

MOTHERS OF MULTIPLES STATE WORKSHOP

FLAPPER FLING

2020

BEAUTIES, BEADS & BOAS

APRIL 24-25, 2020

HOSTED BY

St. Cloud Area



BEST WESTERN PLUS KELLY INN

100 4TH AVENUE SOUTH, ST. CLOUD, MN 56301

Accommodations

<https://www.bestwestern.com/en.../book/hotel-rooms.24113.html...>

The room rate for the Mothers of Multiples is \$109. There are different room types to choose from.

LET THE CONFETTI FLY!

WHO'S READY TO PARTY 2020 STYLE?

OUR 2020 CHARITY



Mission: Advocating for Abused Children

For children who have experienced physical, sexual or emotional abuse, they relive their trauma every time they have to tell their story. CentraCare sought to improve this process so that children didn't have to repeat their story to multiple agencies, multiple times. By establishing the Central Minnesota Child Advocacy Center (CAC) and bringing together a multidisciplinary team, CentraCare and community partners successfully created a "one-stop" approach that's better for the children.

The mission of the CAC is to provide protection, advocacy, justice and healing to all child abuse victims and their families in Central Minnesota. It works to preserve the dignity and spirit of the child by supporting, advocating for and educating families.

For more information visit:

<https://www.centracare.com/services/child-advocacy-services/>

Donations will be collected at the workshop including:

- Monetary donations used for operational costs
- Gift/Gas cards to places like gas stations, grocery stores, WalMart/Target, etc. for families in need.
- New fidget items (i.e. thinking putty, Nee-doh balls, etc.)
- New pajamas, underwear, clothing, and shoes

WE'RE EXCITED TO ANNOUNCE THIS YEAR'S FRIDAY NIGHT ENTERTAINMENT!



KEYNOTE SPEAKER GAYE LINDFORS

Gaye approaches life as a front row observer of celebrations, messy places, and you've-got-to-be-kidding-me! moments. Not afraid to poke fun at her own mishaps, she shares life lessons, encouragement, and humor from her own experiences, and from observing life in the real world. Gaye is a city girl with a small-town heart, corporate and non-profit leader, volunteer, and caregiver. She led an HR team that supported 11,000 airline employees, served as president of the National Speakers Association/MN Chapter, and is the author of several books, including *This is Livin'! Learning to Move from Messy Moments to Happy Places*.

Whether we Sizzle or Fizzle – Life is Good!

There are good days. And bad days. And "You've got to be kidding me!" days. It's fun to Charleston to our favorite swing music when life is great. And when life gets messy? Hmmmm... Let's fling on our beads and boas and enjoy the good stuff in life anyway. We've got this! Let's laugh, high-five each other, and remember how to create some sizzle moments. Life is good!

SATURDAY BREAKOUT SESSIONS

Session - 1a: Johntia Piepho
Feel Like a Mombie? Makeup and skin care tips to help you feel put together!

Session - 1b: Central Minnesota
Child Advocacy Center
Signs of Abuse & How to Report It

Session - 1c: Anne Brady Cronin
Building Mindfulness and a Better You!

Session - 2a: Kari Hanson, MA, CFLE-P
Discussing Difficult Topics With Kids

Session - 2b: Angela Seutter
Mindset: Shifting from the Swamp to the Pond

Session - 2c: St. Cloud Police Department
Internet Safety for All Ages

Session - 2d: Blair Popham
Healthy Doesn't Need to Be Boring!

(Descriptions are listed below.)

ACTIVITIES THROUGHOUT THE WORKSHOP

Pamper Yourself with the
DIY 20's Era Spa

Raffle Room

Show 'n Sell Vendors

FRIDAY NIGHT

Happy Hour

Costume Contest

Casino Games

Dancing in the Ballroom

Pool Party/Board Games

The Great Gasby Movie

SATURDAY MORNING

1920's Era Dance Class

SATURDAY NIGHT STAY 'N PLAY

Happy Hour/Dinner

Paramount Theatre

Mamma Mia!

