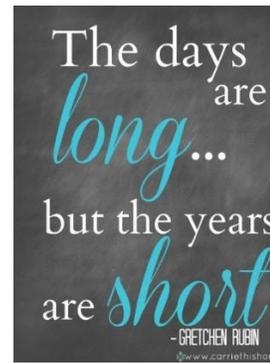


WINTER TWINFORMATON - 2018



With each passing year and the associated reflections, this becomes more and more true! This year we plan and prepare for our final family ski trip with kids. We have taken a ski trip every winter with the kids and the memories are still so fresh - celebrating their 1st birthday in Steamboat Springs, Colorado, putting them on skis for the first time in Steamboat Springs on their 2nd birthday, ski school in Vermont for 4 years (where they also potty trained the kids) with Billy Bob and Mogul Mouse, exploring different locations throughout the West including Colorado, Utah and Montana. This year it was their choice on where to return to and they chose Park City, Utah. We will be spending our days on the slopes in the Rockies where the 2002 Winter Olympics were held and watching the Olympics in our down time.

There have definitely been long days – skiing and in daily life, but I now realize how short these years are. I will treasure each and every moment of the 10 days we will share in Park City – I will be present in the moment and enjoy the time with my family.

I encourage you too to be present in the moment with yourself, your kids, your family and those you treasure.

Twincerealy,

Celina



2018 OFMOTC Spring Board Meeting

March 23-24, 2018

Holiday Inn

Mansfield, OH

419-525-6000

Room Rate: \$80.00

Reservation Deadline: Wednesday, February 21, 2018

Identify yourself as being a part of Ohio Federation Mothers of Twins Clubs for the group rate; pay with a club check in order to save paying state taxes.

Luncheon Rate: \$17.25

Luncheon Reservation Deadline: Wednesday, March 14, 2018

Send luncheon form and check to:
(Please send only one form/ club)

OFMOTC Treasurer Jessica Swartz
8943 Peterson Ave NE
Canton, OH 44721

Cancellation Deadline: Saturday, March 17, 2018

Luncheon Menu: Mexican Fiesta Buffet

Create your own with Taco Shells, Flour Tortillas & Nacho Chips; Seasoned Ground Beef & Spicy Grilled Chicken, Cheese Sauce, Dices Tomatoes, Shredded Lettuce, Onions, Sour Cream, Shredded Cheddar Chees & Salsa; served with Mexican style rice and Refried Beans, dessert and Iced Tea or Lemonade.

Any special diet requests need to be submitted by email to ofmotcpresident@gmail.com by Wednesday, March 14, 2018.

2018 OFMOTC Spring Board Meeting Agenda

Tentative

Friday, March 23, 2018

- | | |
|--------------------------|---|
| 6:00 pm | Hospitality Room |
| 7:30 pm – 9:30 pm | OFMOTC Executive Board Meeting – Leland 2&3
Any OFMOTC members are welcome and encouraged to attend the Executive Board Meeting; attendance is requested of all officers, chairwomen, and trustees. |

Saturday, March 24, 2018

- | | |
|--------------------------|--|
| 7:30 am – 9:00 am | Hospitality Room |
| 9:00 am | Registration table – Leland 2&3
President's Meeting
OFMOTC Promotions and Displays
Sale of OFMOTC Twin Items and Jewelry |
| 9:15 am – 12:00 | General Session & Program – Leland 2&3 |
| Noon | Luncheon – Leland 2&3 |
| 1:00 – 2:30 | General Session (if needed) – Leland 2&3 |

2018 OFMOTC Spring Board Meeting

March 23-24, 2018

Holiday Inn – Mansfield

116 Park Ave West, Mansfield, OH 44902

419-525-6000

Lunch Reservation Deadline: March 14, 2018

Cancellation Deadline: March 17, 2018

Mail form and fees (Payable to OFMOTC) to:
OFMOTC Treasurer Jessica Swartz
8943 Peterson Ave NE
Canton, OH 44721



