

8 / 2011

Dear members!

A very warm welcome back from your holidays. After a 2 month summer break we are back with our August news! We hope you had a fantastic time wherever you spent it.

First things first: our annual Garage Sale is coming up in November and we need your help! If anyone is interested to get on board of the GS committee, please don't hesitate to contact us. We would be happy to team up with you! More details inside!

But to start things off, we have another interesting twin question:

### **Can twins have two different fathers?**

By definition, twins have the same mother. But, have you ever wondered if twins could have different fathers?

As technology has improved the accuracy and accessibility of genetic testing, it has become more evident that twins **can** have two different fathers. The situation of course only applies to fraternal (dizygotic) twins who form from the fertilization of two separate eggs.

The term *superfecundation* describes a situation where the eggs are fertilized by sperm from separate incidences of sexual intercourse. In a case where a woman has sex with different partners, the twins could indeed have different fathers!

The other possible situation is when twins are the result of mixed up fertility treatments in the lab or by double usage of the equipment, causing another man's sperm to be mixed with the father's... Imagine! ([Source: multiples.about.com](http://multiples.about.com))

Well, there you have it! Don't tell us you weren't curious about this!

Happy reading and happy multiple parenting!

Your Twins Plus Team

## At a glance

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November 12*

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## Twins Plus Annual Garage Sale – 12 Nov @ Horse city

Our popular annual Garage Sale at Horse city is coming up in November and we need your help! Every year we are looking for new members to join the GS committee in order to spread responsibilities and enlarge our team.

If you have never been to one of our annual Garage Sales, here's how it works:



**The crowd is waiting**

- 1) Only members can sell! (Different from the Spring GS, where the public can sell)
- 2) Volunteers sort the items by category (books, toys, clothes etc) which makes it easy for shoppers to find what they want. When they're done, they pay at the cashier and Twins Plus is sending out the cheques to you 1 – 2 weeks later.
- 3) We have a members-only sale, 1 hour prior to the general public to ensure you get the best deals.

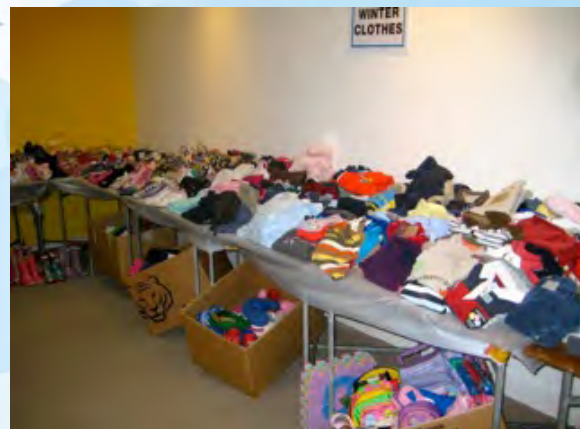
As this event has become larger every year, we really hope that a few members will come forward to join our team. There are just a few meetings beforehand and you have to keep the two days of the sale completely free to Twins Plus.

What may sound like a lot of commitment is actually a lot of fun, too! We are a cheerful group of twin mums and we would love to welcome new faces! So if you can imagine yourself doing something for the Twins Plus community, please contact Nicole at [nicole@twinsplussing.com](mailto:nicole@twinsplussing.com) to be registered. We will have our first meeting in early September.

**GS 2010**



**GS 2010**



## Discount for TPS members

### Powerwork Studio

Twins Plus has negotiated a great deal for Twins Plus members at the Powerwork Studio!

A 25 min class on the Power Plate delivers up to 3 times the results of regular exercise. It uses the principles of Acceleration Training to stimulate the body's natural response to vibration. This offer is especially for new twin mums who don't have much time to spend on exercise!

The Powerwork Studio has revised their offer from April with an even cheaper introductory price!

