



multiple mayhem

A monthly publication of the Pensacola Parents of Multiples

May 2009
Vol. 20, Issue 10



THIS MONTH'S MEETING: Brandi Haltom, a financial consultant at Coastal Band & Trust, will give us lots of great money tips!
Thursday, May 7 / 7 p.m. / Sacred Heart Hospital Conference Center

FROM THE PRESIDENT

Money matters and Moms

Have you guys recouped from the yard sale yet? It really takes a lot of hard labor and teamwork to pull off such a large sale. Thanks to everyone who worked a shift or more. Even though the sale is always exhausting, many of my best laughs and memories with members are during the yard sale. I have always gotten to know members more during the sale.



Diane Wood

Is it really that time of year again? Yes, Nominations and Election time has arrived. There is no better way to enjoy this wonderful organization than to jump into a position. One of my goals this year is to improve the flow of this club so that the next round of volunteers will have it easier. New people always bring new ideas and excitement into any organization. Are you ready to take this organization to the next level? As an officer or chairperson, you can do that. If you are a paid member in good standing, please take the time to fill out the nominations form

enclosed on page 5. Step up and make a difference. You will be glad you did.

I want to wish each of you a wonderful Mother's Day. Although there is one day a year that we recognize "Mother's Day," mommies

know every day spent with their children is Mother's Day (OK, some days may not be so wonderful, but you know what I mean!). All the cards, candy, flowers, and dinners are nice, but isn't it touching to get a beautiful handmade card or picture from your precious children? May your Mother's Day be filled with love and laughter as you enjoy your little angels and maybe a little peace and quiet.

I hope you can make it to the May meeting. We will have a speaker talking about money, and I am sure we can all use a little help in this department. We will also be conducting nominations, voting on our summer get together, and much more.

Multiple Blessings,
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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QUESTION OF THE MONTH

What are some free summer activities? Email answers to newsletter editor. We'll print them in the next issue! *Answers to last month's question, how do you get your kids to stay in their own beds, on p.3.*





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 April meeting

Welcome and introduction of new and familiar faces

Game: Guess Who I Am

Early Bird Door Prize: Winner: Amber Graham. Thanks to Shelby Johnson for providing the door prize for the April meeting, a wine bottle koozie. Shelby specializes in wine tastings and accessories and she also teaches you about food and wine pairing and cooking with wine. You can event host a wine tasting event. *See Shelby's business card and contact information on page 7.*

Speakers: Financial Speaker for May. Safety speaker will be June or July.

Premie Regatta: We will find out about this early and be involved next year.

Donations:

• **Ronald McDonald House:** Card. Brainstorm about how we can work with them. We have a member who works for them. Maybe a tour or make a dinner for those who stay there while their children are in the hospital.

• **Minded Little Hearts:** This is a club for kids with heart problems. They offer a lot of free things to their members.

Socials:

• **Mom's Night Out:** Once school is out we can do this after meetings like we used to.

• **Bunco:** June 1, 6:30 p.m. Diane will be hosting BUNCO at her

house. Contact her if you would like to be on the list. We do this monthly with the club I am in and we need more players.

Yard Sale: U-haul, extension cords, basket, cellophane, bake sale worker, Krispy Kreme, Pass around forms, Flyers, Sandwich Board Ideas, Guidelines. Ask school about cords.

Multiple Birth Awareness Month: Try to contact Channel 3 news to put a plug about the yard sale and send a press release to the PNJ.

Elect Nominating Chair: Dianne Taylor volunteered.

The Cute Kid Contest: Check out the Twins Magazine and enter their contest.

Fundraisers:

- **Wrap-N-Mat:** They will be available to members for \$4 each.
- **Chick-Fil-A** sandwiches to be sold at yard sale.

Upcoming Events and Announcements

1. National Multiples Awareness Month – April
2. Spring Break (Escambia County: April 6-10)
3. Yard Sale dates: April 17 and 18 at Washington High School
4. Premie Regatta: April 18
5. Pensacola's Largest Baby Shower Saturday, April 25, 9 a.m. to 1 p.m. at Warrington PJC campus (need at least one more person to help man the table). *(See page 8 for photos!)*

Attention yard sale consignors: You will get free hangers at the May meeting if you were a consignor in the Spring yard sale.



**ANSWERED: QUESTION OF THE MONTH**

How do you get your kids to stay in their own beds?

Tara Rhodes

You have to start early. When my children turned 1, I started putting them in the crib after I rocked them for a while and they were almost asleep. I slowly progressed until I could lie them in bed to read a book and say their prayers and then they would fall asleep on their own. I took them out of their cribs when they were 2. It was an easy transition. I put their beds in the exact same position that their cribs were in, did the same routine. (Read the story, say



prayers, etc.) and it worked out well.

Maria Prusa

I'm still having problems getting them all to stay in their beds all night. I usually give in rather than be awake the rest of the night. I'm sure when they are tweens it won't be so cool to be sleeping with mom and dad...



