



Multiple Messages

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

June 2011

Charleston Area Mothers of Multiples

Volume 10 Issue 6

A Note from the President

Hey Ladies,

I will be out the next few months having Gracie and being home with her. Hope you all are having a great summer. I will try to get out and see everyone as soon as I can.

The June meeting will be held in Goose Creek. I hope you all can attend. There is not much going on this month, so please consider a playdate. The Wannamaker Park has a small area with water spouts for the children to play in that is a great way to get out, contain the children and have a great time. There are many paths for taking a nice stroll also. If you are planning an area outing, post it on BigTent and see who shows up!! I can't tell you how much getting out with other MOMs helped my mommy brain. I always felt so much more relieved.

We will be renewing dues in the next few months and electing new officers closer to the new school year, so please consider running for an office. President and vice president will definitely be open! Would love to have some new input in the club!!

Please feel free to send in any great articles or information for the club to share!! Also, if you have any CAMOM pictures, please send them in so we can post them on Big-Tent or in the newsletter for all to share.

Hope you had a great Mothers Day!!

Sincerely,

Connie

Mom to Chase and Jackson (7) and Gracie (very soon)

Next Events

Monthly Meeting
June 14th
Santi's in Summerville

Summerville Support
Tue. June 7th 7:00 PM
Atlanta Bread Co.
Main St. Summerville
Contact Summer

Mt. Pleasant Support
Tuesday, June at 6pm at
Qudoba in Towne Center
Christi 912-412-0320

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Officers & Teams

Interm Club President & V.P.

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

Secretary & Treasurer

Keri Esthay-Miller

Newsletter Editor & Web Master

Kim Garcia
kgarcia2004@gmail.com

Summerville Support

Summer Reyes

Mt. Pleasant Support

Christie Sanders

State & National Reporter

Keri Esthay-Miller

June Birthdays

Morgan & Mallory Miller 6/2/2004

Siblings

Sophia Porter 6/7/2003

PARENTS

Alicia Reese 6/2
Ruben Garcia 6/19

ANNIVERSARIES

Yulia & Mr. Porter 6/16



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. Any changes make o www.BigTent.com—membership profile.

May Meeting Minutes

- May 2011 Board and Membership Meeting Minutes
- Location/Time: May 10, 2011, 7:00pm; China Town, Summerville
- Business:
 - No new business
- Membership Meeting:
 - Attendees: 4 Members, and 2 Prospective Members
 - Discussion: Pregnancy with multiples, newborn habits, adapting to being a new mom, adding a singleton to the family of multiples, and words of wisdom
- Next Membership Meeting -- June 14, 2011, 7pm
- Meeting adjourned.
- Minutes submitted by Keri Esthay-Miller, CAMOM Secretary/Treasurer

CAMOM May Treasury Report

Monthly Treasurer's Report		
Date:	May 11	
Beginning Balance:		\$ 3,724.36
Income:		\$ -
Expense:		\$ 141.96
2011 Convention	Connie Moody	\$ 57.34
2011 Convention	Kim Garcia	\$ 84.62
Ending Balance:		\$ 3,582.40

Merchandise Available

Contact Connie Moody
or get yours at the next meeting

Ladies Shirts: aqua color

(There are also a few original gray t-shirts and long-sleeve T's in select sizes remaining
Long sleeve shirts at \$12 for s-xl and \$14
xxl)

Men's shirt: burnt orange color

sizes:	small-xl	\$10
	xxl-xxxl	\$12

CAMOM 2011-2012 Positions to be filled

We need your help. Please volunteer.

Each position does not take much. Any little bit would be greatly appreciated.

President/ VP: 1-2 year commitment, lead monthly meeting, coordinate events, communicate with National and PSPM.

Secretary: Attend and submit minutes at monthly meeting, communication with National and PSPM.

Sale Coordinator and team:

- 1) Getting and Returning the racks
- 2) Setting up and taking down the racks
- 3) Helping at the sale - cash register
- 4) Helping at the sale—CAMOM merchandise
- 5) Totaling and balancing the sale



Summer Science

By: Parent Magazine

Mystery Markers

Materials

- Bowl of water
- Paper towels, cut into strips
- 3 or more different markers, including black (non-primary colors work best)



The Method Draw a wavy line an inch from the bottom of each towel strip, using a different color pen on each. (Older kids should note which color is on which strip.) Dip each strip into the water so that the bottom edge of the paper towel is submerged, but not the line of ink; hold in place as the water creeps up the towel. The ink marks will spread, revealing the different dyes that make up each color.

The Lesson

Most colors are actually made up of several different dyes. As the paper towel draws the liquid out of the bowl, the water molecules bond with the different ink molecules and spread them. The process of separating these dyes (or the components of any mixture) is known as chromatography. You'll likely find that purple leaves a line of blue and a smear of red, and that green breaks up into blue and yellow. As for the black marker, don't be surprised if it's made of different blues -- and even red. To take the exploration further, have your kid cover her eyes while you draw a line on

Summer Science

By: Parent Magazine

Hover Balloon

Materials

- Smooth surface (like a table)
- 1 balloon (uninflated)
- 1 water bottle sport-top
- 1 old CD or DVD
- Glue
- Duct tape



The Method Glue the bottom of the sport-top over the hole in the CD; let dry. Seal the bottle top's base with duct tape, covering the glued area so air can't escape. Stretch the balloon over the spout. With the sport-top open, inflate the balloon by blowing into it through the hole in the CD. Then click the top shut so the balloon stays inflated. Set your creation on a table and gently pull the sport-top open. The air coming out of the balloon will lift your craft; give it a push to send it zipping across the room. Next try pushing the hovercraft while it's deflated. Notice that it moves more slowly.