One form per club, PLEASE

Name of Club: _____

Number of Meeting Reservations: _____ Number of Lunches: _____ @ \$17.25 = _____

Number of Lunches Paid for by OFMOTC: _____

Name	Phone	Lunch	No Lunch
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

CLUB PRESIDENT: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE NUMBER: _____

EMAIL: _____



OFFICER AND CHAIR REPORTS

1ST VP – JACKIE ASTAHOFF

ATTENTION PRESIDENTS

Important reminders for all club Presidents:

- a. Keep your 501C(3) status – please complete your club’s 990-N form (gross receipts under \$50,000) or the 990 or 990 EZ form (gross receipts over \$50,000).
- b. Please send your Club’s yearbook to me before April 1st.
- c. The Recognition Reports need to be turned in at the Spring Board meeting or postmarked by April 1st. If sending by mail, please make sure to send it to me via a trackable mail option. Please refer to the President’s Packet that was given to you at the November President’s meeting or mailed to you directly.

Thank you to all the following clubs that submitted their club yearbook for the 2017-2018 year -

Canton, Dayton, Emerald Valley, Northeast, Tiffin, Toledo, Southeast, West Chester, Westshore & Youngstown

TREASURER – JESSICA SWARTZ

Please make sure to get in your dues, Associate Member dues and/or voluntary contributions. If you need the forms to complete, let me know or you can find them in the “files” tab our on Facebook page.

PHILANTHROPIC – TINA SORIC

It’s time for clubs to start thinking of a worthy organization for which you would like to submit an application to receive the OFMOTC 2018 grant award. Don’t miss the filing deadline of Saturday, April 1, 2018. Please be reminded that any organization that receives grant money from OFMOTC may not submit a request again for the next three years. However, your club may submit a request for another organization. Also, clubs may only submit an application for one organization.

Winner(s) of the philanthropic award(s) will be announced at our convention in June 2018. A copy of the 2018 Philanthropic Grant Application was sent with the last mailing. If you have any questions please feel free to contact me at via email at ofmotcphilanthropic@gmail.com.



NEWS FROM AROUND THE STATE



NEWS FROM CANTON

Canton Mothers of Multiples started off the 2017-2018 with a fun float in the Twins Day Parade and our second Annual Meet and Greet. With the start of a new school year behind us, we were ready for a Mom's night out. Fun was had by all who attended our "Painting with a Twist" adventure. In October we held our Fall Sale. It was not the turnout we were hoping for but, as always, we enjoyed the day of fellowship and discussion with each other.

As Christmas rolled around, we were able to fill and send in 12 Operation Shoeboxes. We also did our annual Shopping for Stocking Trip. The kids really enjoyed choosing new items to put in a stocking for someone else to receive. The filled stockings were given to Stark County Job and Family Services to distribute to those that would benefit. Our last fun Christmas Philanthropic activity was adopting a family. We were so happy to be able to bless a local family in need that just had their second set of twins! Lastly, we have been excitedly planning for this year's Convention and hope many will consider joining us in Canton.

NEWS FROM DAYTON

Warm wishes from Dayton! The Dayton Mothers of Twins had an amazing fall full of events! Our Fall Consignment sale brought in over 350 shoppers this September, slowly rebuilding our numbers after several location changes. We look forward to the spring sale which will be ran by new chairs and feature barcoded tags for the first time! September was also the month for our new member social, providing dinner and information to new and prospective members. Our kiddos participated in the Kettering Labor Day Parade dressed as Rodeo Cow boys & girls and waving their way down the mile-long parade route! We were thankful to have a float big enough for everyone to ride this year!

Our fall harvest party took place at Brumbaugh Fruit Farm for the second year. Hayrides, zip-lines, corn mazes, and animals entertained adults and kids of all ages before almost 60 of us came together at our private bonfire for hotdogs, marshmallows and cider! The Morning Mom's Playgroup also continued the tradition of our "Extreme" hayride at Windmill Farms before picking pumpkins and playing on the extensive wooden playground!

