursday, Sept. 4 / 7 p.m. / Sacred Heart Hospital Conference Center

FROM THE PRESIDENT

PPOMs: More than meetings

I am very excited that school has finally started. I have three in school and one at home so life is good now in terms of noise. It is giving me more time to focus on being your President. We have a lot of changes that we want to implement but it will take some time. So baby steps it is.



Diane Wood

Those of you who could not make it to the **August meeting** missed a great speaker/panel discussion with our members about multiples in school. We had a mother attend with her 15-year-old identical twin boys, and the three of them talked about the advantages and disadvantages to being in school as a twin.

The **yard sale** is just around the corner (Oct. 10-11), so if you have not started tagging items, you need to. It makes it much easier if you do a little at a time instead of a marathon tagging session. Make sure you wash everything, including clothes, shoes, and toys. The yard sale is our main fundraising event for the year. The

proceeds allow us to donate to several charities. We hope that you will participate.

We will be having a **board meeting/play group** at someone's house once a month in the morning. If you cannot make it to a meeting, please come to a playgroup. It is fun watching the children interact.

Our next meeting is Thursday, Sept. 4. We will conduct a short meeting and then we will be making cards for the club. Come at 6:45 p.m. for our Meet and Greet so that you can talk to others before the meeting. The meeting will start promptly at 7 p.m. If you are not there by 7:05 you will miss out on our home business door prize drawing! We want to make an effort to conduct a professional meeting for our new members and expectants. There will be plenty of time to talk to your friends after the meeting has concluded.

I hope to see you then.
Multiple blessings,
Diane



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 Amanda Ellenburg 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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QUESTION OF THE MONTH

What's your best potty training tip? Email answers to newsletter editor. We'll print them in the next issue!





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. Experienced parent members with multiples 5 or older have half-price membership. 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.

FROM THE SECRETARY

Minutes of August meeting

Attending: Diane Wood; Shannon Krupa; Kirsten Efirid; Susan Kline; Tara Rhodes; Louise Hirst; Jen Clarke; Maria Prusa; Bach Uyen; Penny Castor; Rebecca Knapp



Tara Rhodes

Early Bird Door Prize:

Rebecca Knapp

Courtesy of Creative Memories

Speakers: Cindy Fenn and twin sons Andrew and Brandon.

Committees: Sign up at the meeting or contact Diane. **Yard Sale Committee:** In need of members.

Pamphlets/Flyers/Business Cards:

Please sign for these; hand out to individuals and businesses as a way to increase membership.

Donations: Sacred Heart NICU; Wings of Hope. Need to give NICU donation from Spring Yard Sale.

Socials:

- Fall Carnival at Shannon Krupa's – sometime in November;

- Adult Christmas Party at Bach Uyen's – Time TBA;
- Gymboree or Triple Play Play date TBA;
- Moms Night Out in October (with Moms Club)

Speaker ideas:

- Community Service

- Wings of Hope
- March of Dimes
- Ronald McDonald House
- NICU
- Children's Hospital

Yard Sale: Tentative date – Oct. 10-11 at Woodham Middle School. We need a backup place and date.

Reminders:

- Bring can tabs for the Ronald McDonald House.
- September meeting – "Close to My Heart." We will be making cards.
- NICU Reunion, 10 a.m. to 1 p.m. Sept. 20, Sacred Heart Hospital Conference Center.

Recruitment of new members

We are trying to increase our membership base. Please make an effort to come to the next meeting to pick up pamphlets to distribute to doctors offices, dentist offices, kids facilities, etc. We will have a signup form so that there will not be duplication of our efforts. If you cannot come to a meeting, we can email you the business card layout and you can print them out at home on white cardstock.

Let's update 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.





FROM THE EDITOR

Your newsletter, your way

Hi! My name is Kirsten Efir and I am the new newsletter editor. I have been a member of PPOM for six years now, but this is the first time I've had the time to really get involved! I have b/b/g triplets who were born in July 2002 (at 34 weeks) and are now in 1st grade at N.B. Cook. Yes, they are in the same classroom and have been since preschool. (More on that in another column.) It certainly does make it easier for Mom!



