



PITTSBURGH MOMS CHAT

July 2006

Volume 1, Issue 2

Check out our calendar
for our many events

- Don't miss our 1st Annual Summer Picnic July 29th
- Park Days every Friday at various Pittsburgh Parks

Details on last page

Hello Friends,

With Summer in full swing, the Pittsburgh Mothers' Center is approaching its one year anniversary! We have come quite a long way over the past year, from that first meeting of a small group of interested and inspired moms dreaming about creating a Mothers' Center and brainstorming about what we wanted to build our center into! Today, many of those dreams are taking shape. The PMC has organized regular summer park days, a book club, and a lending library. We have made our presence known in the community through sales and fundraising activities, and we are well on our way to becoming a legal nonprofit organization. Currently, groups of mothers are planning to organize a babysitting cooperative, and discussion groups where we can share with each other, support each other, and learn from each other. It is really quite amazing how far we have come, and so inspiring to experience what a group of women can do together, each working from her own strengths! The Steering Committee is so proud of what we have managed to accomplish and every PMC member should give herself a big pat on the back for her unique and important contributions.

Currently the Steering Committee is planning to take a day long "retreat", during which we will review the past year, discuss what has worked and what hasn't worked, what changes and programs we would like to see implemented in the next year, and deciding together upon ways we can improve the PMC's operations.

As always, we welcome all participation in the PMC! Please join our message boards, attend an activity or meeting, and sign up for a membership if you haven't already! We wish everyone a peaceful and happy summer and look forward to seeing you at the PMC!

- Kristilee Williams, on behalf of the Pittsburgh Mothers' Center Steering Committee

Inside this issue:

PMC Fundraising Efforts	2
Free Summer Fun	3
I Heart Dirt	3
Finding Nature & Nature Resources	4
The Family Kitchen	6
PMC Lending Library	7
PMC Calendar & PMC Websites	8

Pittsburgh Moms Chat

You Can Help! PMC's Fundraising Efforts

- ⇒ **Kids' Stuff Sale** - We had a successful Kids' Stuff Sale in May, bringing in over \$1000 for the center. We're planning on holding another sale next spring. Until then, please let us know if you have any outgrown children's clothing, toys, books, etc. to donate to our next sale. We're also looking for some garment racks, calculators, and cash boxes.
- ⇒ **Crafts** - Between now and the late October, we'll hold several craft parties to make crafts to sell for the holidays. If you'd like to join us, please check the message boards at <http://pghmothers.proboards59.com> for details on when and where. Anyone can help supplies and instructions will be provided.
- ⇒ **PMC Wall Calendar** - We hope to unveil our first wall calendar this November! We'd love to feature your original photo or artwork following the theme parenting, motherhood, children, babies, and pregnancy. Please send all submissions to fundraising@pittsburghmotherscenter.org by August 30, 2006. If we don't get enough submissions, we'll try this fundraiser again next year.
- ⇒ **T-shirts** - We are seeking a design to be printed on t-shirts for our members to wear at events and possibly sell as a fundraiser. Post your design ideas on the message boards or send them to: fundraising@pittsburghmotherscenter.org.
- ⇒ **Cookbook** - The Mothers' Center mamas have cooked up a delicious batch of recipes that you and your family will love! This family-themed cookbook will be available throughout 2006. At \$10 each, this cookbook makes a wonderful and affordable gift for you or a friend. Order online at www.pittsburghmotherscenter.org or use the order form below.

Thanks for your help with any of the above activities! If you have any new ideas for raising money for the center, please post them on the message boards, write to fundraising@pittsburghmotherscenter.org or bring your ideas to a general meeting (second Wednesday of each month, 7 pm at the Birch Center for Health, 1931 E. Carson St. 2nd Floor).

Marla Ferency and Cassi Schaffer, Fundraising Co-Chairs
fundraising@pittsburghmotherscenter.org

Cookbook Order Form

_____ # of Cookbooks X \$10.00 = _____

Name

Address

E-mail

Phone

Make Check payable to Marla Ferency

Mail To:

Pittsburgh Mothers' Center

c/o Marla Ferency

7459 McClure Ave

Pittsburgh, PA 15218

Order by mailing in this form with your check or
place an order online at

<http://www.pittsburghmotherscenter.org>

and pay with any credit card via Paypal.

Family Recipes:

From One Generation to the Next

The Pittsburgh Mothers' Center Cookbook

This cookbook represents a compilation of recipes following the theme "Family Recipes: From One Generation to the Next." In many cases, these recipes were passed on to the present generation of Pittsburgh Mothers' Center members and friends from an older generation. And in other cases, these recipes have been created more recently, but will be passed on to the next generation.

Some Recipe Titles:

- * Fresh Veggie Salsa
- * Dilly Bean Potato Salad
- * Rumblethumps
- * Spinach Pie
- * My Secret Scone Recipe
- * Overnight French Toast
- * Welsh Cakes



Free Summer Fun

by Kristilee Williams

Summer is here and that means spending lots of time outside! There are many fun and free things that you can do with your kids during these sunny months. Here are some mom-tested, kid-approved activities - so call a friend and head outdoors!

PPG Fountain: Put on your swimsuits, grab some sunscreen and snacks and head downtown to the fountain at PPG place and run and play in the water. Many jets of water shoot straight up from the ground - are they going to shoot up high or stay down low? This is almost as good as a water park, but it's free!

