Hello Moms,

The Cape Cod Chapter of Massachusetts Mothers of Twins Association (MMOTA) is excited to be hosting the 2016 MMOTA Fall Meeting. It will be held on Friday and Saturday, October 21 – 22, 2016, at the Resort and Conference Center at Hyannis near the West End rotary of Main Street, Hyannis.

The weekend will be filled with food, fun and laughter, beginning on Friday night with a “Paint and Wine” seaside themed party, followed by our business meeting, workshops, keynote speaker, luncheon and raffles on Saturday. This is a weekend where lasting memories and great friendships are made. Be sure to check out the schedule and related information for specific details on a great weekend that you won’t want to miss!

Many of you know that it is our tradition to arrive at convention on Thursday night and spend Friday at an area spa. This year we have actually been toying with the thought of arriving on Wednesday afternoon! We know we will have convention related things to do on Friday so we may have to make Thursday our spa day!

Several of the 12X12 inch muslin squares that were distributed to each chapter at the May meeting have been transformed into beautiful quilt squares and have arrived back on Cape Cod! Thank you to all that have and are planning to help with this project!! We are rather anxious to have all of you see the end result and plan to have it on display at registration.

So please set sail for Cape Cod and join us for Anchors Away 2016!! In order to plan a successful weekend, we respectfully request that you register by October 1st, although late registrations will be honored.

We look forward to seeing you in October so you too can enjoy the wonders of Cape Cod!

Fondly,

The Cape Cod (yup, the whole club) 2016 Fall Meeting Committee

Ellen Swanson
Betty Beatty
Sue Cornet
Ellen Russell
Helen Gould
2016 Convention Schedule at a Glance

Friday, October 21
4:00 pm – 7:00 pm Registration & Raffle Tables open
4:00 pm – 7:30 pm Vendor Tables open
7:30 pm – 11:00 am Friday Night Paint Party

Saturday, October 22
7:30 am – 8:15 am Registration
8:15 am – 9:00 am Opening Remarks
8:30 am – 12:30 pm Vendor and Raffle Tables open
9:15 am – 10:00 am Workshop 1
10:15 am – 11:00 am Workshop 2
11:00 am – 12:00 pm Hotel Check-out
12:30 pm – 1:30 pm Lunch
1:30 pm – 4:00 pm Keynote Speaker and raffle winner announcements

Hotel Information

Relax and rejuvenate at Cape Cod’s newly remodeled resort! The Resort and Conference Center at Hyannis is located on 52 beautifully landscaped acres in historic Hyannis, Cape Cod, MA. The Resort is a very short distance from the Kennedy Compound, Kennedy Museum, ferries to Nantucket and Martha’s Vineyard and the historic waterfront district. The resort is just steps away from all of Main streets shops, boutiques and restaurants.

Take advantage of the indoor and outdoor pools, state of the art health & fitness club. Relax and indulge yourself with a massage or facial at the resorts own Spa at Atlantis. The contemporary designed guestrooms & suites are equipped with modern granite and tile baths and plush pillow top mattresses. In room amenities include, wireless internet access, 32” flat screen TV, refrigerator, private balcony or patio, etc. The Place to Meet, Relax & Play!

RESERVATIONS LINE: (508) 775-7775 ext.3 or (866) 828-8259

Room rate is $109 for double through quad. Occupancy Tax is 11.7%. Rollaway Beds are $15 (plus tax) per night. Check In Time: After 3:00 pm Check Out Time: Before 11:00 am. ** No Pets Are Allowed On The Property ** Cancellation Policy: A deposit of one night’s room and tax will be taken by credit card at the time the reservation is made and applied to the final night of the stay. Deposits are refundable (minus a $15.00 processing fee) only if the cancellation notice is received TWO WEEKS (14 days) prior to the scheduled arrival date. If cancellation notice is received within two weeks of arrival, the deposit will be forfeited. Failure to check in on the scheduled arrival day will result in loss of deposit and cancellation of the remainder of the reservation.
Friday Night Paint Party

Please join us for the Friday Night Paint and Wine Party! No experience necessary, honest!! All supplies will be provided and during the two and a half hour session we will create a seaside painting (a special design just for us) on a 16 X 20 inch canvas. The cost for this memorable evening of fun is $30.00. There is a cash bar in the hotel and snacks will be provided.