The Lesson

The inflated balloon wants to shrink back to its natural shape; since it isn't sealed, it pushes air out of the hole in the CD. The force of air escaping lifts the CD, so it hovers above the table, says David Epley, aka Doktor Kaboom!, star and creator of the science DVD *Try This at Home*. It's a simple lesson about friction. Why does the craft move faster when the balloon is inflated? "Putting the air between the CD and the table keeps



SC Aquarium Discount for our group!!
 If you are interested in membership to the aquarium, they have sent me information on a discount. Just mention that you are a member of CAMOM and this code (MG-11) and you will receive a \$10 discount.

To purchase a membership, call (843) 579-8629



Indoor Play Date Ideas

Play dates are a great way for kids to learn how to interact and a great way for mummies to have time to speak with another adult. Connie gave some great ideas on where to go to host a playdate but you can also do one in your home.

1. "Just Play" - kids playing with kids
2. "Playdough" - Make and play with jelly playdough, peanut butter playdough, kool-aid playdough, or frosting playdough all fun and inexpensive to create
3. "Front yard sprinklers" - let the kids run, get way, and play in the yard
4. "Painting" - water color, finger paints, all make great creations for all ages
5. "Fast Food" - meet at a fast food place and get some apples and play on the playground
6. "ABC scavenger hunt" - great for older kids send them out to find something in the toy room/around house from A-Z



Sweet-Mango Berry Salsa—By: FamilyFun.com

What you need:

- 2 medium-size ripe mangos, peeled and pitted
- 2 cups strawberries, hulls removed (an adult's job)
- 2 tablespoons fresh mint leaves
- 1 tablespoon sugar
- 2 teaspoons lemon juice
- 1/2 teaspoon salt (optional)

How to Create it:

1. Use a knife or hand-powered chopper to chop the mangos and strawberries into a 1/4-inch dice, then transfer the fruit to a medium-size bowl. Finely chop the mint and add it to the bowl as well.
2. Stir in the sugar, lemon juice, and salt, if using, until well blended. Cover and refrigerate the salsa for 1 hour to allow the flavors to mingle. Makes 2 cups.



Sand Casting— FamilyFun.com

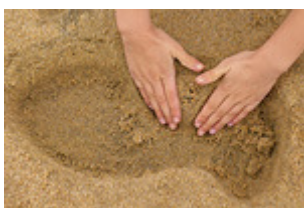
You can make a fish, a sea star, your child's hand/ foot, or the kids can be as creative as they choose.

What you need:

- Shells, sea glass, pebbles, or other beach finds
- 1 (4.4-pound) box of plaster of Paris
- Water (fresh or seawater)
- Beach bucket or other container and a stick for mixing the plaster
- Spray bottle

Instructions

1. Dig a flat fish shape in moist sand about 2 inches deep (ours was 15 inches long and 9 ♦ wide). While working and molding the sand, use a spray bottle to mist the sand so that the mold will hold its shape.
2. Arrange shells (facedown), sea glass, pebbles, and other beach finds in the mold to create scales, gills, and other fish features. Gently press the items down to anchor them in the sand so they won't move when you add the plaster of Paris.
3. Mix some plaster, making it thick and creamy so it will not run under the items in your mold (we used 7 cups of plaster and about 3 ♦ cups of water). Very gently pour the plaster into the mold, filling it slightly more than halfway.
4. When the plaster has set up enough to hold together but is still not too firm (generally an hour), dig the sand away from the fish and gently brush away any flaws and excess sand. Handle it gingerly until completely cured (about 24 hours).



June 2011

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<u>Car Seat Safety Check:</u> 1st Tuesday of each month, Babies R Us, N. Charleston,			1	2 Last day of school bcsd	3 Last day of school ccsd	4 Home Depot Kids Clinic "Valet organizer" 9-12
5	6	7 Summerville Support- Atlanta Bread Co. 7pm Contact Summer	8 Welcome Baby Moody!!!!	9	10	11 Lowes build and Grow "goofy golf" 10-12
12 Spoleto Ends	13	14 Board Meeting 7pm Santi's in Summerville	15	16 Welcome Baby Reyes!!!!	17	18
19 Happy Father's Day!!! Dads get in free at the aquarium	20	21	22	23	24	25
26	27	28 Mt. Pleasant Support @ Qudoba Town Center 6 pm	29	30	31	

July 2011

Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4 Summerville mtg 7pm	5	6	7	8
9	10	11 Board mtg 7pm	12	13	14	15
16	17	18	19	0	21	22
23	24	25 Mt. Pleasant sup- port mtg.	26	27	28	29
30	31					

August 2011

Sun. Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	7	8 Summerville mtg 7pm	9	10	11	12
13	14	15 Board mtg 7pm	16	17	18	19
20	21	22	23	24	25	26
27	28	29 Mt. Pleasant support mtg.	30			



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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@gmail.com or camom.org@gmail.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.