



Password: *supermom*

Mom's Night Out Fun @The HUB

Good times were had by all at The HUB in Auburn Hills! goMOMs enjoyed tasty food and drinks, along with some friendly axe-throwing competition! We hope to see you at the next goMOMs event, which is:

Tuesday, February 12th @ Rochester Mills Brewing Co. at 7:30. Hope to see you there!



Upcoming Events:

February Meeting: 02/13
-Social Night
@Rochester Mills Brewing Co.
7:30-9:30 pm
-See Evite for details

March 12th -Vacation Planning
Mom's Chat @6:30
General Meeting: 7:30

MNO TBD- Drag Queen Bingo

Meeting Location

Abiding Presence Lutheran Church
1550 Walton Blvd.
Rochester Hills, MI 48309



Facebook search:
goMOMs- Greater Oakland Mothers
of Multiples
Closed group-Please ask to join!

goMOMs News: Welcome Babies!

Amanda Laurich welcomed babies Foster (4.5lb) and Peyton (2lb) January 25th. Small but mighty, they are thriving and everyone is getting used to being a new family! Congratulations!

Mentor/Buddy Program

Exciting news- we will soon be implementing a mentor/buddy system for goMOMs members to collaborate, give and get advice, and get and provide support to and for moms of multiples. Keep a look out for upcoming news about this exciting new endeavor, headed up by our very own Evie Charboneau!

goMOMs Spring 2019 Sale

Have you ever thought about selling at our Mom 2 Mom sale? Consider this: the average profit for the Spring 2018 sale was \$613.00, and the average profit for the Fall 2018 sale was \$739.00! This year's Spring sale will be Saturday, April 13th at Lutheran Northwest High school. See our Facebook page for more details!



Play Dates

Looking for something fun to do with your multiples?

Host or attend a play date!

Play dates are an excellent way for goMOMS and their children to connect!

To host a play date, fill out the [Evite Request Form](#)

Any additional questions, contact:
Amy Wacek, Secretary,
@ gomomssecretary@gmail.com

Kroger Community Rewards

Register your Kroger card and help goMOMS with the Kroger Community Rewards card. Members need to renew their membership by linking their Kroger cards to goMOMS. Our group receives a percentage of all your Kroger purchases quarterly. Just follow the instructions below, then shop using your Kroger card!

-If you already have a Kroger account:

1. Go to www.krogercommunityrewards.com
2. Sign in with your email address
3. Enter our organization number: **83164**
4. Click on Greater Oakland Mothers of Multiples
5. Confirm

If you do NOT have a Kroger card, follow the link for further instructions HERE:

<https://www.kroger.com/account/enrollCommunityRewardsNow>



A great way to donate while you shop!

<https://smile.amazon.com/ch/38-2155217>

Amazon will donate **0.5%** of the price of your eligible AmazonSmile purchases to [National Organization of Mothers of Twins Clubs Inc.](#), whenever you shop on AmazonSmile using the above link. **Try it out today!**

Tips and Recipes

Crockpot Peach Salsa Pork or Chicken

Ingredients:

- 2 lb chicken breasts OR 2 lb (approx.) pork tenderloin/chops
 - 1 jar smoky peach salsa (I got mine from Trader Joe's)
 - ½ cup diced onion (optional)
 - Cooked rice, potatoes, or sweet potatoes
- **Directions:**
- Lightly spray crockpot with olive oil spray or PAM (or similar), or use crockpot liber if desired.
 - Add meat, salt and pepper if desired. Pour salsa on top of meat and close lid.
 - Cook on HIGH 4-6 hours or LOW 7-8 hours, depending on how hot your crockpot runs. Serve with potatoes, rice, and/or veggies.

Korean Chicken Lettuce Wraps

- 1 pound (2) boneless, skinless chicken breasts, thin cut
- 1/4 cup low sodium soy sauce
- 1/4 cup unsweetened apple sauce OR 1 kid-sized applesauce cup ☺
- 1/4 cup finely chopped yellow onion OR dried onion and a splash or water
- 1 tsp sesame oil
- 1 tsp grated ginger or equivalent amount ginger paste from a tube (in produce section)
- 1 tbsp light brown sugar
- 2 garlic cloves, crushed
- 1 teaspoon sesame seeds

To Serve: Cooked rice, Bibb, romaine, or leaf lettuce, Gochujang sauce (in Asian aisle), shredded carrots, crispy rice noodles

Directions:

- Mix everything except the chicken together in a Large Ziploc baggie.
- Take out ¼ cup marinade and reserve.
- Add chicken and marinate in the fridge 1-2 hours.
- Grill 2-3 minutes on HIGH each side. Spoon reserved marinade over chicken and finish cooking. Serve with rice or rice noodles, lettuce, shredded carrots, and gochujang sauce or sriracha if you like it spicy!



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2018-2019 Board Members

President-Jodi Abraham
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Announcements

Expecting? Or delivered recently? Let us know, and we would love to share your exciting news with our goMOMS members. Please include your name, spouse's name, babies' names and birth information (date, time, weight), a photo and any sibling information that you would like to include.

Send all information and images to gomomsnewsletter@gmail.com



Take them a Meal

For those times in life when filling their table will warm their hearts. Simplifying meal coordination so friends, family, neighbors and co-workers can show they care. Help out a new mom by providing a meal for their family when they bring home their new bundles of joy!! Or request meals after your delivery. Meals can be homemade or take out!! goMOMS uses the Take them a Meal website to coordinate meals for new families. Please contact the meal coordinators @ gomomsmeals@gmail.com to request meals or for more information.

More Information about goMOMS

goMOMS is a nonprofit, 501(c)(3) organization. We bring together mothers of twins, triplets, quadruplets (or more!) for support in the unique situations we encounter with pregnancy and raising multiples. Contributions to goMOMS are tax deductible. Consult your tax professional for details.