



# Multiple Messages

Post Office Box 60297 North Charleston, SC 29419  
www.CAMOM.org

October 2008

Charleston Area Mothers of Multiples

Volume 7 Issue 10

## *A Note from the President*

Farwell,

This is my last letter as the President of CAMOM. I have to tell you, writing the letter was the most intimidating part of the job for me. As I did more and more of the newsletters, the editor has to start shortening my letters to make them fit. I guess over time everything gets easier.

Rachel and Jared are doing well in school. I recently learned that one of my children was pinched on the school playground, asked the child to stop, they did it again. My kid hit them. I was shocked when I heard it, I even said "My child?" It is a tough call on how to react. As a parent it is a fine line to walk, you want them to stand up for themselves but you do not want them to be the aggressor. I do not know how the members of the club would react, but my next words to the teacher were "At least I know they will defend themselves." The teacher agreed!

We had a great time at the installment dinner. We got to know a new member, Kerri and John Miller. They just moved here from Virginia and they have 4 year old twin girls and an 8 mo. Old daughter. We had fun with the installment, the flowers and the candles. Good food, drinks, and merriment by all.

Many of you know Connie Moody, previously Baxley, for the meetings and other events. Connie will be taking over as President. Sara Hughes will be taking over as the Vice President and continuing as one of the Sale committee chairs. Jamie Currais, previous Newsletter editor will be taking over as the Treasurer. I will be taking the position of Secretary.

I want to thank all of the people who have stepped up and volunteered to take almost all of the committee chair positions. The list is on page 4 of the newsletter. If any of these positions are of interest to you, having someone else on the committee always makes it more enjoyable. Please contact that person and ask if you can help or you can contact Connie Moody 873-4746. We still have two chairs open,

We look forward to seeing all of you at the meetings.

Sandi Hopkins  
MOM to Jared and Rachel

## Next Meeting

**Friday, October 3, 2008**

**Installment Dinner  
Sticky Fingers  
N. Charleston**

**Tuesday, October 14, 2008**

**7:00 p.m. Regular Meeting  
St. Francis Hospital**

**Thursday, October 16, 2008**

**7:00 p.m. Support Meeting  
Starbucks Mt. Pleasant  
Houston Northcutt Road/Harris Teeter  
Shopping Center**

**Thursday, October 23, 2008**

**7:00 p.m. Regular Meeting  
Bigby Coffee  
Old Trolley Road, S'ville**

## Inside This Issue...

Officers & Teams	2
Birthdays	2
Recipe of the Month	2
Meet a Member	3
Tidings	3
Positions	4
Question of the Month	5
Dates to Remember	6
Classifieds	6
Calendars	7-8

Newsletter editor: Jamie Currais  
tcurrais@aol.com

## Officers & Teams

### Club President

Connie Moody  
873-4746  
em4semanon@sc.rr.com

### Secretary

Sandi Hopkins  
821-9814  
hopkinssandi@yahoo.com

### Vice President

Sara Hughes  
767-9365

### Newsletter Editor

Kim Garcia  
kgarcia2004@yahoo.com

### Treasurer

Jamie Currais  
821-6467  
tcurrais@aol.com

### Sale Coordinator

Sara Hughes  
767-9365  
Krissi Harris  
277-3004

### Web Master

Anne Lundgren  
anne@thelundgrens.net

**\*For a full list of officers and teams, please visit our website: [www.camom.org](http://www.camom.org)**



## OCTOBER BIRTHDAYS

Lawson & Davis Bonds 10/04/07  
Nathan & Ryan Carswell 10/07/07

## PARENTS

Billy Liles 10/5  
Gina Sullivan 10/8  
Lana Thomas 10/10  
Charles McManus 10/12  
Thomas Noble 10/27  
Anne Lundgren 10/28

## ANNIVERSARIES

Anne & Todd Lundgren 10/04  
Julia & Thomas Noble 10/06  
Jayne & Bill Carswell 10/14  
Heather & Patrick Hajes 10/22  
Robin & Scott Blair 10/26  
Kerri & John Mulik 10/?