Go check it out! [www.powerworkstudio.com](http://www.powerworkstudio.com)

  
**EXCLUSIVE OFFER**  
FOR TWINS PLUS MEMBERS



Regain your pre-pregnancy figure,  
with the specially designed  
**POSTNATAL POWER PLATE  
ACCELERATION TRAINING**

**Only \$38\*** for three introductory  
Power Plate Acceleration  
Training Classes! UP\$144  
\*Save \$106!

Power Plate training is perfect for time-poor mum's of twins.  
A 25 min class delivers up to 3 times the results of regular exercise!  
Call 6445 0156 or email [enquiry@powerworkstudio.com](mailto:enquiry@powerworkstudio.com)



Powerwork Studio, 695C East Coast Rd, Singapore 459059. [www.powerworkstudio.com](http://www.powerworkstudio.com)  
**Open:** Mon-Thu, 9.00am-2.00pm & 5pm-9pm Fri-Sun, 9.00am-4.00pm. Closed Public Holidays.  
Please show your Twins Plus Member Card. Terms & conditions apply. Only valid for new customers. All 3 sessions to be used within 2 weeks of first session.

## Discount for TPS members

### Pout hair salon

Do your kids (or yourself) need a haircut? A member's friend just recently opened a child friendly hair saloon in Upper Thompson Rd and is giving our **members 20% off** all hair services, child or adult.

If you want to check it out make sure to bring your membership card along and mention the promo code '**MTW101**'

For further information go to [www.pout.com.sg](http://www.pout.com.sg)



**pout**

## Pay your membership fee via Pay Pal

Our new website will facilitate membership payments via PayPal. If you do not have a PayPal account, please go to the link below and signup:

<http://www.paypal.com.sg/sq>

You can link your PayPal account to your credit card or you can top-up through your Singapore bank account.

\*Note: Top-up is enabled with all banks in Singapore, except UOB, at present.

Top-up is available for DBS and POSB accounts.

## Things to do

### Singkids Playsystem / indoor playground

Rain or shine, kids can have an endless supply of fun at Singkids Playsystem. The little ones can explore every nook and cranny of this indoor playground, with movable equipments aimed to provide a more exciting and dynamic play environment. Other popular attractions include the Waterfall Tunnel, Spinning Palm Tree, Dancing Balloon and Sky Rider

**CHANGI AIRPORT / Terminal 3 / Basement 2**

**Opening Hours : 11.00am - 11.00pm**

**Tel : (65) 6832 8002**

**Email : [singkids@singapore.com](mailto:singkids@singapore.com)**

### Singkids Playsystem Play Rates

#### **Public (one time entrance)**

#### **Singkids Member (10 visit play time \$140)**

**Off-Peak: Two hours playtime, \$18  
One Adult/Guardian & One Child**

**Peak period: One hour playtime, \$18  
One Adult/Guardian & One Child**

**Subsequent Hour : \$10**

**Off-Peak: Unlimited playtime, \$14  
One Adult/Guardian & One Child**

**Peak period: Two hours playtime, \$14  
One Adult/Guardian & One Child**

**Subsequent Hour : \$8**

**\*Membership is Sharable.**

**\*Enjoy the Celebrate Birthday Party Rate.**

**\*Can Redeem Two Singkids Design Sticker.**

**\*Membership Card can use in all Singkids Playsystem outlet in Singapore.**

**\*Expire Date: 31.December.2011**

**\*Guardian must be 18 years old and above.**

**\*Socks needed to enter for both Adult/Guardian & Child. \$2 per pair.**

**\*Operating Hours: Open from 11:00am to 11:00pm**

**Off-peak period: Monday to Thursday.**

**Peak period: Friday to Sunday, Eve of Public Holidays, Public Holidays, Gazette School Holidays, PSLE Marking Days.**



## Happy Birthday in August!

They are turning:

- 1 Ruby & Max Evans; Josh & Brianna Toh/Cheok;
- 2 Angus James, Alesha Anne & Jack Samuel Pearce
- 3 Ella & Jessica Crispe; Jake & Amelie Brogden; Alyssia & Aurelia Sadjadi
- 4 Ashling & Casey O'Donnell
- 6 Kaitlyn, Natalie & Jonathan Song
- 7 Reese Yu Xin & Renee Yu Tong Chia; Angus & Lulu Forbes
- 8 Valencia & Demetria Ho/Chen



Triplets **Angus, Alesha and Jack Pearce** (here with mum, dad and friends) had a pool party at their residence for their 3<sup>rd</sup> birthday



**Alyssia & Aurelia Sadjadi**

"We took Alyssia and Aurelia to Disneyland for their 3rd birthday. They had never seen a Mickey cartoon and had no idea what to expect. When they saw a live Mickey character they were in awe and could barely whisper: A MOUSE! They just fell in love with him and have already asked if the "MOUSE" could bring their birthday cake next year as well."