Our instructor is James Creighton Long Jr. (J.J.) J.J. grew up in Melrose, MA where he attended the Melrose public school system and in high school, he was graced with the teachings of fine art teachers Paul Squatrito, Kathy Marsh, & Chris Riccardi. Through their teachings, he gained a stronger affinity toward fine art and continued his artistic journey into college. After graduating from UNH, J.J. began surviving solely off of his oil painting. Since late 2005 he has made his living from selling his oil paintings at gallery shows, open studios, art festivals, coffee shops, and art exhibitions all over New England and also from being hired to do commission work for clients. In February of 2015, he created a new branch of his business called JJARTWORKS™ Paint Party Professionals which specializes in social painting events. He now teaches "paint and sip" parties where people get the chance to create a painting on canvas while enjoying a cocktail or an appetizer, socializing, and relaxing in a comfortable environment. His company provides all of the art materials along with setup, cleanup, and 2 hours of painting instruction. The company specializes in private parties, corporate events, office parties, fundraisers, team building events, kid’s parties, birthday parties, date nights, and more. As J.J.’s love for art grows in all media types, so will the JJARTWORKS™ brand. It is with this umbrella name that J.J. hopes to reach out to the masses and make the world aware of his honest and hardworking artistry.

MMOTA Annual Convention Raffle

Each year, all chapters are asked to donate to the MMOTA’s annual raffle fundraiser. All proceeds from the raffle tables benefit the MMOTA. From gift certificates to gift baskets, we are ready to accept it all! Please have your donations in as early as possible. Representatives will be available to accept your donations at the MMOTA State meeting on Wednesday, September 21, 2016. If you do not plan on attending that meeting, please contact Ellen Russell at ccmotwinsvention2016@gmail.com or (508)648-0596 to let us know in advance what you will be donating or if you have any questions regarding raffle donations. If any individuals or groups want to donate as well they will gladly be accepted.

To all of you in West Suburban who have been working hard all summer soliciting raffles on our behalf and to the many who have already notified us of donations, we thank you. Not only have the raffles become a favorite part of convention, it is a primary fundraiser for the state organization. We need your help to keep this wonderful tradition going. Again, we thank you!
Community Outreach

Child and Family Services is one of the oldest nonprofit organizations in Southeastern Massachusetts and strives to strengthen families and the communities in which they live. Child & Family's mission “to heal and strengthen the lives of children and families” is built on the following beliefs:

- Communities thrive when supported by strong families
- Society is strengthened by ensuring that children and families attain their full potential
- Families are the foundation of a strong community and are essential to a healthy society
- Families have the right to raise children in a safe and nurturing environment
- Every person has inherent worth and dignity

These beliefs influence the services they provide in our communities and have guided their growth since they first opened their doors in 1843. Today, Child & Family Services is the largest and most comprehensive social service provider in Southeastern Massachusetts and the largest provider of adoption services in Massachusetts.

As demand for services has grown they have expanded to meet that need. At the same time, they continue to work both internally and with community partners to find new and better ways to help people overcome problems and find strength within their family circle.

Keynote Speaker

In her own words... “Writer mother performer poet. 50. Works for Cotuit Center for the Arts and Healthy Children Project., LLC. Live in paradise, two doors down from my dear parents. Mom to Marney, 21, and Julia, 7. Partner to Michael, 63. Writer and performer as the Fat Ass Cancer Bitch (long story). Passionate about woman’s health and voice, gun control, dismantling the patriarchy. Playing the piano, poorly, but with enthusiasm. Fine cook, fierce friend, hopefully human.”

Edgy, unapologetic, funny, wickedly honest, hell-bent, and loudmouth, Christine Rathbun Ernst is a writer, poet, and performer. Her play about her battle with breast cancer, “Reconstruction or How I Learned to Pay Attention,” has been performed throughout New England. She performed “The Further Adventures of a Fat Ass Cancer Bitch” at Cotuit Center for the Arts in 2011. Ernst continues her autobiographical reflections, blending storytelling, spoken word, poetry, and commentary on daily life we can all relate to. The stories are about aging, changing family dynamics, the examined life, and the “humor that you have to locate in your day-to-day—otherwise it would be unbearable,” said Ernst. “I write because all I know to do is to share the story. And the best part is that I hear the stories back. People say ‘I can so relate! I so hear what you are talking about. I feel the same way.’”