This year's Milk & Cookies with Santa was another huge success with approximately 200 in attendance! There were even more activities for the kids this year including making reindeer food, jingle bell necklaces, story time with Mrs. Clause, ring toss game and decorating edible Christmas trees! The pictures with Santa were amazing thanks to a professional photographer. We also started a new Christmas Tradition this year with "Caroling and Cookies". Six of our members and their kids visited a local retirement home to sing kid favorite carols and hand out cookies. We loved spreading Christmas cheer and seeing the joy on the resident's faces!

Our general meetings recently have featured a first aid class, Zumba, a Purposeful Parenting seminar and small group breakout sessions. We shared a hearty Thanksgiving "carry-in" meal in November and had dinner out in December with a gift exchange to celebrate the holidays. Our Mom's Night out coordinator set up a Couple's Night Escape room, took us out for bowling and a cookie exchange in December, and dinner out in January. Our craft nights have included a soap making class, hair bow making and scrapbooking. Whew! We've obviously been busy filling our calendars with DMOTC

events. As we look ahead, we are continuing to plan our 75th Anniversary Celebration for this fall and hope to see lots of old members return to celebrate this monumental year! Looking forward to spring and seeing you all at State Boards!

NEWS FROM EMERALD VALLEY

Happy New Year! Emerald Valley had a wonderful close to 2017! In October, we had a pediatric dentist, Dr. Amberlee Taylor, and an orthodontist, Dr. Annelise Sullivan, present on healthy teeth. They provided us with great information and tips about infant, toddler and school-age dental care. We also had our annual Fall Party at Ramseyer Farms in Wooster. Our kids (and parents) enjoyed hayrides, corn mazes, a corn barn, diggers and even spud slinging! In November, Attorney Ann Salek, presented on estate planning, trusts and wills. We also had a fun mom's night out at the movies watching "A Bad Moms Christmas." Finally, in December, we had a relaxing holiday party making homeopathic aromatherapy rice socks. Our very own Tracey Miller presented on the benefits of essential oils, which can be used for a variety of emotional and physical wellness applications.

We worked with the Southwest Italian American club to support Project Night Night. We collected new stuffed animals, blankets and books, enough to fill 129 canvas totes for homeless children. We also had our Winter Family Party at Jennings in Brecksville complete with milk & cookies, card making for the residents and some holiday crafts. The highlight of the party was a visit from Santa and Mrs. Claus who read "Twas the Night Before Christmas" fireside before listening to each child's Christmas wishes. We are looking forward to our March speaker from the Cuyahoga County Prosecutor's Office - Internet Crimes Against Children (ICAC) Task Force who will speak about keeping kids safe online.

We will also be hosting a Wing Ding on March 16th from 7:00-10:00 P.M. at Rookies in Middleburg Heights. There will be all-you-can-eat pizza, wings, pasta, draft beer and Rookie Blues, a sweet tart-tasting specialty drink. We will have basket raffles, sideboards, 50/50, and, of course, a great time with fellow mothers of multiples! Tickets are \$25 and we would love it if some of you would join us for a fun night out! Email me if you are interested in tickets:

kmendozaslp@gmail.com. We have an excellent second half of the year planned and we are blessed to have the friendship of one another. I hope you all have a great winter! Keep warm ladies!!!!

NEWS FROM SOUTHEAST

Southeast has the focus of being present and together this year. The newer members yearned to have a club that the veterans reminisce about, which has led us to fill our fall calendar. As families we spent an afternoon at the newly opened Goldfish Swim in Hudson and had a pizza party, started a monthly playgroup, played outdoors & enjoyed the fall heat at Monroe's Apple Orchard in Hiram, and had a ginger bread house making holiday party at the Twinsburg Library.

