

Princeton Chapter Newsletter

Volume I, Issue 2

May 2007

Special points of interest:

- Monthly Meeting
June 20
- Coffee Time
- Playgroup Info
- Mom's Night Out
- Shine Your Sink

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Making Connections, Making a Difference

M Is for the Miracle of Being

Author: Nicholas Gordon

M is for the miracle of Being.

O is for its origin in love.

T is for the tenderness of seeing.

H is for a home no wind can move.

E is for the ecstasy of living.

R is for the recklessness of giving.

<http://www.poemsforfree.com/mothpo.html>



Mother and Child Picasso

If you have had a moment, in between laundry loads, meal prep and decluttering,, you might have noticed that Mothers&More's new national campaign is **Making Connections, Making a Difference**. I have been doing a lot of thinking about what that means, particularly in light of the fact that I, like an increasing portion of our membership, do not have the community connections that we read about in "perfect parent" books.

Prior to having children, I never once thought about the effect that raising children and managing a household without help. Not to say that I made any grand assumptions that I would be flooded with family 24/7, but I did place perhaps unrealistic expectations on myself and my husband. I spent the first year of my older child's life too busy surviving to feel like what I thought being a mother should feel like.

I joined our chapter in an effort to build for myself what I sorely lacking—a community. And over the last three years (or so), I have come to find that I have found so much more than I could have hoped for. I have friends. I have call-you-up-in-the-way-too-early-morning friends. I have help-my-child-is-puking-and-I-am-out-of-diapers friends.

So many of you have made such a difference in my life. I am beginning to understand what taking those first, risky, shaky steps into my first chapter meeting did for me. And now all I can do to repay the debt of gratitude I owe to those members from my early days is to pay it forward. Thank you for all you do to make this chapter a community we can be proud of. ~ Carol Ann

Welcome New Members

Welcome to our new Members:
Yuh Schabacker-Koppel who recently moved to the area from PA
Catherine Scaturro
Karolin Obregon

Happy Birthday to Us!

The Chapter is 12 years old this year! If you are a long time member, or know a long time member, please contact Carol Ann and Kelley at mnmprinceton@gmail.com. We would love to share stories from our early days.

Schedule of Events for June

- June 1—Play Group at Kelley's at 3pm
- June 6—Play Group at Lori's at 9am
- June 7—Mom's Night Out at the Blue Bottle Café in Hopewell.
- June 8—Coffee Time 11am at Princeton U Children's Library (Tiger Tales) with lunch afterwards & Play Group at Kelley's at 3pm
- June 13—Play Group at Lori's at 9am
- June 15—Play Group at Kelley's at 3pm
- June 20—Play Group at Lori's at 9am
- June 20—Monthly Meeting 7pm Birthday Party
- June 22—Coffee Time 11am at Princeton U Children's Library (Tiger Tales) with lunch afterwards & Play Group at Kelley's at 3pm
- June 27—Play Group at Lori's at 9am
- June 28 HOOTOWL—6:30pm at Desert Moon Fresh Mexican Grille at 415 Nassau Park Blvd, Princeton
- June 29—Play Group at Kelley's at 3pm

Monthly Meeting Notes

Our monthly meeting was held on May 16. This was one of two mandatory General Meetings that we are required to have as per M&M's directives. But just because the meeting was mandatory, it didn't mean we didn't have fun! We ended up learning a lot about each other!

The discussion at the monthly meeting focused on National's campaign **Making Connections, Making a Difference**. We all shared our experiences of good places to meet other moms for networking. It turns out that there are many more opportunities for making connections than we sometimes realize. We talked, too, about networking for business. Finding (or creating) a job that allows time for family continues to be a priority for many of those at the meeting.

We have been doing a lot of thinking about ways we can promote

our chapter without taxing our already taxed creativity and energy. We have come up with a couple of ways to make our presence known in the community, and we would like your feedback.

The members were all emailed a file with the chapter business card on it. It is a Microsoft Publisher document, and members can print up as many as they need and share them as they think is helpful to mothers in your community.

We have purchased several lawn signs with our logo on it to post outside of places where chapter events are taking place. For example, outside the Suzanne Patterson Center on the nights we have meetings or on the lawn of the house where playgroup is meeting. This will help new-comers to identify us and give us more visual presence to boot.

In addition to the business cards

and the lawn signs, you should have received a copy of the chapter flyer. It is a Microsoft Word document that can be printed out in color or black and white. Feel free to place these anywhere mothers go. Libraries, doctors' offices, grocery stores, coffee shops and community bulletin boards are all good choices.

Need to brush up on your presenting skills? Brain needing a little workout? Have we got the job for you! Head to the members only pages of National's website and choose a discussion to lead. All the material are there, waiting to be downloaded and shared. And as always, email mnmprinceton@gmail.com if you have meeting ideas or are interested in the meeting coordinator position.