"...might be the best one-person show I’ve ever seen." - Paul Babin, Cape Cod Times.
Workshops

**Estate Planning** - Attorney Chris Ward, partner in the Trusts and Estates Department of La Tanzi, Spaulding & Landreth, P.C., in Orleans, MA. Chris is licensed to practice law in both Massachusetts and Florida. He is a regular speaker and writer in the areas of estate planning and estate settlement/probate.

**Child Sleep** – Christine Brown, twin Mom and Certified Child Sleep Consultant at Bella Luna Sleep Consulting, will share knowledge, tips and tricks on developing healthy sleep habits in your little ones, including creating the right sleep environment, creating a bedtime routine, catching the sleep wave and she will review how much sleep your children should be getting based on their age. There will be plenty of time for Q&A.

**Spa Workshop** – We are excited to have Staff from Salon 700 sharing hair and make-up tips with us. This interactive session will surely be a hit and just in time for all of those holiday parties! Located in the heart of downtown Hyannis, Salon700 is a full service Salon and Day Spa experience. Dedicated to providing excellent customer service and the best Salon and Spa services on Cape Cod, Salon 700 has become the "Go to" for locals and visitors alike. Thanks to its loyal clientele and talented staff, in just 3 short years Salon 700 has won “Best of Cape Cod” in 2013, 2014 and 2015.

**Fundamentals of Yoga** – Elin Hirsch certified yoga instructor at the Yoga Center of Cape Cod, will explain how yoga can help you balance out the effects of the stresses of “real life”. She will pass along the peace and joy she finds in yoga and to healthfully guide you to a place of centered self-awareness.

**Create a Faux Centerpiece** - Nancy Knight, Horticulture Instructor / Senior Project Coordinator at Cape Cod Regional Technical High School, and mother of twins, will bring all the supplies and walk you through the process to create your own Faux Centerpiece. This session may run long, but you will be done in plenty of time for lunch!

**Children’s Nutrition** - Emily Gould is currently working with autistic students and is always looking for motivating activities and ways to make new food fun! Nutrition topics will include: how to pack a healthy lunch for the picky eater, making food fun, nutrition labels 101 and the creation of a sodium/sugar dependent child. Exercise topics will include: an overview of children’s physical developmental skills from ages 15 months to age 5. cardio movement activities to do at home. How exercise affects learning and motivating your child to exercise. Emily, the twin daughter of Cape Cod’s Helen Gould, has been a preschool teacher for ten years and just earned her M. Ed. from Lesley University. As an exercise enthusiast she is always trying new healthy combinations.

**Chapter Presidents Meeting** - If you are a Chapter President or are able to represent your chapter, please join others for what will hopefully be a productive exchange of ideas. In past years, this has been a wonderful networking opportunity and a chance to hear from others what has worked in their club, and what has not. Everyone will benefit from the Chapter Presidents Meeting!
## Contact Information

- **Name:**
- **Address:**
- **City/State/Zip:**
- **Phone:**
- **Email:**
- **Club Name (please do not abbreviate):**

## Multiples Information

### Names:
- **Birthdate:**
- **Number of each:**
  - Boys ___
  - Girls ___
  - [ ] Fraternal
  - [ ] Identical

### Names:
- **Birthdate:**
- **Number of each:**
  - Boys ___
  - Girls ___
  - [ ] Fraternal
  - [ ] Identical

## Sibling Information

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<tr>
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<th>Female</th>
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## Workshops - Please Rank in Order of Preference

<table>
<thead>
<tr>
<th>1st Session – 09:15 – 10:00</th>
<th>2nd Session – 10:15 – 11:00</th>
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<tbody>
<tr>
<td>Estate Planning</td>
<td>Create a Faux Centerpiece</td>
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<td>Spa Workshop</td>
<td>Fundamentals of Yoga</td>
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<td>Child Sleep</td>
<td>Children's Nutrition</td>
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<td>Chapter Presidents Meeting</td>
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## REGISTRATION FEES