Kirsten Efir

My thanks to Jen Clarke, the previous newsletter editor, who made the transition so easy! I couldn't have done this without her giving me all her information and contacts on CD (thank goodness for modern technology!).

The board has made a commitment to increase our membership, and I think the newsletter can have a big

role in that. My goal for the newsletter is to have lots of useful and helpful information for parents of multiples, with lots of quick-to-read items (because none of us has any "spare" time!). If you have any suggestions on articles

you'd like to see or information you'd like to be included, please email or call me! This is YOUR newsletter! You may notice one addition already – the kids' coloring pages. I wanted to include this to get the kids involved too, and to give them something to do while you read the rest of the newsletter!

Another thing I'd like to include is a Member Spotlight, so if you'd like to be featured in an upcoming newsletter, please let me know. (It'll be painless, I promise.)

Thanks for reading, and have a great month!

Think outside the lunchbox

Looking for creative school lunch ideas? Here are some suggestions from About.com. For more ideas and full recipes, go to <http://tinyurl.com/56mgxb>

1. **Turkey Wraps.** Turkey, bacon and cheese make these wraps yummy.
2. **Bologna and Cheese Rollups.** Rollups look fun to eat, and they take only minutes to prepare.
3. **Fried chicken.** Cold fried chicken tastes just as great as hot.
4. **Zucchini Bread Cream Cheese**

Sandwiches. Healthy zucchini bread is topped with cream cheese, then cut into attractive finger sandwiches.

5. **Roast Beef Wraps.** Deli roast beef and cheddar cheese are wrapped in tortillas for a tasty lunch.

6. **Hard Boiled Eggs.** High in protein and vitamin A, hard boiled eggs make an easy lunch box treat, because you can make them in advance.

7. **Baked Ziti.** Make this for dinner, then pack the leftovers in the kids' lunches the next day.

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 15th of each month.

Product recall

Fisher-Price pots and pans toy sets: Fisher-Price has announced a recall of about 15,000 Learning Pots & Pans toys. Missing screws in the blue toy pan can cause the clear plastic cover to come loose and release small balls, presenting a choking hazard to young children. Fisher-Price has received five reports of the plastic covers detaching and releasing the small balls. No injuries have been reported.

The recalled toy sets come with stackable pots and pans, a lid, and shape-sorting blocks. The toys have light and sound features that operate on three AA batteries. The model number G6685 is located on the bottom of the blue pan.

The toy sets were sold at discount department and toy stores nationwide from October 2007 to August 2008 for about \$20. They were made in China.

What you can do:

- Take the toy away from your child and examine the bottom of the blue pan. The pan should contain six screws. If all six screws are installed, no further action is necessary. If any screws are missing, contact Fisher-Price for a replacement.
- Call Fisher-Price at (888) 521-0820 anytime, or visit the company's website.

Source: http://www.babycenter.com/204_recalled-fisher-price-pots-and-pans-toy-sets_10218145.bc?scid=pcbulletin_20080812.2&pe=22FuDV