*Dirke Koranske*

## Places to go

### Tanjong Beach Club

Do you need an idea for a family friendly Sunday brunch? Our member Nori Chakshuvej is recommending **Tanjong Beach Club** at Sentosa. And if your kids love dogs, they sure will like this as this is the only beach in Singapore where you can bring your dog! Here's what Nori has to say:

*Although you may think that TBC is only a place for hip party-goers, it's an ideal spot for Sunday brunch with your kiddies.*

*While most are recovering from hangovers, you'll have the beach to yourself.*

*The crescent shaped beach is great for kids and I think one of the best in SG. There's also a large 20 meter infinity pool that our boys loved swimming in. They've got a kids menu with the usual selection of fish & chips, burger, mac & cheese, etc. One of my boys is a picky eater and they didn't mind that we brought food for him and helped us heat it up. Surprisingly they had 5 high chairs as we were there with other friends with kids.*

*For adults, recommend the Smoked salmon eggs benedict, pancakes and fruit bowl. By the time other people showed up, our boys were exhausted from a fun morning at the beach and were fast asleep on the ride home.*

*Nori Chakshuvej*



## Places to go

### Kallang Bowl at Leisure Park Kallang



*My 5 year old boys have been playing the bowling game on Wii Nintendo and were actually quite good at the game. I decided to let them try the real deal and brought them to Kallang Bowl at Leisure Park Kallang.*

*You can ask for lanes with bumpers so there's no chance the ball can get into the gutter. The lightest ball was 6 pounds (about 2.5kg) and the boys were able to roll and hit a few pins which was enough to thrill them. On weekday afternoons the ambiance is quite family oriented and weekends are popular for birthday parties.*

*It's a fun activity as a family or on play dates and certainly beats playing it on TV!*

*Lanes can be booked in advance so give a call to check on availability (6345 0545). Bumper lane booking is \$40 for 2 hours with maximum 6 players.*

*Adeline Kheng*



## Welcome new members

A warm welcome to our new members who joined since June:

- Johanna & Drew Blaxland with twin girls Charlize & Zoe (6/2011)
- Katie & Marc Mackay expecting multiples in Nov 2011
- Denise & Wilbur Wong with twin boys Matthew & Dylan (10/2010)
- Sharinah Zain & Mawariddie Addha with twins Mikael & Danish (9/2010)
- Keshena & Tony Ryan expecting multiples in August 2011
- Shirley & Darren Yap with twins Mattea & Keona (5/2009)
- Norhayati Binte Abdullah Mohd Esa & Muhamad Fdahli Bin Jaffar with twins Nur Syafiqah & Nur Aqilah (10/2010)
- Sandra & Alistair Welsh expecting multiples in Oct 2011

**Welcome to Twins Plus Singapore!**

## Twins Plus on Facebook

Dear Members, for those of you who don't know yet: we have a Facebook Closed Group – only for Twins Plus Members !

Please join by clicking the link below.

[http://www.facebook.com/group.php?gid=183567227826&v=app\\_2344061033#!/group.php?gid=183567227826](http://www.facebook.com/group.php?gid=183567227826&v=app_2344061033#!/group.php?gid=183567227826)

## Event Calendar 2011

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### AUG

**31.8. Wed Playgroup 2:30 – 4:30 pm Camden MC, Level 9, Function Room**

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### SEP

**24.9. Sat Gathering 10 am-12 pm / Camden MC**

**25.9. Sun Family Gathering 10 am-12 pm / Botanical Garden**

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### OCT

**19.10. Wed Playgroup 2:30 – 4:30 pm Camden MC, Level 9, Function Room**

**30.10. Sun Family Gathering 10 am-12 pm / Botanical Garden**

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### NOV

**26.11. Family Christmas Gathering 10 am-12 pm**

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### DEC

**03.12. Parents Christmas Gathering 8 pm onwards – venue yet to be confirmed**