

# Princeton Chapter Newsletter

Volume 1, Issue 1

April 2007

## Special points of interest:

- Crafts/Scrapbooking club forming soon
- Mandatory Meeting May 16

## Inside this issue:

New Beginnings	1
Welcome New Members	1
Meeting Notes	2
Upcoming Chapter Events	2
Monthly Calendar	2
How To Cheat At Cleaning	3
Things To Do with Your Children	4

## New Beginnings

**April**

**Author: Eunice Tietjens**

*The tulips now are pushing up  
Like small green knuckles through the ground.  
The grass is young and doubtful yet,  
The robin takes a look around.  
And if you listen you can hear,  
April laughing with a windy sound!*



Looking outside the window is difficult to believe that spring is already here but the daffodils are in bloom and nature is beginning its annual revival; Mothers & More Princeton Chapter #109 is also beginning our revival. We are working on forming new playgroups, adding more activities, scheduling interesting meeting topics and adding members.

New Playgroups are forming as we speak. Lorie Roth is coordinating these (thanks Lorie). If you would like to join a new playgroup contact her at [Lorie.Roth@aspentech.com](mailto:Lorie.Roth@aspentech.com) with times available and ages of your children. We are adding even more events along with the new playgroups.

Coffee Time will be meeting every other Friday, at 10am, in the back room of Panera - downtown Princeton. It is a fun time for all and attendance has been increasing steadily. We would love to explore new meeting places so let's hear your suggestions.

Speaking of suggestions... We are forming a new crafts club! Anyone with advice on starting this please contact Kelley at [korourke13@comcast.net](mailto:korourke13@comcast.net). Our first meeting will be "Getting Started in Scrapbooking" held in May. We will learn how to set up a scrapbook and we will be starting our own scrapbooks. Experienced crafters are welcome to attend also, the newbies could utilize your knowledge. This suggestion was made at one of our meetings.

Since the beginning of the year we have held two meetings. Our Best/Worst list from February meeting is posted on the members website. Our March meeting, Improving Our Chapter, prompted a survey for our members. Results will be available in May and we will be implementing these shortly after. Enjoy the upcoming weather and join us for some activities.

## Welcome New Members

Welcome to our new Members:

Lorie Roth, a mother of 4 currently working part-time as a chemical engineer

Reuwai Hanewald, who is moving from Baltimore, MD soon

Chi Park who just moved from Burlingame, CA

## Schedule of Events for May

- **May 3—Mom’s Night Out.** Christine Brazier is hosting a Tarot Card Reading night.
- **May 7—Crafts Club Meeting at Kelley O’Rourke’s House.** Getting started in scrapbooking
- **May 11—Coffee Time 10am at Panera in Princeton (Tiger Tales afterward)**
- **May 16—MANDATORY MEETING 7pm** Getting to know the members
- **HOOTOWL Dinner at Macaroni Grill 5pm**
- **May 25—Coffee Time 10am at Panera in Princeton (Tiger Tales afterward)**

## Monthly Meeting Notes

Our monthly meeting was held on 3/15; the topic was "Improving Our Chapter". Some great ideas were presented which will hopefully grow our chapter.

One idea was concerning advertising. A flyer/poster will be created to be handed out to OB/GYN and Pediatric offices to let people know we are here. Assistance will be needed in getting these out though so please Let us know if you can help post. We also tossed around the idea of car magnets (an idea stolen from MOMS club); what do you think?

Another idea is a mentoring program with seasoned moms. There are a lot of first time moms out there who have

simple questions such as 'what is a good thing to feed my child when she first tries solid foods' etc... We need some seasoned moms and new moms to sign up.  
Email: [mnmprinceton@gmail.com](mailto:mnmprinceton@gmail.com) if interested.

We also discussed our monthly meetings and the lack of attendance. Someone suggested switching to another day. By Thursday a lot of moms are too exhausted to even think about leaving the house and, of course, Grey's Anatomy is on. We are going to switch the meetings to the third Wednesday of the month and see if this helps.