Presented by GREAT Theatre

7:30 PM

Adult: \$42-\$35 Plus Processing Fees

Order tickets at:

[https://paramountarts.secure.
force.com/ticket/](https://paramountarts.secure.force.com/ticket/)

Shopping Around the Cloud

Relax in the Pool

Bar Hopping



FLAPPER FLING 2020 SCHEDULE

Friday, April 24, 2020

3:00-7:00 pm Registration Check-In; Merchandise
Distribution (Just down the hall from the Green Mill)
4:00-9:00 pm* DIY Spa Room
Raffle Room
Show 'n Sell Vendors
5:30-6:30 pm Special Meetings
Club Presidents
High Order Multiples
Clothing Sale
Special Needs
Workshop Planning
First Time Workshop Attendees
6:00-8:00 pm Happy Hour (Poolside)
Gourmet Pizza Buffet
7:00-8:00 pm Opening Ceremony
8:00-10:00 pm Casino Games
Casino/Door Prizes Announced
10:00pm-12:00 am Dancing
Costume Contest Winners Announced
(Must be present to win)
8:00-12:00 am Board Games, DIY Spa,
Great Gatsby Movie

Saturday, April 25, 2020

8:00 am Revolver Studios - 1920's Era Dance Class -
This option replaces morning yoga/zumba sessions.
8:00-9:00 am Registration Check-In; Merchandise
Distribution (Just down the hall from the Green Mill)
Breakfast Buffet
8:00-12:00 pm Raffle Room
Show 'n Sell Vendors
9:30-10:30 am Breakout Session #1
10:45-11:45 am Breakout Session #2
12:00-1:30 pm Lunch and Keynote Speaker
1:30-2:30 Break / 2021 Workshop Hosts Set up for
Reveal
2:30-3:30 pm Closing Ceremony
Raffle Winners Announced
(Must be present to win)

Saturday Night Stay 'n Play Options

4:30 pm-7:00 pm Happy Hour/Dinner at the
Green Mill (Attached to the Kelly Inn)
7:30-9:00 pm Paramount Theatre Presents
Mamma Mia (Downtown)
Shopping Around the Cloud
Relax in the Pool
9:00-2:00 am Bar Hopping (Downtown - within
walking distance from the Kelly Inn)

2020 WORKSHOP GEAR



PC450 Adult Fan Favorite
Black Tee w/ Gold & White 2020
Workshop Logo

Adult Sizes

\$15.00 (S to XL)
\$16.00 (2XL to 6XL)



PC450 Adult Fan Favorite
White Tee w/ Gold & Black 2020
Workshop Logo

Adult Sizes

\$15.00 (S to XL)
\$16.00 (2XL to 6XL)



PC147 Adult Fan Favorite
Gold Tie-Dye Tee w/ Black 2020
Workshop Logo

Adult Sizes

\$18.00 (S to XL)
\$20.00 (2XL to 4XL)



LPC450VLS Ladies
Long Sleeve Fan Favorite
Black Tee w/ Gold & White 2020
Workshop Logo

Ladies Sizes

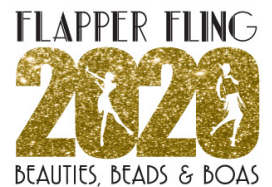
\$18.50 (S to XL)
\$20.00 (2XL to 4XL)



DT196 Lightweight Fleece
Raglan Hoodie
Heathered Grey & Charcoal Hoodie
w/ Black 2020 Workshop Logo

Adult Sizes

\$30.00 (S to XL)
\$35.00 (2XL to 4XL)



Shirts are pre-order only, and will not be sold at the workshop.

***Shirt orders must be placed by April 1st, 2020.**

WORKSHOP BADGE & DISC

The MN MOMs Workshop Badge, in the shape of the State of MN is available as an optional purchase for \$4.75. The discs attach to this pin. The discs can be collected every year for \$3.75 each. The discs show the hosting club, city, and year of the workshop.

Previous years discs are also available for purchase at \$3.75 each.

Badge and discs are pre-order only, and will not be sold at the workshop.

***Badge and disc orders must be placed by April 1st, 2020.**



Please submit slideshow photos to photos.stcloudmoms@gmail.com

***Photos must be submitted by April 1st, 2020.**

**A link to our online registration can be found at
2020momsworkshop.rsvpify.com**

or you can mail in the last two pages of this file.