Courtesy Maren & Matt Kuttel 77

## How to Save Money on Dinner for Your Family (10 Cheap Meals!)

With the prices of groceries these days, the questions everyone is asking is, "What if for dinner tonight?" Here are 10 really cheap dinners anyone can make.

**Night 1** - Pasta Night: Pasta Prima Vera, Ravioli, Pasta with Broccoli, Pasta with Spinach and Tomato Sauce.

**Night 2** - Pizza Night: Homemade Pizza and Salad (be creative with your toppings, what's about to expire in your pantry? artichokes, olives, peppers) A homemade pizza will cost at least 1/2 of what a pizzeria charges.

**Night 3** - Hot & Spicy Night: Homemade Chili and Salad, Tacos or Burritos with rice and beans.

**Night 4** - Sandwich Night: Tuna salad, chicken salad, BLTs, all served with a side salad or soup make a great meal. (good cold cuts are about \$8.00 a pound, this would **not** be a good option for sandwich night)

**Night 5** - Soup & Salad Night: Black bean soup (so cheap and so easy to make), minestrone, lentil and chicken noodle.

**Night 6** - Asian Night: Stir Fry over rice. (The reason this works cheaply is because very little animal protein is used in stir fry)

**Night 7** - Barbecue Night: Hotdogs and hamburgers along a side of beans and baked potatoes.

**Night 8** - Chicken Night: A roast chicken on sale is about \$0.80 a pound. When on sale, buy several of these and put them in the freezer. Serve with rice or baked potatoes and a simple salad. Even at regular price, a whole chicken is a lot cheaper than buying only chicken breasts. (Put it in the slow cooker if you are a working family!)

**Night 9** - Breakfast Night: Pancakes, Eggs, Omelets and Cereal. Who says you can only have breakfast in the morning?

**Night 10** - Quiche Night: Quiche is very inexpensive and very easy to make. To keep your costs down, I recommend you make your own pie shells and go light on the eggs. Quiche goes great with a soup or a salad.

## MEET A MEMBER

Jamie Curraís

MOM to AJ and Avery

**Do you have any nicknames?** No

**Where were you born?** Jersey City, NJ

**When is your birthday?** February 9

**Where did you grow up?** Jersey City, NJ

**What brought you to Charleston?** My husband transferred with his company.

**What did you want to be when you grew up?** I wanted to own a boutique in Soho (New York)

**Did you play any sports when you were growing up?** Softball, Soccer, Bowling, Cheerleading

**Where did you attend High School and College?** Academic HS and Jersey City State (also went to fashion school)

**Do you have any siblings?** Yes, a brother and a sister

**Are you married?** Yes

**How did you meet your significant other?** I trained him for a part-time job

**Who is the most interesting person that you have ever shared a meal or a drink with?** My grandmother. She was born in 1911 and she had A LOT of stories!

**What hobbies do you enjoy?** Reading

## TIDINGS

**Susan and Brian Irving** live in Mt .Pleasant. They have fraternal girls, Ella & Logan, who are 4 and Maddie who is 2. Susan is a stay at home mom and Brian is a mortgage banking director.

**Jayne and Bill Carswell** also live in Mt. Pleasant They have fraternal boys, Nathan & Ryan, who celebrate their first birthday in October and a daughter, Cassie. Jayne is a safety specialist and Bill is a residential contractor.

**Julia and Thomas Noble** live in North Charleston. Their fraternal girls, Gabriella and Abigail, will turn 1 in January. Julia is a fitness trainer and Thomas is in the Navy.

**Heather and Clay Combs** live in Mt. Pleasant. They have 4 month old fraternal girls, Kennedy and Karsen, and older sister, Kayla who is 4. Heather is a chief of staff and Clay is an Army officer.

**Betsy and Aaron Austin** live in Charleston. They are the parents of 2 year old b/g twins, Ethan & Avery. Betsy is a former teacher and Aaron is a project manager.