<table>
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<tr>
<th>Description</th>
<th>Fee</th>
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<tr>
<td>Attendee affiliated with MMOTA chapter or another state organization</td>
<td>$65</td>
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<tr>
<td>Attendee not affiliated with MMOTA or MOA</td>
<td>$72</td>
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<tr>
<td>Late Fee, if postmarked after October 1, 2016</td>
<td>$10</td>
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<tr>
<td>FRIDAY NIGHT PAINT PARTY (16x20 completed canvas to take home)</td>
<td>$30</td>
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<tr>
<td>Create a Faux Fall Centerpiece Workshop</td>
<td>$20</td>
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<tr>
<td>Convention Disc (Hangs from Convention Bar; displays year and logo)</td>
<td>$4</td>
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<tr>
<td>Convention Bar (pin: “MMOTA Conventions”)</td>
<td>$6</td>
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<tr>
<td>Name Label Sheet (For Raffle Tickets if you want us to print them!)</td>
<td>$1</td>
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<tr>
<td>Convention T-Shirt, Teal Ladies V-Neck with convention logo ($20 at convention limited availability)</td>
<td>$16</td>
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**Select a Size:**
- [ ] S
- [ ] M
- [ ] L
- [ ] XL
- [ ] 2XL (+$1.50)
- [ ] 3XL (+$5.00)
- [ ] 4XL (+$6.75)

| Registration Total | $ |

**Please check ALL that apply:**
- [ ] I am staying at the hotel:
  - [ ] Thursday Night
  - [ ] Friday Night
  - [ ] Saturday Night
- [ ] I am attending the Friday Night Paint Party
- [ ] I am a past MMOTA State President

**Please Select your Entrée choice for Saturday’s Luncheon: (Select one)**
- [ ] Atlantic Cod w/ Buttered Bread Crumbs
- [ ] Stuffed Roasted Chicken
- [ ] Butternut Ravioli w/ Pumpkin Seeds & Sage

**Please specify any special dietary restrictions:**

________________________________________
________________________________________
________________________________________
________________________________________

**Please Mail Registration Form & Payment to:**

Sue Cornet  
79 Freeman Road  
Yarmouthport, MA  02675

**Please Make Checks Payable to:**  
MMOTA Cape Cod Chapter

**Memo Line:** Convention 2016
**MMOTA Anchors Away 2016**  
*Vendor/craft table application form*

The Massachusetts Mothers of Twins Association Cape Cod Chapter is host to the 54th Annual Convention  
**Convention 2016 – Anchors Away**  
**October 21st – 22nd 2016**  
The Resort & Conference Center at Hyannis

**Vendor/Craft Table Fee: $25 for One Day and $40 for Both Days**  
Includes (1) 8 foot table, white table cloth and chairs  
Vendor tables will be open Friday 4:30pm – 6:30pm* and Saturday 9:00am – 12:30pm

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<th><strong>Vendor Information</strong></th>
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<td>Email:</td>
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<tr>
<td>I would like to participate on (please check all that apply):</td>
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  □ Friday 10/21 4:30pm-6:30pm  □ Saturday 10/22 9:00am-12:30pm |
| Merchandise Description: |

Please Make Checks Payable to:  
**MMOTA Cape Cod Chapter**  
Memo Line: Convention 2016  
Please Mail Application & Payment to:  
Ellen Swanson  
8 Joann Drive  
Barrington, RI 02806

Please include a business card or brochure with your mailed application. We will be including a listing of all vendors in our program packet that is given to all attendees.  
To have your logo on our website list of vendors, please email your logo to ccmotwinsvention2016@gmail.com.

Thank you!

We will let you know as soon as possible after receipt of your completed application if you are accepted. We will do our best to limit the duplication of sales of similar products.

Questions regarding Vendor/Craft Tables application can be directed to Ellen Russell (not to be confused with Ellen Swanson) at ccmotwinsvention2016@gmail.com or call (508) 648-0596. Thank You