2020 WORKSHOP REGISTRATION FORM

Mail this completed registration form to:

St. Cloud Mothers of Multiples 2020 Workshop • 24681 21st Avenue St. Augusta, MN 56301

Make checks payable to: St. Cloud Mothers of Multiples



Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

1920'S ERA DANCE CLASS WITH REVOLVER STUDIOS

(Saturday morning 8:00 am)

This option replaces morning yoga/zumba sessions.

☐ Yes, I want to learn 20's Era Dance!

☐ No, I am not a morning person, and will be sleeping in.

BREAKOUT SESSIONS

First Breakout Session: Please choose your breakout session preference. (Preference is not guaranteed, and will be based on allowance of people.)

☐ **Session 1A: Johntia Piepho - Feel like a mommie?** Come learn makeup and skin care tips to help you feel put together!

☐ **Session 1B: Central Minnesota Child Advocacy Center** - Learn about signs to watch out for and how to report suspected abuse.

☐ **Session 1C: Anne Brady Cronin - Building Mindfulness and a Better You!** Anne is a trained psychic coach, facilitator, and healer who's work focuses on helping you remove the blocks and create your best YOU.

Second Breakout Session: Please choose your breakout session preference. (Preference is not guaranteed, and will be based on allowance of people.)

☐ **Session 2A: Kari Hanson, MA, CFLE-P - Discussing Difficult Topics With Kids** - Kari aims to encourage/equip parents with real life practical tips for successfully having difficult chats with our kids when we don't always know how to start or what to say.

☐ **Session 2B: Angela Seutter - Mindset: Shifting from the Swamp to the Pond** - Are you stuck in a rut? Are you wanting to shift into more ease? In this breakout session, you'll walk away with some doable action steps to start implementing today!

☐ **Session 2C: St. Cloud Police Department** Internet safety for all ages.

☐ **Session 2D: Blair Popham - Healthy doesn't need to be boring!** Healthy cooking tips and recipes on a budget.

SATURDAY MEAL PREFERENCE

- ☐ Sautéed Chicken Breast with Rosemary Cream Sauce
(served with fresh garden salad, wild rice, & fresh vegetables)
- ☐ Roast Pork Loin with Mushroom White Wine Demi Sauce (served with fresh garden salad, oven browned potatoes & fresh vegetables)
- ☐ Vegetarian Lasagna (served with fresh garden salad & baked bread stick)

* Sorry, this catering facility at this time cannot accommodate for gluten free meals or other allergens.

CUSTOM QUESTIONS

What MoMs club are you affiliated with?

STATISTICS:

Singletons: # _____ of boys. Singletons: # _____ of girls.

Twins: How many sets? _____

Set 1: ☐ boy/boy ☐ girl/girl ☐ boy/girl

Set 2: ☐ boy/boy ☐ girl/girl ☐ boy/girl

Set 3: ☐ boy/boy ☐ girl/girl ☐ boy/girl

Triplets: How many sets? _____

Set 1: # of boys _____ #of girls _____

Set 2: # of boys _____ #of girls _____

Quads/Quints/or More? # of boys _____ #of girls _____

Are you or your partner a multiple? ☐ Yes ☐ No

Do multiples run in your family? ☐ Yes ☐ No

Is this your first workshop? ☐ Yes ☐ No

If no, how many previous workshops
have you attended? _____

Questions? Leave them here, or feel free to email

Amanda Pawelk or Shannon Honzay at

stcloudmoms.workshop@gmail.com

Workshop Registration Fee ☐ **\$95.00**

\$15 Late Fee Added After 4/1/20 ☐ **\$110.00**

2020 Workshop Gear ☐ \$ _____

☐ \$ _____

Item # _____ Size _____

Description _____

Item # _____ Size _____

Description _____

Workshop Badge & Discs (please specify year below)

MN MoMs Workshop Badge Pin

State of MN ☐ **\$4.75**

St. Cloud 2020 Disc

Attaches to MN Badge ☐ **\$3.75**

Previous Years Disc _____ ☐ **\$3.75**

St. Cloud 2020 Disc + Previous
Years Disc _____

☐ **\$7.50**

MN Badge Pin + St. Cloud 2020 Disc ☐ **\$8.50**

TOTAL \$ _____

Thank you for your registration! See you soon!