For more information on this topic, check out this article:

<http://childcare.about.com/od/behaviors/qt/stayinbed.htm>

Yard sale results!

By now all of you who consigned should have received your check for items sold at the PPOM Spring Yard Sale. We had a GOOD turnout, especially for our second time at Washington High School.

We hope those of you who didn't consign will think about consigning in the Fall Sale. There always is room for improvement, and the Yard Sale committee will be working to compile a checkoff list to help with running the sale more smoothly. Overall it was definitely a success, and it will get better every time we do it! Exact monetary numbers will be posted in the June newsletter.

Thank you all so very much for consigning your items with PPOM!! We really appreciate all of your ef-

forts in tagging your items correctly and abiding by the yard sale schedule. Monetary or product donations will be made to Children's Miracle Camp, Ronald McDonald House and Sacred Heart NICU on behalf of PPOM members.

A special thanks to Laura Stanley for donating her items to be tagged PPOM so that the club would make the profit.



Thanks to U-haul for giving us a FREE truck rental for our yard sale!

FOMOTC News

- **The FOMOTC scholarship department** has extended the scholarship deadline to May 31 to those of you going back to college. Please take advantage of this opportunity. They have four slots available and only two applications so far.
- **The Nominating Committee** needs you. We are beginning the process of formulating the Board slate for 2009-10, and to date, we have received **NO RESUMES**.

Please get the word out to all of your club members, and consider submitting one yourself too.

We urge you to consider your involvement with the FOMOTC. If we do not have a Board, we will not have an organization.

If you have any questions, please do not hesitate to contact me. Thank you for your time and consideration.

Twincereely,
Kathy Belmonte

Nominating Committee Chair

Club fundraiser

Wrap-N-Mat: We have leftover mats from the yard sale that will be available at the meeting for \$4 each. They retail for \$7-9. They are sandwich wraps which are reusable. They open up into a placemat which is great when using public facilities. There are 4 blue/white gingham, 1 red gingham, 1 solid green, and 1 earth (demo \$3.50).

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 Efird. Deadline is the 20th of each month.



Nominations and Elections 2009-2010

At the May meeting we will talk about accepting nominations for the 2009-2010 year. There is ample opportunity for you to serve as an officer, chairperson, or a committee member. Please take this time to read the overview of officers and chairpersons duties and consider how you can best serve this group.

All nominations must be completed by May 20. The official ballot will be included in the June newsletter for all paid members only to vote. The election will be final at the June meeting. All newly elected officers and chairpersons will assume their duties at the August meeting.

HIGHLIGHTS OF OFFICERS AND CHAIRPERSONS DUTIES:

Executive Board (President, Vice President, Secretary, Treasurer)

President: Preside at all meetings; prepare for and make information available at meetings; protect the rights of all members; represent the club in all capacities; club representative with the NOMOTC; submit articles for monthly newsletter as needed.

Vice President: Assist President and assume responsibility in President's absence; club representative with FOMOTC; set up programs for monthly meetings.

Secretary: Keep minutes of monthly meetings; handle correspondence for club; historian; handle meal program for members.

Treasurer: Maintain financial records; present bi-monthly statements at meetings; review/audit club books annually; collect dues; maintain NOMOTC and FOMOTC memberships.

COMMITTEES

Fundraising/Yard Sale: Organize and head fundraisers; coordinate yard sales; present ideas for philanthropic ventures.

Membership: Maintain contact with expectant and new parents at home and at meetings; keep new parent packets up to date; maintain support network.

Social: Plan and schedule all social activities throughout the year; arrange for refreshments at meetings; set up bake sale at spring and fall yard sales.

Publicity: Handle all publicity for the club for potential new members as well as for club events and charities.

Newsletter Editor: Collect articles monthly and construct newsletter accordingly; drop off and pick up newsletter at print shop; mail out newsletter at least one week prior to meeting.

Scrapbook: Update and maintain club scrapbook and have available for viewing at meeting; take digital pictures of members and compile a photo roster.

Librarian: Maintain list of inventory; maintain status of checked out items; make list of items available to new members and at meetings.

Webmaster: Maintain service through internet service provider; provide current information to be posted on website on a monthly basis.



Election Nomination Form 2009-2010

Pensacola Parents of Multiples

To qualify you must be a paid member in good standing for one year. (Exceptions to this rule will be made if not enough eligible people are able to fill all positions.) All nominations must be sent to: Dianne Taylor, Nominating Chair, by May 20. If you have any questions regarding any office positions, please contact the person currently occupying that office. Thank you.

PRESIDENT
(Diane Wood)

VICE PRESIDENT
(Jennifer Clarke)

SECRETARY
(Tara Rhodes)

LIBRARY
(Bach-Uyen Le Thi)

SOCIAL CHAIR
(Penny Castor)

SCRAPBOOK/DIGITAL PICS
(OPEN)

TREASURER
(Rebecca Knapp)

NEWSLETTER EDITOR
(Kirsten Efrid)

MEMBERSHIP CHAIR
(Tamara Cummings)

WEBMASTER
(Denise Hoyle)

FUNDRAISING/YARD SALE
(Diane Wood)

PUBLICITY
(Shannon Krupa)



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
Diane Wood

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

Pneum otorax open

Reflux open

Setting Schedules
Diane Wood
Kirsten Efird
Tara Rhodes

Single Parent
Tamara Cummings

Toricollis
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!



