



from the President

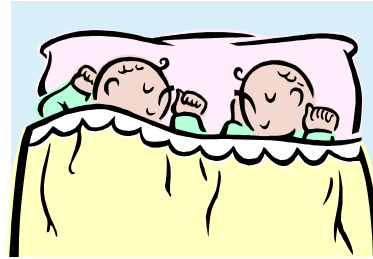
Here it is September already -- where did the summer go?

I am going through my annual "Return to Work" depression. I was lucky enough to get a job with summers off when my twin sons were 6 years old (I had been a single parent for many years, and this new job was a God-send for our family). I always thought that once they were grown, I would want to go back to working full-time 12 months of the year. Well, they just turned 21 last May and I changed my mind about that! I LOVE my summers off.

KSMOM members Jill Heink, Ann Hardesty and myself represented Kentucky at NOMOTC's National Convention in Orlando, FL in late July. Jill represented Bluegrass POTMC, Ann represented Thoroughbred MOMs, and I represented Louisville MOTC. We had a wonderful time with old friends and enjoyed meeting many new MOM friends. The business meetings ran smoothly, the tours were a blast (especially, Kennedy Space Center!), and the workshops were fun and very informative. It is truly amazing to see the scope and depth of programs and publications NOMOTC is a part of on behalf of families with multiple birth children. Jill, Ann and I would LOVE to see some of you KY MOMs at a National Convention! The site in 2007 is San Diego CA, 2008 is Boston MA and 2009 is Las Vegas NV.

KSMOM member clubs -- WE NEED A HOST CLUB FOR OUR ANNUAL CONVENTION IN THE SPRING! Louisville hosted us in 2006, and the previous convention was in Lexington. Northern KY and the western KY clubs -- Are you interested? If so, e-mail me and the Board of KSMOM will do all that we can to help you put on a successful convention.

Twincereely,
Susan Griffith
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The KSMOM Board for 2006-2007

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Be sure to visit the KSMOM website at www.orgsites.com/ky/ksmom for updates!

Here is some data from the KY Bureau of Vital Statistics about the number of twins and triplets born in KY in 2003 (the latest year available online):

Total Number of live births in KY	55,146
Total Number of twin births " " -	1,654
Total Number of triplet births " "	132

(that's individual births, not sets). Rate of twins births was 3 per 100 total births (3%) and rate of triplet births was .2 per 100 total births (.2 %)

Some county statistics (home county of mother):

Jefferson Co	- 289 twins, 28 triplets (Lou. area)
Fayette Co	117 twins, 24 triplets (Lex area)
Kenton Co	89 twins, 3 triplets (NKY area)
Boone Co	59 twins, 0 triplets (NKY area)
Daviess Co	52 twins, 0 triplets (Owensboro area)
Christian Co	44 twins, 0 triplets (Hopkinsville)
Oldham Co.	42 twins, 3 triplets
Hardin Co	40 twins, 3 triplets (E-town area)
Campbell Co	34 twins, 0 triplets (NKY area)
Pulaski Co	31 twins, 3 triplets (Somerset area)
Madison Co	31 twins, 2 triplets (Richmond area)
Boyd Co	29 twins, 0 triplets (Ashland area)
Bullitt Co	22 twins, 0 triplets (Lou area)
Warren Co	20 twins, 0 triplets (Bowling Green)

Fun in the (Orlando) Sun - NOMOTC 2006 Convention

By Jill Heink



As Susan said in her President letter, she and I traveled from KY and our KSMOM VP, Ann Hardesty, traveled from TX (!) for this year's National Organization of Mothers of Twins Clubs Convention, held July 23-29 in Orlando FL. It's always great to see our MOM buddies,

and it's great to network and learn from delegates of clubs from all across the US at this annual event. I was able to attend three outstanding workshops, and I thought I would share some of the highlights. First some facts:

Becky Moskwinski from Mishawaka IN was re-elected as NOMOTC President. Becky is a student health physician with the University of Notre Dame. She's team physician for the women's basketball team, and so when they won the NCAA Women's Basketball tournament about 5 years ago, she got to get a championship ring as part of the support team – cool, huh?? Becky has 6 children, including 23 year old identical twin daughters, so she is quite the MOM pro.

During convention, delegates approved one by-law change to streamline the nomination process for national officers (basically, a “housekeeping” thing), and then we saw a preview of NOMOTC's re-designed website. If you haven't seen it already, take a look at www.nomotc.org. It's a great site – colorful and very easy to navigate. There's a continuous slide show running; one slide features my triplet daughters at their high school graduation, and another slide shows Marialyce Gradek's triplets (Bluegrass club), sitting in their booster seats at a park, eating al fresco.

NOMOTC now has a Spanish Liaison National Worker who is available to help clubs reach out to Spanish-speaking MOMs and there is now support for MOMs of Multiple Multiples (yes, families with more than one set of multiples). Again, check it out on NOMOTC's web site – there's lots of great information in the Members Only section (ask your club National Rep for the user id and password).

I attended three very interesting workshops during convention week:

Chris, Jeff, and Tim Caldwell, identical triplet brothers (in their early 40's or so) gave a wonderful presentation about how being triplets has shaped their lives as individuals and as a family. They dressed in identical outfits, which was really fun, and they had a nifty powerpoint show with lots of photos of them as

they were growing up. They had really touching things to say about their mom. Their father died suddenly when they were five (and they had three older siblings). Their mom raised them as a single parent. She had a “don't sweat the small stuff” attitude, they told us. They said they didn't remember when they had separate birthday cakes or when they had one cake – they just remembered they were always together. As you can imagine, this was a very encouraging workshop.

I went to an interesting workshop about how much of our POM club work is tax deductible! If you are donating your time as an officer or to work on a club function, your out-of-pocket cost for gas, snacks that you bring, things you donate, etc. are deductible as non-cash donations under charitable deductions. If your club holds board meetings at a restaurant, you can deduct half of your meal price – our CPA said that the IRS figures that eating at home would have cost you about half the cost of a restaurant meal, so that's the rationale there. He went on to say that it's acceptable to just estimate your monthly cost and give your tax person the yearly total. As he noted, when you work for your club, you're helping others, and the government recognizes that you're providing a valuable service to your country - makes you feel proud, doesn't it?

The third workshop I attended dealt with legal issues and had some very good ideas. Our lawyer speaker really emphasized that all of you out there with minor children MUST have a will that specifies who will have guardianship of your children in the event that you can no longer care for them. He pointed out that in this age of wonderful medical care, if children lose both parents, it's because of a sudden accident, which means there will probably be a large monetary settlement from insurance or whatever. And when there's money involved and no legal document to say who will care for the kids and take care of their money while they are minors ... well, let's say it's another layer of bad on an already awful situation. He also had a good idea about medical release forms – print out several forms that say “I authorize ___ to make medical decisions for my child for the time period of ___ to ___.” Sign the forms, have them notarized, and give one to anyone who might be tooling around with your kids – babysitter, grandparents, etc. He recommended that you make enough copies so caregivers can have a medical release form in their house and have one in their car. Print up a new form each year and adjust for any changes.

What a great convention – all this information, and a lot of fun too!