



# Multiple Messages

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

May 2011

Charleston Area Mothers of Multiples

Volume 10 Issue 5

## *A Note from the President*

### Welcome warmer weather ladies!!

If anyone has any ideas of things to do over the summer, please feel free to share them and invite your CAMOM friends along. The Spring Fling was a lot of fun again this year. Thanks for the baby love again!! I am sure I will eventually allow someone to hold my new one when she gets here, but I can't seem to get enough baby love. We are having our monthly meeting for May on the 10th at China Town right off of exit 199A in Summerville. Kids are welcome. Would love to have a great turnout and see some faces we haven't seen yet or seen in awhile. I know it's a hike for those of you on the other side of bridges, but it's nice to get out and mingle and share ideas and info or just vent. Please consider taking the drive!! When we come that way, we typically carpool, perhaps you can join forces with fellow members and save on gas!!!

I would like to go ahead and put a bug in your ears about upcoming elections and positions needing to be filled. If you have not been an active member, please consider sharing your talents with the rest of the club. It truly takes little time and effort to make the club a success, but we do need your volunteer help!! We will be having elections in Sept and install new officers in Oct. I have all the tools you will need for Pres/V. Pres. Please let me know if you are interested. Other positions will be posted soon.

If you are doing something over July 4th or would like to plan something please post it on BigTent. We all love to get together and hang out, we just need a host and the club can pitch in and help. Otherwise, we will continue to provide a monthly newsletter and look forward to seeing you over the summer.

Sincerely,

**Connie**  
**Mom to Chase and Jackson (7) and Gracen (due in 5 weeks)**

## Next Events

**Monthly Meeting**  
**May 10th China Town**  
**in Summerville**

**Summerville Support**  
**Tue. May 3rd 7:00 PM**  
**Atlanta Bread Co.**  
**Main St. Summerville**  
**Contact Summer**

**Mt. Pleasant Support**  
**Tuesday, May 24th at 6pm at**  
**Qudoba in Towne Center**  
**Christi 912-412-0320**

## Inside This Issue...

Officers & Teams	2
Birthdays	2
Secretary & Treasury Report	2
SC Aquarium Discount	3
Baby safety	3
Open positions	4
Merchandise	4
Cooking/ Art	5
Calendars	6-7

## 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

**Librarian**

???

**Summerville Support**

Summer Reyes

**Mt. Pleasant Support**

Christie Sanders

**State & National Reporter**

Keri Esthay-Miller

## May Birthdays

Allison & Cameron Thomson 5/25/2007  
Julia & Eva Auwaeter 5/26/2010

### Siblings

### PARENTS

Kim Garcia 5/8  
Denise Thomas 5/25



### ANNIVERSARIES

Jennifer & Paul Vannetta 5/13  
Dana & Will Liles 5/17  
Connie & Jamie Moody 5/31

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](http://www.BigTent.com)—membership profile.

Shirley & Jack Hunter

7/13

## April 2010 Meeting Minutes

*There was not membership or board meeting in April 2011 to report any secretary meeting notes.*

**Next Membership Meeting – May 10th**

Minutes submitted by Keri Esthay-Miller,  
CAMOM Secretary/Treasurer

## CAMOM April Treasury Report

Monthly Treasurer's Report		
Date:	Apr-11	
Beginning Balance:		\$ 3,368.20
<b>Income:</b>		\$ 623.97
2011 Convention		600.00
Membership Dues (Big Tent)		23.97
<b>Expense:</b>		\$ 267.81
2011 Convention	Connie Moody	173.48
2011 Convention	Dana Liles	20.52
Hospitality	Duane Miller	73.81
Ending Balance:		\$ 3,724.36

2011 Convention Financial Report To-Date		
Date:	Apr-11	
Income:	\$	3,988.97
Expense:	\$	5,237.53
Difference	\$	(1,248.56)

## Healthy Toys for Your Baby

From:

[www.WhattoExpectWhenyourExpecting.com](http://www.WhattoExpectWhenyourExpecting.com)

Sure, your pipsqueak's playthings look like fun, but are they safe baby toys? Here's a quick checklist of what to look for — and what to avoid shopping for toys.

We all know kids love toys — and for good reason: Not only can toys provide hours of glee, but the [best playthings](#) can also boost your baby's cognitive and physical development. However, some playthings are safer than others, so it's important to know some [toy-buying basics](#). Here's what to watch out for so you can be sure you're buying healthy toys for your pint-sized player.

### *What to Avoid*

**Lead.** It's hard to believe how many playthings contain lead and even harder to fathom just how much lead can be hiding beneath that innocent surface. Some recalled playthings (check recall lists on [CPSC.gov](http://CPSC.gov) (the [Consumer Product Safety Commission](#)'s site) have double the legal lead limit, and lead poisoning is serious — it can lead to kidney damage, learning and growth delays, and more. Amazingly, nearly one-third of toys tested in the US reportedly have medium to high levels of lead, cadmium, mercury, and other potentially dangerous chemicals. Some good news: Most toy stores have booted potentially poisonous playthings that contain lead, and Congress has passed the Consumer Product Safety Improvement Act, which bans lead (and other dangerous substances) from kids' toys.