Our next meeting will be held Wednesday, June 20th at the SPC 7pm. Bring ideas for fun birthday parties for 1-8 yrs.

June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Play Group	2
3	4	5	6 Play Group	7 Mom's Night Out	8 Coffee Time/ Play Group	9
10	11	12	13 Play Group	14	15 Play Group	16
17	18	19	20 Play Group/ Monthly Meeting	21	22 Coffee Time/ Play Group	23
24	25	26	27 Play Group	28 HOOTOWL	29 Play Group	30

I Can Do Anything for 15 Minutes...

The following are selections from FLYLady.net. Visit the site for more information on other helpful tips.

Shine Your Kitchen Sink

This is your first household chore. Many of you can't understand why I want you to empty your sink of your dirty dishes and clean and shine it, when there is so much more to do. It is so simple. I want you to have a sense of accomplishment. You have struggled for years with a cluttered home and you are so beaten down. I just want to put a smile on your face. When you get up the next morning, your sink will greet you and a smile will come across your lovely face. I can't be there to give you a big hug, but I know how good it feels to see yourself in your kitchen sink. So each morning this is my gift to you. Even though I can't be there to pat you on the back, I want you to know that I am very proud of you.

1. Take all the dishes out of the sink.
2. Run some very hot water into the sink. Fill to the rim. Only do one side at a time. Then, pour a cup of household bleach into the hot water. Let it sit for 1 hour. Now, pull the plug with a pair of tongs. If you don't have tongs, then scoop some of the water out of the sink into the other sink and use your hand to pull the plug (wear gloves and don't get the bleach-water on your clothes).
3. Rinse your sink well.
4. Use some cleanser (Comet, Ajax, or Baking Soda) and scrub your sink. Ensure you rinse ALL of the cleanser from the sink.
5. Take a sharp edge and clean around the rim of the sink, just like you would clean dirt out from under your fingernails.
6. Clean around the faucets too. You may need an old toothbrush or dental floss.

7. Now, get out your window cleaner, I use Windex, and give it a good shine.
8. If you still don't like the way it looks, then you could try some car wax. Just know in your heart that you have cleaned it very well now and it doesn't have to be perfect. Our perfectionism is what got us in this situation in the first place.
9. Every time you run water in your sink, take your clean dishtowel and dry it out (I lay out a clean one, every night with my before bedtime routine). Before you know it, you will be doing this everytime you leave your kitchen. The rest of the family will too. No more water spots. You will have a clean and shiny sink.
10. Don't have a fit if someone doesn't take as much pride in your sink as you do. It is very easy to fix. You have already done the hard part. You will never have to go through this process again. Daily maintenance will keep it looking this way all the time. Nasty hurtful word are not as easy to repair. Just be sure and tell your family what you are trying to do. They will think you have gone crazy.
11. If you don't have a dishwasher, don't worry. A dishwasher is just a dirty dish disposal. Clean out a place under your sink and put a dishpan in there. Teach your family, that instead of putting their dirty dishes and glasses in the sink, place them into the dish pan. Get into the habit of putting your dishes away as soon as they have been washed and are dry. No more leaving the dish drying rack on the counter or in the sink. Put it away under the sink when you have finished. If your old one is nasty, you may want to soak it in the sink full of bleach water at the same time you soak the sink or go

buy a new set.

12. To insure that your family remembers this, put a note in the sink. It will get their attention and remind them where to put the dishes. Be patient! They have never been taught either. It is going to take some practice.

Now if you have a stainless steel sink, I recommend all of the above directions with one extra instruction added: after you soak your sink, rinse well, and use SOS pads to scrub it. This will buff the finish. It will look like new.

If you still can't get it to shine after the Windex, put a light coat of lemon oil or olive oil on it. I mean just a tiny bit on a cloth and rub it. This will make you smile. Some people have had very good results from Bar Keepers Friend.

Last note: ensure you don't mix cleansers like Comet, etc. with Windex (or other ammonia based cleaners), you can create dangerous gases! It is worth repeating: rinse well between each step.

~FLYLady



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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[http://www.princetonol.com/
groups/mothersandmore](http://www.princetonol.com/groups/mothersandmore)

Something To Do With Your Children

Fine Motor Skills, Visual Discrimination, Left/Right Recognition (*From Discovery Toys*)

Lay out an assortment of large nuts and bolts for your child. Show him how to screw and unscrew a nut off a bolt. Encourage him to match up the bolts with the corresponding screws.

Point out that a bolt will only go on a screw when you twist the bolt clockwise (to the right), and if you twist it counterclockwise (to the left), it unscrews the bolt. "Righty tighty, Lefty loosey."

Comments: Monitor your child closely during this activity. Small items can pose a choking hazard.

You can find this and 51 other fun things to do with your child in the Discovery Toys Handy Helpers: Preschool Years.



Mothers & More.
THE NETWORK FOR SEQUENCING WOMEN