WELCOME NEW EXPECTANTS!

Kelly Pittman, Expecting twins Aug. 18. Also has a 4-year-old daughter. Has vasa previa.

Kimberly Dean

Monica Moon

Susan M. William

Sky Gilchrist, Due May 25th with twins.

Shaletha Lanier-Lee.

Catherine Jackson, Due July 25 with twins.

Please call or email any or all of these expectants and let them know that we are here for them! Many of them are anxious about expecting multiples and could use advice!

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. 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

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

SHELBY JOHNSON INDEPENDENT WINE CONSULTANT



*Thanks to Shelby Johnson for providing the door prize for the April meeting!
Congrats to Amber Graham, winner of wine bottle koozie!*



WEB SITE OF THE MONTH

Check out <http://fisher-price.com/>

Toys, baby gear, parenting and more! Sign up for emails with age-appropriate activities and parenting advice.

Celebrations

Birthdays

Kids

5/1 – Emma and Ella Prusa (6)

5/14 – Aly Prusa (8)

5/20 – Will Prusa (18)

Adults

5/4 – Rick Prusa

5/14 – Tara Rhodes

5/18 – Renee Shelnutt

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

Congratulations!

Brandi Silcox had her twin boys on May 3!

Brandon Joseph, 4 lbs. 9 oz.

John David, 5 lbs. 9 oz.

Well wishes

Natasha Hohaus had surgery on her right hand on May 5.

Rebecca Knapp recently had surgery to remove her gall bladder.

Amy Smith recently had oral surgery.

Good luck

Rebecca Knapp, our Treasurer, will be getting married May 23!

Farewell

This will be **Penny Castor's** last meeting as she will be moving as soon as school gets out on the 29th. Please come to the May meeting to say your farewells.



Area happenings

Disney On Ice Presents Worlds of Fantasy: 7 p.m. Friday; 11 a.m., 3 p.m. and 7 p.m. Saturday; and 2 p.m. Sunday. Pensacola Civic Center. 850-432-0800, ext. 221. Admission: \$14-\$44.

Pensacola Children's Chorus "Showtime 2009": 7:30 p.m. Friday and Saturday, Saenger Theatre, downtown Pensacola. Phone: 850-595-3880. Admission: \$17, \$27, \$29.

"American Celebrations" by the Choral Society of Pensacola, 7:30 p.m. Saturday, Olive Baptist Church. Phone: 850-484-1806. Admission: \$15 reserved seating, \$12 general admission and \$5 for students.

Fiesta of Five Flags events: May and June. Boat parade, sand sculpture contest, Treasure Hunt, Fiesta Parade and more. Check out the schedule of events at: www.fiestaoffiveflags.org

Blue Angels Practices: 8:30 a.m. Tuesdays and Wednesdays, NAS Pensacola. Phone: 850-452-2583 www.navalaviationmuseum.org

Your club in action

Pensacola's Largest Baby Shower at PJC in Warrington, April 25:

We got six of our new expectants (see page 7) from this event. PPOM gave away a \$50 gift basket as a door prize. This was a wonderful event full of vendors, speakers, and food. I enjoyed talking with all the people. I would start off by asking people, "Do you have twins in the family?" and I got all sorts of funny comments. Most said, "Thank goodness, no," but a lot said, "I know so and so who is a twin or a family member that is a



twins." I also got 115 new contacts for our next yard sale.

– Diane Wood
PPOM President

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 CINCO DE MAYO	6	7 PPOM meeting 7 p.m. Sacred Heart	8	9
10 MOTHER'S DAY	11	12	13	14 Pensacola Pelicans opening day	15	16
17	18	19 Chuck E Cheese playdate @ 3:30 p.m.	20 Newsletter deadline	21 Evenings in Olde Seville, 7 p.m.	22	23
24 31	No school 25 MEMORIAL DAY	26 PPOM Get Together 9:30 a.m., place TBA	27	28 Evenings in Olde Seville, 7 p.m.	29 Last day of school for Esc. Co. public schools	30

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bunco at Diane's, 6:30 p.m. Call ahead.	2	3	4 PPOM meeting 7 p.m. Sacred Heart	5	6
7 Fiesta Sand Sculpture Contest, Pcola Beach	8	9	10	11 Fiesta Parade, 6:30 p.m., downtown	12	13
14 FLAG DAY	15	16	17	18 Evenings in Olde Seville, 7 p.m.	19	20 Newsletter deadline
21 FATHER'S DAY FIRST DAY OF SUMMER	22	23	24	25 Evenings in Olde Seville, 7 p.m.	26	27
28	29	30				