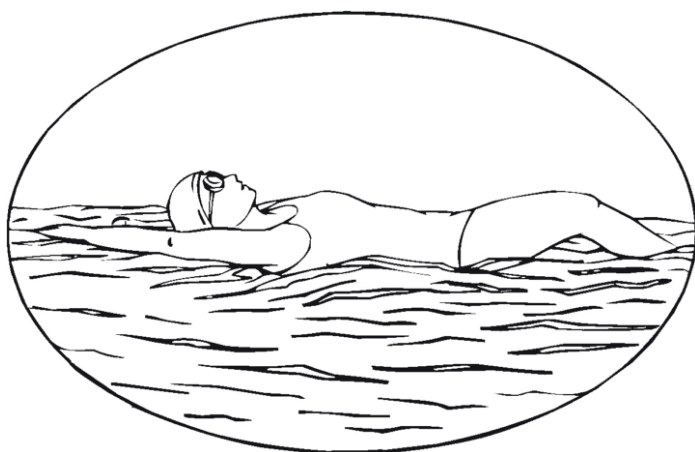
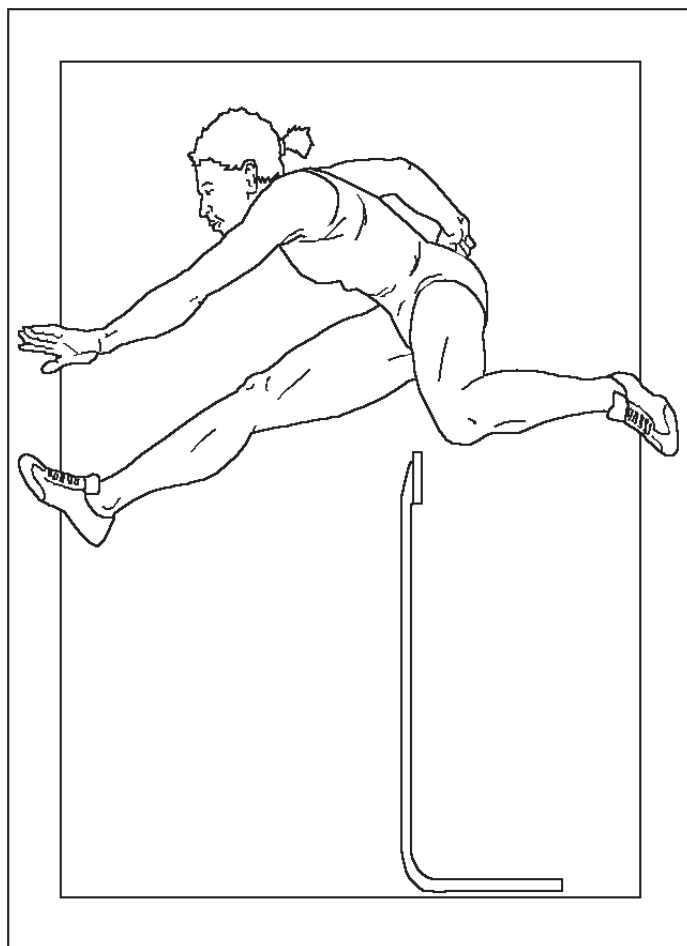
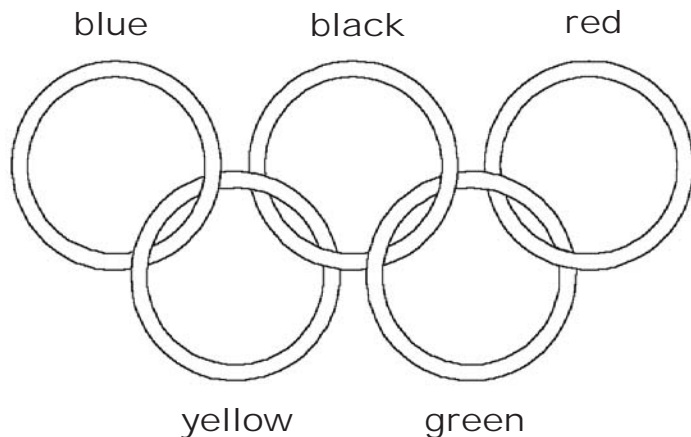
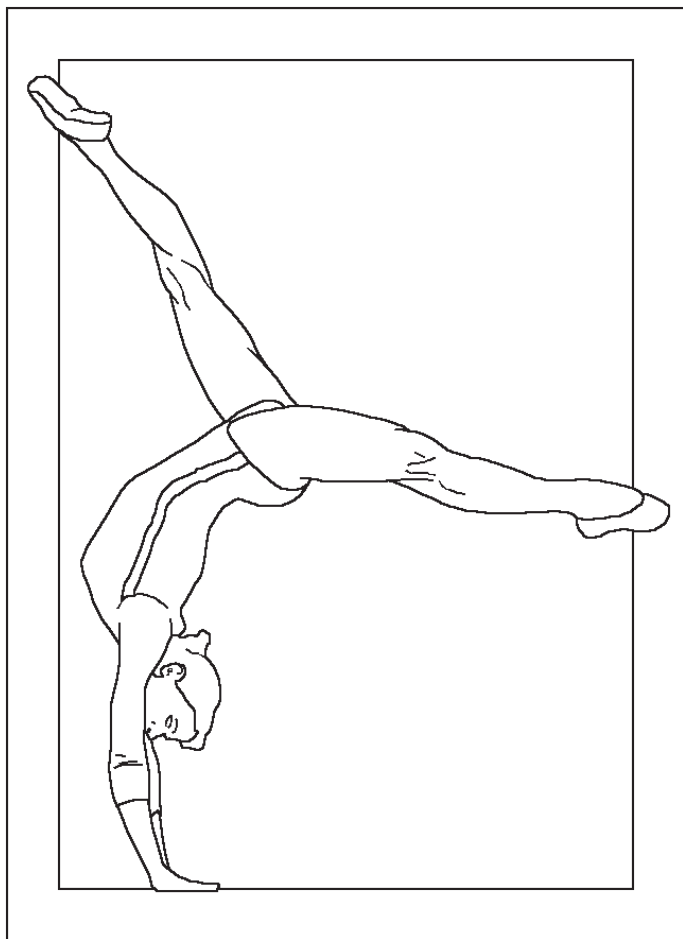