The last suggestion is having a twice yearly mandatory meet-

ing. One of the problems we are having is participation in ANYTHING! We are going to have a mandatory *Getting to Know The Members* meeting WEDNESDAY, MAY 16 at 7pm.

We need suggestions on what topics you would like to see discussed at our meetings. A coordinator to schedule subjects and speakers is also needed. Please email [mnmprinceton@gmail.com](mailto:mnmprinceton@gmail.com) if you have meeting ideas or are interested in the coordinator position.

Our next meeting will be held Wednesday, April 18th at the Susanne Patterson Center 7pm. The topic will be *Pediatric Sleep Issues* with guest speaker Helen Rose MD.

## May 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Moms' night out: Tarot	4	5
6	7 Craft Night	8	9	10	11 Coffee Time	12
13	14	15	16 Bi-Annual Mandatory Meeting	17	18	19
20	21	22 HOOTOWL dinner	23	24	25 Coffee Time	26
27	28	29	30	31		

## How To Cheat At Cleaning

We all know what happened as two-career couples became the norm over the last several decades: Scores of new duties came rushing onto our to-do lists like a tsunami. In the days of yore, Ozzie-and-Harriet families had one adult who went into the world to make money and another who managed the homefront. Today, most families would collapse without two incomes. It's time to rewrite the rules your mother taught you for housecleaning. Nothing less than your sanity is at stake.

### New Rules for Cleaning

New goals require new pathways for reaching them and a new mindset. Rather than perpetually marching toward perfection, we need real-world approaches — corner-cutting, time-saving, minimal-effort techniques for cleaning. Yes, we need ways of cheating.

The new rules for doing this are divided into two categories: mindset, to get you properly focused, and procedures, to make sure you expend no more time or energy than absolutely necessary. These general principles will serve as valuable background as you proceed to all the specific corner-cutting advice in the coming chapters.

### Your Cheatin' Heart

Just what is it you spend so much time cleaning? Your material possessions. By redefining your whole approach to ownership, you can seriously reduce the time and effort you devote to cleaning. Here are some rules to put you into the cheat-at-cleaning frame of mind.

### Be brave enough to throw things out.

Some of us actually have trouble throwing stuff away even when it's worn out, beyond repair and has no conceivable value to anyone. I contend you should dispose of possessions that are in good repair, too, if you haven't used them within the last year. This goes for clothing, appliances, kitchenware and more. Few of us have the extra physical and mental capacity to manage these unproductive items that clutter our homes.

### Be willing to spend money in exchange for convenience.

Tolerance for spending varies from one individual to another, but remember that convenience items virtually allow you to "buy" time — often for a surprisingly small cost. Keep in mind also that any cleaning challenge is an invitation — I say outright

permission — to buy cool gear.

### Acquire the right stuff, little by little.

Your wardrobe is probably rife with clothes that stain easily, wrinkle readily or require special care, such as hand washing and dry cleaning. Cumulatively, these clothes are an enormous hidden burden in your life. But no one expects you to toss them all out today.

Just make sure that you replace worn-out clothes with stain- and wrinkle-resistant ones — items you can pull out of the dryer, hang and wear without further care. This Materials On a Program (MOP) philosophy applies to virtually everything you own — not only clothing but also furniture, flooring, vehicles, appliances, building materials and more. When it's time to buy something new, make easy care and easy cleaning priorities in your decision.

### Don't buy things that cause you anxiety.

Do you have a car that's so pricey you feel compelled to wash and wax it every weekend? Furniture that's so fine you use it only for special occasions? A suit that's so delicate you're on tenterhooks every time you wear it? These possessions are Anxiety-Inducing Luxuries (AILments), and your own ego is making your life miserable. Gravitate toward modest, easy-care, functional possessions, even when you can afford the high-ticket stuff.

### Your Cheatin' Hands

Now let's look at the rules of the game for cutting corners when you take that scrub brush in hand and actually attack some grime.