**Carolyn and Matt Fennell** live in Mt. Pleasant. They are the parents of identical boys, Dean and Caden, who will be 1 in January. Carolyn is a former insurance underwriter and Matt does procurement for Vought Aircraft.

Just to let everyone know we have a new addition to our club. **Anne Lundgren**, our web master, had a boy on August 31. Benjamin weighed in at 11 lb 3 oz. The family is doing very well.

## **Board- Nominated and Voted In**

### **President** – Connie Moody

- Takes an active role in leading the club

### **Vice President** – Sara Hughes

- If President can not attend a meeting, VP leads meeting

### **Treasurer** – Jamie Currais

- Collects monies, provides financial reports and pays bills

### **Secretary** – Sandi Hopkins

- Takes notes and submits to newsletter

## **Chairs - Volunteers**

### **Hospitality Chair** – Sara Hughes/Dana Liles

- Often 2 people work this chair as a team to schedule and plan parties.

### **Membership** – Connie Moody

- Update membership roster and send out to members periodically

### **State and National Reporter** – Julie Van de Meulebroecke

- Receives monthly packet from NOMOTC and distributes information to the appropriate members

### **Newsletter Editor** – Kim Garcia

- Edits submitted info into newsletter

### **CAMOM Sales Coordinator** – Krissi Harris and Sara Hughes

- Coordinates the sale

### **Publicity** – Melissa Flynn

- Sending out info to newspapers, TV, and Radio about upcoming events, mostly the sale

### **Librarian** – Jamie Currais

- Yearly buys books, within our budget, to add to the library

### **WebMaster** – Anne Lundgren

- Keeps the website up and running

### **Mentoring**- Becky Melancon

- This will pair a new member with an existing member

### **Sunshine**- Melissa Flynn/ heather Combs

- Contact and follow up with new moms

### **Prospects**– Alicia Morrow

- Follow up on members who have contacted us for 3 months.

### **Thursday Support Meeting– Mt. Pleasant** - Betsy Austin

## **Open Positions that need to be filled (Volunteer)**

### **Thursday Support Meeting– North Charleston**

- Be at or make sure someone is at the support meeting to meet the new moms.
- Call new moms who have attended to remind them of next meeting
- Average 3 Hours/month with the meeting running 2 hours.

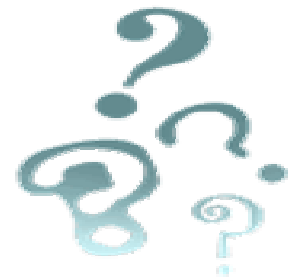
### **Playgroups –**

- Like to send out e-invites to parties, then this is you for you.
- Send out the e-invite so people can see who is coming.
- Encourage people to host parties, hosting does not mean they are at your home. You can host a party at the Children’s Museum, the Aquarium, Chick-fil-a.....
- Average 1 Hour/month

### **Merchandise-**

- Needs to keep some of the merchandise at their home to bring to meetings
- Needs to bring merchandise to the sale and set it up
- 20 Min/month

## **Question of the Month**



*This question is for moms with older children.*

**At what age did you let your children play outside by themselves?**



Please send replies and other questions to Kim at [kgarcia2004@yahoo.com](mailto:kgarcia2004@yahoo.com)

## Dates to Remember

10/3— **Installment Dinner**

Sticky Fingers  
North Charleston

10/14—Board Meeting 6:30 @ St. Francis

10/14—Regular Meeting @ 7:-00  
St. Francis, West Ashley  
Meet the Board

10/16—**Thursday Support Meeting**

Starbucks Mt. Pleasant  
Houston Northcutt Road/Harris Teeter  
Shopping Center  
RSVP Betsy Austin 225-1856

10/18—**Pumpkin Patch Adventure**

Blackbeard's Cove, 11-1

10/25— **Kids Halloween Party**

Connie's House  
11-1  
Call to RSVP and for directions  
873-4746

---

Email courtesy request...Please limit emails to the club regarding in-home type parties to ONE. Many members use their work emails and are often submerged in unnecessary emails. Thank you.