FOR THE KIDS

Olympic coloring pages!

The Olympics are the world's greatest sporting event, begun in 1896! The summer Olympics was held in Beijing, China, and ran for two weeks, ending Aug. 24. The United States athletes won the most medals of any country this year, with 110!!

The Olympic rings symbol was designed for the 20th anniversary of the founding of the Olympics, in June 1914, in Paris. For the designer, named Coubertin, the five rings represented the union of the five continents, but the colors were just those that appeared in all the different national flags at the time.



Olympic Mascots: Fuwa

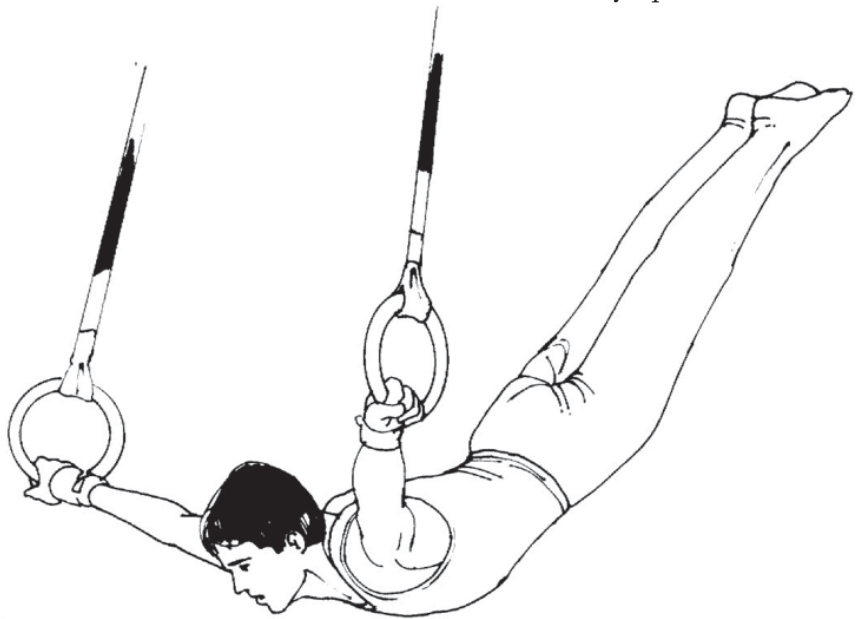


Like the Five Olympic Rings from which they draw their color and inspiration, Fuwa were the **Official Mascots of Beijing 2008 Olympic Games**, carrying a message of friendship and peace to children all over the world.

Designed to express the playful qualities of five little children who form an intimate circle of friends, Fuwa also embody the natural characteristics of **four of China's most popular animals** — the Fish, the Panda, the Tibetan Antelope, the Swallow — and the Olympic Flame.

Each of Fuwa has a **rhyiming two-syllable name** — a traditional way of expressing affection for children in China. Beibei is the Fish, Jingjing is the Panda, Huanhuan is the Olympic Flame, Yingying is the Tibetan Antelope and Nini is the Swallow.

When you put their names together — Bei Jing Huan Ying Ni — **they say “Welcome to Beijing,”** offering a warm invitation that reflects the mission of Fuwa as young ambassadors for the Olympic Games.