Our moms have enjoyed getting together monthly for a fun activity in addition to our meetings for things like yoga, wine tasting, and bowling. We all agree that we need a little bit more time for ourselves! Our button booth committee has also started their preparation for Twins Days weekend by organizing and creating buttons. If there is something that you'd like to see on a button, please let us know!

SEMOTC lost a veteran this fall, Roger Zalewski. Denise and Roger Zalewski have remained active in our club, nurturing life-long friendships. Roger was "Santa" for many Christmas parties, they are SEMOTC's Installation gift and banquet committee, bringing the grandkids to holiday events and attending Conventions. Roger's devotion to his family was obvious and there was ALWAYS a smile on his face, making everyone's life a little richer. He will be deeply missed!

NEWS FROM TIFFIN

Tiffin Mothers of Twins has had a very busy year so far. We adopted a family for Christmas, decorated & filled 25 stockings for soldiers and did a movie night 'Bad Moms' at Marilyn Gangluff's house. We are planning on making a batch of homemade wine at a local home brew store. It will not only be made by us, it will have our picture as the label!! We also have a children's party planned for February.

NEWS FROM TOLEDO

Fall was a somber time for TMOTC. As you know, we lost our beloved founder, Marge Ainsworth. Marge's family was so grateful for everything TMOTC has done for the Ainsworth family over the past year. She is dearly missed.

TMOTC has been busy giving back to our community. In November and December, we collected donations for a local non-profit called Hannah's Socks. Hannah's Socks gives new socks to people in need. We filled a giant stocking with new socks and collected over \$100 to donate to the organization. Our Social Service chair, Lori Witham, did an amazing job organizing this drive. Also, TMOTC participated in the Fight Homelessness. Period. A Feminine Hygiene Product Drive. Members donated feminine hygiene products to donate to local women's shelters.

December was a very exciting month as TMOTC crowned our Mother of the Year at our Member's Holiday Party that was planned by our Past President, Elizabeth Emmert. A deserving and humbled mom, Becky Kaufold, was crowned in a beautiful ceremony joined by past Mother's of the Year. TMOTC members also celebrated Christmas with our Children's Holiday Party planned by Pam Krell. Over 80 children attended and were greeted with a visit from Santa and the Grinch!

As we look ahead, TMOTC is eager to jump into 2018! We have many activities planned for our Time-Outs. Our Time-Out chairs, Jennifer Linn and Lauren Hall have planned events such as a Soup-er Bowl Soup Cook-Off and a Movie Day at the Maumee Indoor Theatre. Our social service is looking to plan another Mardi-Bra event. Donations of new bras and underwear are collected and donated to a local women's shelter. Also, TMOTC is looking to host a water stop for the Glass City Marathon in April. It will be a busy spring!

DID YOU KNOW ??

March is Multiple Birth Awareness

March 11-18 is Multiple Birth Awareness week – seems to be more prevalent in other countries but we are going to take it! We will celebrate our super power as a group at Spring Board Meeting March 23rd-24th!

May is Mental Health Month 2018

The working theme for *May is Mental Health Month* in 2018 is *Whole Body Mental Health*. Information will focus on increasing understanding of how the body's various systems impact mental health based on recent research. From food to fitness to gut flora, we will be diving into the elements that make up personal wellness. Topics will include:

- The connection between gut bacteria/flora and mental health;
- The role of inflammation in the development of mental health disorders;
- The preventative and recovery promoting aspects of physical activity; and
- How nutrition and food can affect mental performance and mood.

Check out this link for simple and effective ways to boost your Mental Health.

<http://www.mentalhealthamerica.net/31-tips-boost-your-mental-health>

For additional information on Mental Health visit <http://www.mentalhealthamerica.net>

Ohio Federation Mothers of Twins Clubs, Inc

1811 Stone Ridge Drive

Hinckley, OH 44233



MARK YOUR CALENDARS:

Convention 2018:

FUN AT THE FAIR

June 22-23, 2018

Holiday Inn, Canton

