

The 5th Annual **MOMS need MOMS** Cruise

Jan 24th - 27th 2014

Aboard the Carnival Inspiration

(From Long Beach, CA to Ensenada, Mexico)

BUSINESS and LOGISTICS

Valerie Griffin: (818)606-2778 **Sylvia Griffin:** (818) 430-2046

In case you need to reach either of us with questions or concerns BEFORE we set sail. *International roaming rates apply when using your cell phone onboard...* AND personally we like to "unplug" for the entire weekend so pack our phones away in the stateroom safe!

Erika Villanueva (Travel agent): 480-293-4689

In case you have questions or concerns regarding your travel arrangements.

Carnival Inspiration FAQs -- this is a GREAT resource to get your cruising questions answered! From travel directions, to boarding times, even "what to wear" questions get addressed thoroughly! <http://www.carnival.com/core/faq.aspx>

Check In online - use the personal link in the reservation confirmation email that Erika (our travel agent) sent you. This will save you lots of time during boarding and will give you the opportunity to address any travel concerns before we set sail. **Don't forget to print your luggage tags & attach them** (requires staples or tape) prior to leaving home.

Boarding Times - You may board the ship anytime between 1pm and 4:30pm. **The ship sets sail at 5:30pm SHARP and they will leave you if you arrive late...**

Valerie usually gets there around 3:30pm... I get there at 1pm SHARP! I really like to maximize my time onboard!

Beads -- be sure to get your special "*I recognize YOU*" beads!

This tradition began last year (**THANK YOU Gail Williamson**). Upon boarding, Valerie, Sandra and I will be walking around with a neck full of lovely white beads. When you see us, stop us and say Hello so we can give you your beads. Everyone will have beads by dinner on Friday night.

This is our "*ooh so sweet and very discreet way*" of identifying one another onboard. Everyone wears their beads all weekend and anytime you see the beads, feel free to join one another for a meal or outing or even just conversation!

Remember to look for Sandra, Valerie or Sylvia to get your beads!

Here's what we look like :-)

<i>Your DSALA MOMS need MOMS Cruise Hosts</i>	
<p>Sandra Baker</p> 	<p>I am the Director of Operations and Family Support for the Down Syndrome Association of Los Angeles (DSALA.) I am also a mother of two. My older daughter is a student at USC and I have a younger son with a dual diagnose of Down syndrome and Autism. This is my third time on the Moms Cruise and I really enjoy hanging out with other moms and without having to worry about keeping track of my son. It's the only time in the year that I can leave my stress and worries behind and just relax, dance, and enjoy a good comedy show. Laughing is my number one priority on the cruise!!</p>
<p>Valerie Griffin</p> 	<p>This is my 5th year on the Mom's cruise and there is no other place I would like to spend this weekend every year than with this amazing group of women. The fact that I don't have to make a bed, prepare a single meal, do dishes or laundry is just icing on the cake. It is always so relaxing and I have an opportunity to connect with friends and make some new ones. The memories fortify me throughout the year until I can go again. Every year before the end of the cruise my cabin buddies and I make arrangements to return the following year. Hope everyone has such an amazing time this year that before you leave the ship, you have plans in place for next year. Yep, that's right... I have a problem... haven't even gone on this cruise yet and already thinking about 2015.</p>

Sylvia Griffin



This is my 3rd year on the Moms need Moms cruise, and I am hooked! The instant camaraderie and the genuine warmth of all the moms onboard made me feel so comfortable. I am always encouraged by the words of wisdom and the great laughs that are shared over late breakfasts and midnight ice cream and pizza breaks. I leave this cruise feeling renewed and encouraged and supported as I head back to my life as a mom of a very special Big Boy with DS.

DIDJA Know? -- That you are allowed to **bring ONE Bottle of wine with you onboard** the cruise? Some of our Moms like to bring their favorite wine and share it at dinner with their table mates! Wine bottles must be standard size (750ml) and must be brought onboard ONLY in your carry-on luggage. *Corkage fees apply if you bring your bottle to dinner...*

PLANNED ACTIVITIES

FRIDAY

- **Informal "Sunset/Set Sail" Photo Op** -- B.Y.O.C. (camera) & B.Y.O.D. (drink) as we **meet up on the Sun Deck** to toast the start of our cruise and take **Informal group pictures** with the sunset before we head off to dinner! **5:30pm**
- **Dinner** -- Our group will enjoy the early dinner seating for the duration of our cruise. **6:00pm Dining Room:TBD**
- **Meet & Greet** -- Come meet your fellow "Moms need Moms" cruisers! There will be a *slideshow featuring YOU... a CASH raffle for those who paid early... and a few surprise prizes....* Bring your drink from dinner as there will be NO bar service for this event. **7:30pm Avant-Garde Lounge Promenade Deck**

SATURDAY

- **Group Excursions (optional)** -- Let's meet up for a fun filled Group Excursion! Pick one of the following two excursions sold by Carnival. Check out the details of the tour, register & pay in advance thru your reservation confirmation link because sometimes the tours sell out. **We'll create a list of "who signed up for what"** during our Friday night Meet & Greet and we'll "meet up" before boarding tour transportation! Going on an adventure is always more FUN with friends!
Wine Country Tour – Journey just a few miles northeast of Ensenada to Calafia Valley & tour two prolific wineries.
Cost: \$39.99 Meetup time/location: 11:15am / Grand Atrium just to the left of the Grand Staircase. (4 hours)
A Taste of Mexico Tour – Spice up your skills by learning the secrets of cooking authentic Mexican cuisine.
Cost: \$49.99 Meetup time/location: 9:45am/ Grand Atrium just to the left of the Grand Staircase. (4 hours)
- **Official Group Photo** -- (we'd love for everyone to participate) Dress in your *Saturday Dinner BEST* then **join us at the Grand Staircase** for the *Official Moms need Moms Group photo!* **4:30pm Grand Atrium Plaza Empress Deck**
- **Formal Dinner & Table Swap** -- You'll already be dressed in your finest... now **let's "mix it up"** so you can get to know some of the other Moms at different tables! No better way to make new Friends than over good food! **We'll work out the details at the Friday Meet & Greet!** You'll return to your original table for the next night's meal. **6:00pm**

SUNDAY

- **Morning Workout & Breakfast** -- Rise and get your SHINE on!! Let's *take a workout class together then get our breakfast on!!* We'll arrange the *details during the Friday Meet & Greet* as the workout class schedule won't be available until we board the ship. **Time: TBD Sports and Lido Decks**
- **EXHALE** -- This is an opportunity for us Moms/Caregivers to come together to talk about this Motherhood journey we share! We'll arrange the *details during the Friday Meet & Greet.* **Time / Location: TBD**
- **Cocktail Party** -- Let's get together one last time in celebration of a Cruise Well Done! You don't want to miss the surprise we have planned during this cocktail party.... **An invitation with time & location will be delivered to your stateroom.**

MONDAY

- **Farewell Breakfast** -- As our wonderful cruise comes to an end, let's **wrap it all up** with a Farewell Breakfast! Let's break bread together one final time before we return to our lives feeling refreshed and rejuvenated from this journey. **Meetup time: 8:15am / Location: TBD**

Finally... and most importantly...

*Our aim this year is to create additional opportunities for us to come together as a group.
Do as much or as little as you like! Remember... "This Cruise is ALL About YOU!"*

Bon Voyage!!