### Narrow your focus.

With a schedule like yours, there's no time to clean the house from top to bottom. You'll get an appreciable amount of work done, however, if you attack mini cleaning projects throughout the week, five minutes here and 10 minutes there. This means taking a laser approach. You may not be able to clean the entire bathroom before you leave for work, but you can squirt cleaner on the tub and sponge it out.

### Become a storage nut.

Make the best use of the storage in your home, and create new storage where none existed before. That's a key strategy to the easy elimination of clutter. This means

mastering closets, shelving, boxes, bins, hooks, hangers and more. Investment in storage gear pays off handsomely. See Chapter 3 for an in-depth discussion of clutter.

### Make your gear easy to grab.

The Accessibility Theorem goes like this: A cleaning task will be accomplished on a frequency that is inversely proportional to the distance between the object to be cleaned and the materials necessary to clean it. Translation: When it's hard to get to your cleaning tools, less cleaning gets done. At a minimum, keep a fully stocked cleaning station on each floor of the house.

### Engage the brain before cleaning.

This is called the Thinking Wins Out (TWO) philosophy. Sure, it's tempting to let your mind wander while you're slogging through a cleaning chore. But the task will go more quickly and easily if you're ever alert for opportunities to cut corners: Set your plastic cutting board in the dishwasher rather than hand washing it; after brushing your teeth, touch up the mirror and several fixtures with one cleaning wipe; open your mail over a trash can and let all the junk fall into it. For every little labor-saving move you make, award yourself TWO points on your mental scoreboard.

### Be willing to replace old grungy items with fresh new ones.

Things like doormats, stovetop drip pans, shower curtains and cookie sheets, for instance, are never really going to come clean. My advice is to run them into the ground, then replace them when they hit their inevitable irredeemably ragtag state.

**A final note:** I have no intention of becoming your new proverbial mother, looking over your shoulder as you clean. You're in charge. If you're not comfortable with instituting any particular piece of advice in this book, no problem — just slide on to the next item. Your mental health is more important than being a slave to someone else's ideas.

Excerpted from *How To Cheat at Cleaning* by Jeff Bredenberg

## **Mission Statement & Core Beliefs**

### **Our Mission**

Mothers & More is a non-profit organization dedicated to improving the lives of mothers through support, education and advocacy. We address mothers' needs as individuals and members of society, and promote the value of all the work mothers do.

### **Our mission is based on the following core beliefs**

- A mother is more than any single role she plays at any given point in her lifetime. She is entitled to fully explore and develop her identity as she chooses: as a woman, a citizen, a parent or an employee.
- All the work mothers do — whether paid or unpaid - has social and economic value.
- All women deserve recognition and support for their right to choose if and how to combine parenting and paid employment.
- All mothers, all children and all families are unique. We respect the wisdom of each mother to decide how to care for her children, her family and herself.
- Mothers have the right to fulfill their caregiving responsibilities without incurring social and economic penalties.
- The transitions women make into and through motherhood are challenging and can be difficult.
- Together, mothers are powerful.

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## **Something To Do With Your Children**

### **Science: The Rubber Egg**

This is a science activity, in which the children will observe the changes in a egg from it's natural form, into a rubber texture. Great idea for cognitive development and sensory motor skills.

You can ask the children what they think will happen to the egg when the experiment is finished. Also, allow the children to touch the egg, before and after the experiment and encourage language building skills by having the children to tell you their concept of what happened."

#### **Materials:**

An egg,  
1 to 2 cups of vinegar,  
clear plastic container if available,  
if not a used 32 ounce soda bottle , cut in half.

#### **Description:**

Explain to the children what the activity is about and what results they will be trying to achieve. Discuss what the children's prognosis will be.

Pour vinegar into the container, and place egg in vinegar. wait three days, and allow children to explore and discuss the results.

Comments: I've used this activity with preschool through 8th grade. Pure fascination! The older children can discuss chemical changes whereas the younger children will be thrilled with the actual experiment.



**Mothers & More.**  
THE NETWORK FOR SEQUENCING WOMEN