**Plastic toys from China.** Chinese-made toys came under attack a few years ago for having high levels of lead paint — and more than nine million of them were recalled. Because China's product quality control isn't as strict as it is in the US, it's smart to steer clear of toys made in China. To ease your mind, many toy stores have lists of "Toys Not Made in China" that you can check out before you buy. Or check the recall list online before you toss a toy in your (virtual) cart.

**PVC (polyvinyl chloride).** This widely used plastic often contains harmful chemicals, including such known carcinogens as vinyl chloride, dioxin, and phthalates, which are linked to asthma, allergies, and reproductive problems. And PVC can be pretty common in toys. One way to tell: PVC-free playthings are usually labeled, so if the toy isn't sporting a "PVC-free" label or it has a #3 or the letters "PVC" on the bottom, stay away (a #1, #2, or #4 is fine, though).

**BPA (bisphenol A).** This chemical found in many plastic products — including plastic toys and some [sippy cups](#) — can cause harmful developmental effects in infants and is linked to attention disorders, cancer-cell growth, early onset puberty, and obesity. If you see a #7 on a plaything, it probably contains BPA and is not a safe baby toy. Move on, Mom.

*What to Look for to Make Certain You're Buying Safe Baby Toys*

**An American Society for Testing and Materials (ASTM)**

**label.** This means that the toy meets US safety standards.

Translation: It isn't likely to contain anything toxic.

**A 100% PVC-free label.** It's the best way to guarantee that the plastic doesn't contain potentially dangerous phthalates. No label? Look for the numbers 1, 2, or 4 on plastic toys. Any of these numbers mean the plaything is made from polyethylene, a safe BPA- and phthalate-free plastic, making it a healthy toy to take home.

**Wood or bamboo toys.** Wooden playthings typically don't contain any chemical-filled plastics. Bonus points if the wood is certified by the Forest Stewardship Council (FSC), which means it came from a sustainably managed forest. Toys made from bamboo also don't contribute to deforestation. Plus, their harvesting process creates little to no emissions, making them healthy toys for your baby *and* the planet. While these playthings aren't plentiful in the big stores, specialty shops carry them, and they're pretty easy to find online.

**Organic cotton or hemp material.** Conventional cotton is the most heavily sprayed crop in the world (and not what you want next to baby's skin or mouth). Your little one's [lovey](#) (and any other cloth critters) is a much safer baby toy if it's made from insecticide-free fibers, the way organic materials are.



### **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.

## 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 2010-2011 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



## **Frozen Fruit Bites**—By: FamilyFun.com

### **What you need:**

- 12 vanilla wafer cookies
- 1/2 cup vanilla yogurt
- 1/2 cup Neufchatel cream cheese, softened
- 1 teaspoon lemon juice
- 1 teaspoon honey
- Sliced kiwi, strawberries, or whole blueberries

### **How to Create it:**

1. Place liners in a mini-cupcake pan. Put a wafer cookie, flat side up, in the bottom of each well.
2. In a medium-size bowl, whisk together the yogurt, cream cheese, lemon juice, and honey until smooth. Spoon 1 heaping tablespoon on top of each cookie, then top the mixture with the fruit.
3. Cover the pan with plastic wrap, then place it in the freezer until the fruit bites are firm, about 1 to 1-1/2 hours. Remove the tray from the freezer for 15 to 25 minutes before serving. Serves 12.



## **Dessert Nachos** FamilyFun.com

### **What you need:**

- 3 6-inch flour tortillas
- Cooking spray
- 1 1/2 tablespoons sugar
- 1 1/2 cups fresh strawberries, cleaned and hulled
- 1 tablespoon orange juice
- 8 ounces vanilla yogurt
- 1 cup chopped strawberries
- 1/2 cup shredded coconut or white chocolate shavings

### **Instructions**

1. To make the tortilla chips, heat the oven to 350°. Cut the tortillas into triangles, lay them on a baking sheet, and spritz them with cooking spray.
2. Sprinkle 1 tablespoon of sugar over the tops of the tortillas and bake for 12 minutes or until crisp.
3. For homemade strawberry sauce, combine the strawberries, orange juice, and the remaining 1/2 tablespoon sugar in a blender. Puree the ingredients until smooth.
4. Once the chips have cooled, set them on a plate. To complete the buffet, set out separate bowls containing the strawberry sauce, yogurt, chopped strawberries, and coconut or chocolate shavings. Serves 4 to 6.





# May 2011

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<u>Car Seat Safety Check:</u> 1st Tuesday of each month, Babies R Us, N. Charleston,						Boone Hall Strawberry Festival May 7th—get tickets online at Boone hall website
1	2	3 Summerville Support— Atlanta Bread Co. 7pm Contact Summer	4	5	6	7 Lowes build and Grow “vase” 10 am Home Depot “tulip planter” 9 am
8 Happy Mother’s Day! Moms are free at the SC aquarium	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Mt. Pleasant Support @ Qudoba Town Center 6 pm	25	26	27 Last day of school DD2 Spoleto Starts	28 Lowes build and grow “airplane” 10 am
29	30 Memorial Day	31				

## June 2011

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

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

## July 2011

**Sun.      Mon      Tue      Wed      Thu      Fri      Sat**

					1	2
3 Happy 4th of July	4	5 Summerville mtg 7pm	6	7	8	9
10	11	12 Board mtg 7pm	13	14	15 <sup>1</sup>	16
17	18	19	20	21	22	23
24	25	26 Mt. Pleasant support mtg.	27	28	29	30
31						



---

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@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.