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Library
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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

Breast Feeding

Diane Wood

Penny Castor

Jen Clarke

Bed Rest

Penny Castor

Tara Rhodes

C-section

Tara Rhodes

Amanda Gibbs

Crystal Robinson

Penny Castor

Cleft lip/palate open

Contraction Monitoring

Diane Wood

Kirsten Efird

Developmental Delay open

Epidural

Crystal Robinson

Gestational Diabetes

Maria Prusa

Crystal Robinson

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

Preterm Labor

Kirsten Efird

Pneumotorax open

Reflux

Delisa Jackson

Setting Schedules

Diane Wood

Kirsten Efird

Tara Rhodes

Single Parent open

Torticollis

Tara Rhodes

Toxemia open

Triplets 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!



WEB SITE OF THE MONTH

Check out <http://multiples.about.com/> and sign up for weekly emails with tons of tips and articles about raising multiples!



SACRED HEART CLASSES: EXPECTANTS

Prepared Childbirth Series: This program meets once a week for six weeks to help better prepare you and your partner to be active participants in your baby's birth. You will learn techniques, exercises and comfort measures that will be helpful during labor. Other topics include stages of labor and delivery, hospital procedures and use of medications. A

complete OB tour is included. Call 416-7000. *Course offered by Sacred Heart Women's Hospital.*

Childbirth Refresher: This class has been specially designed as an update and review for the couple who has attended a complete Lamaze series within the last three years. Call 416-7000. *Course offered by Sacred Heart Women's Hospital.*

ADVERTISING PRICES

If you know of any businesses that might like to advertise to more than 100 families a month, please contact Amanda Gibbs. 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
Full page	\$50/month



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diane.wood@cox.net • www.mycmsite.com/dianewood
your life | your story | your way

Thanks to Diane Wood for providing the door prize for the August meeting! Congrats to Rebecca Knapp, winner two wallet mini albums with a case.


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

Alpha Center
Valerie Schumm, Director

P.O. Box 10880
Pensacola, FL 32524

479-4397
Help Line: 479-4391



Charles Taylor
Sales Associate

Cell: 850-377-3939
Office: 850-471-5000
Home: 850-623-4445
cwtaylor@bellsouth.net

7140 N. 9th Ave. Pensacola, FL 32504

Celebrations

Birthdays

Kids

- 09/04 – Katelyn Brooks
- 09/09 – Gage Gill
- 09/09 – Dagan & Dawson Guy
- 09/14 – OB Castor
- 09/17 – Bryan & Jonathan Moses
- 09/22 – Garrett Hirst
- 09/25 – Cooper Mellor
- 09/26 – Addison Kline
- 09/27 – Laney & Ryan Clarke
- 09/30 – Jason & Brandon Frank

Adults

- 09 /10 – Treece Efird
- 09 /12 – Kirsten Efird
- 09/18 – Amanda Ellenburg
- 09/21 – Louise Hirst
- 09/21 – Bryon Hoyle

Anniversaries

- 09/05 – Teresa & Raymond Williams
- 09/10 – Beth & Scott Larrieu
- 09/14 – Rich & Kat Sparks
- 09/21 – Dave & Jennifer Clarke
- 09/23 – Nancy & Dan Gill

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

Members photo directory in the works

We are 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 September 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!



Pensacola Parents of Multiples

Pensacola, FL

September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LABOR DAY HOLIDAY 1	2	3	PPOM meeting 7 p.m. Sacred Heart 4	5	Family Expo 9 a.m.-3 p.m. Fairgrounds 6
7	8	9	10	11	Mom to Mom Sale, Fairgrounds 12	13
14	15	16	Board meeting/ playgroup @ Diane's, 9:45 17	18	19	NICU Reunion 10 a.m.-1 p.m. Sacred Heart 20
21	22	Triple Play 10 a.m.-noon \$9/child 23	24	25	26	Pensacola Seafood Festival, downtown 27
28	29	30				

October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	PPOM meeting 7 p.m. Sacred Heart 2	3	4
5	6	7	8	9	10	11
					PPOM Fall Yard Sale, Woodham Middle School 10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
	No school for Escambia Co. public schools 20					
26	27	28	29	30	31	
					HALLOWEEN	



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Olympic coloring pages for the kids / **Pages 4-5**