---

Please make sure we have your current information on file. This info includes your address, phone number, e-mail address and family birthdays. This will help ensure everyone receives all info and updates! We appreciate your cooperation on this matter.

## Classifieds

- Fisher Price grow to pro golf set \$5
- Playskool musical Sit n Spin \$5
- Fisher price chalkboard desk with word cards & magnetic letters \$5
- Sequence for Kids board game \$4
- Dora the Explorer Colorforms board game \$2
- Discovery Toys Oh Rats! board game \$5
- Pooh Memory game \$2
- Lion King Circle of Life dominoes game \$1
- Rugrats My First Uno game \$1
- Pooh My First Uno game \$1
- Preschool flash cards .50 each box

Contact **Julie 971-6986** or  
[julievan@bellsouth.net](mailto:julievan@bellsouth.net)



**PLEASE NOTE:** All classifieds must be renewed on a month to month basis. To include your ad, email Kim at kgarcia2004@yahoo.com no later than the 20th of each month. Ads not submitted or renewed by that date will NOT be included. Be sure to include a description of your item, selling price, your name and phone number.

Thank you



# October 2008

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

<p><u>Car Seat Safety Check:</u> 1st Tuesday of each month, BabiesRUs, N. Charleston, 4 pm - 6 pm</p>						
			1	2	3	4
5	6	7	8	9	10	11
12	13	<p>14 <b>Regular Meeting</b> St. Francis Hospital 7:00pm  Meet the new Board</p>	15	<p>16 <b>Support Meeting</b> Mt. Pleasant Starbucks 7:00 pm</p>	17	<p>18 <b>Pumpkin Patch Adventure</b> 11-1 Blackbeard's Cove</p> 
19	20	21	22	<p>23 <b>Support Meeting</b> Biggy Coffee S'ville 7:00 pm</p>	24	<p>25 <b>Kids Halloween Party</b> 11-1 Connie's House</p>
26	27	28	29	30	<p>31 <b>Halloween</b></p> 	



## November 2008

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

						1
2	3	4 Election Day Vote		6	7	8
9	10	11 6:30 Board Mtg 7:00 Cookie swap	12	13	14	15
16	17	18	19	20 7:00 Mt. Pleasant Meeting	21	22
23	24	25	26	27 Thanksgiving	28	29
30						

## December 2008

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

						
7	1	2	3	4	5	6 Adult party? TBD
14	8	9 7:00 Dinner out	10	11	12	13 Kids Christmas Party Adult party? TBD
21	15	16	17	18 7:00 Mt. Pleasant Meeting	19	20
28	22	23	24	25 Christmas	26	27
	29	30	31 New Years Eve			



---

Charleston Area Mothers of Multiples  
Post Office Box 60297  
North Charleston, SC 29419

---

**ALL NEW & RENEWING MEMBERS PLEASE READ**

*We welcome all Mothers & "Mothers To Be" of Multiples to any of our meetings or planned events. Our meetings are held on the 2nd Tuesday of each month @ 7:00 pm at St. Francis Xavier Hospital, West Ashley.*

*Our dues are \$25 a year which includes membership to local, state and national organizations. Dues are not prorated during the year. Dues paid prior to March 31st covers membership thru September and allows for back copies of the National publication. Dues paid after April 1st will cover membership through September the following year. The national publication, The Notebook, is mailed out bi-monthly beginning with the September/October issue.*

*Please contact the Membership Officer for more information.*

***Publication Information***

Deadline for the newsletter is the 20th of each month.  
Please send information to Kim Garcia at [kgarcia2004@yahoo.com](mailto:kgarcia2004@yahoo.com). Please put name on all submissions.

Member advertisers will be charged \$25 for 3 months . Outside persons or businesses wishing to advertise will be charged \$60 for 3 months or \$90 for 6 months.