There is a similar, but smaller, fountain in front of the Cheesecake Factory at the Southside Works off of Carson Street. Just as much fun, but probably not so intimidating for smaller babies or toddlers or for kids who are a bit more cautious.

Speaking of the South Side works, there is a weekly kid's club called "Tuesday Morning Kids" that is kicking off June 6th. Tuesday Morning Kids is an interac-

tive FREE kid's club that invites parents and children to Town Square at the South Side Works for educational and fun activities for ages 2-8. Activities include designing a hand-made book, story times, and art and craft classes. Rain location is the lobby of the SSW Cinema.

On Saturdays, check out the Saturday Sing-Alongs at the same South Side location from noon till 1 PM. Saturday Morning Sing-alongs is a FREE event in Town Square hosted by local musician, Duke Puddintown (www.puddintown.com). Enjoy children's educational activities, crafts and music.

If your family loves music, you can catch many free concerts at various parks around Pittsburgh. You can find out when and where these concerts will occur by visiting www.wyep.org and clicking on "concert calendar". Any of the concerts listed at the following locations are free, outdoor events. Bring a picnic, a blanket to sit on, and enjoy the tunes!

- Market Square
- South Park Ampitheater

- Hartwood Acres
- Robertshaw Ampitheater in St. Clair Park
- Point State Park - these concerts are part of the Three Rivers Arts Festival, where there are lots of other fun and free activities for kids, too!

During the summer evenings you can catch free movies at some of the parks around the city. Participating parks include Schenley Park, Flagstaff Hill, East Liberty, West End/Elliott Overlook, Brookline Memorial Park, Arsenal Park, Grandview Park, and Riverview Park. For more information and movie schedules you can call 412-937-3039 or visit: http://www.city.pittsburgh.pa.us/parks/html/cinema_in_the_park_and_cinema_.html

I Heart Dirt! - Gardening with Kids

By Katherine Lally

Summer is that time of year when gardeners have moved past winter dreams for their garden into the spring planting season and now are watching seedlings and transplants settle in and grow. I have been dreaming of creating a child's garden for my daughter since she was born last April. I have visions of whimsical details and a myriad of textures and enchanting plants. It is a real family affair with my siblings sharing their ideas from our favorite childhood gardens.

My mother grew up on a 100-acre farm on a lush mountain in Appalachia but it was my father, born in the urban sprawl of D.C., that obsessively created a garden at every home we owned. He dug in the baked soil of Georgia, the frozen ground in Montreal, the red clay of North Carolina, the black loam of Kentucky and the

sandy soil in Texas. We kept bees so they would help pollinate our berry patches, vegetable rows became mazes and obstacle courses, we made little fairy gardens, and grew velvety moss "furniture" for our dolls. And always, always, we found a secret garden hideaway place to read or dream.

My sister started her girls early with the family compost heap, digging beds and collecting seeds. They had fun with their flowers; making braided crowns, flower arrangements, dried herb bouquets, delicious cooking oils, herbed butters and my favorite - their handmade paper embellished with flower petals. They also enjoyed all their hard work at dinner time with the nightly flavors of fresh vegetables and herbs

from their own garden.

If you are just starting out, a trough or container garden is just the right size for a child. With miniature alpine plants they can create a tiny little landscaped world. Or a pizza garden is a huge treat with tomatoes, basil and other herbs of your choice in a container or patch in a sunny spot. Make your dough and harvest your pizza goodies with the kids. It is also simple to grow vines or huge sunflowers to make any little corner a great little hiding spot. Gardening with your child combines the joy of getting your hands dirty, exploring and having fun outside while creating a sense of stewardship for the natural world.

These books are wonderful resources and available through the



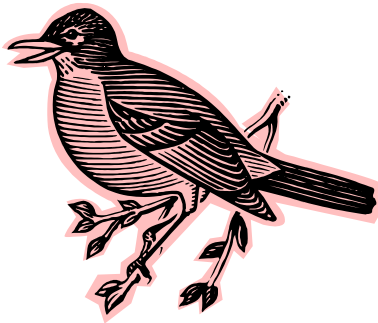
Carnegie Library interloan system. Request them at www.clpgh.org: "A Child's Garden" by Molly Dannenmaier "Creating a Family Garden" by Bunny Guinness "Great Gardens for Kids" by Clare Matthews "Sunflower Houses," "Hollyhock Days" and "Roots Shoots Buckets & Boots" by Sharon Lovejoy"

Katherine Lally lives in Squirrel Hill with her husband Sean and dirt digging toddler, Astrid. She loves her urban garden with a sunny front hillside and a shady backyard without a stitch of lawn or grass. But she lives across from Frick Park so she can enjoy that huge lawn without mowing it.

Finding Nature

by Brigid Ferkett

Growing up in the suburbs of Chicago, there wasn't much wilderness. But as long as I can remember, I have loved being outside, even in the man-made drainage creek next to our house. Of course, my parents are the types to encourage such things as playing in the mud and sloshing in the creek. But when it came



time to go off to college, I'm not so sure they were happy with my choice of degree. I went to a small school in the northwoods of Wisconsin to get my "nature degree". Actually, the official title is *Outdoor Education: Natural History*. I spent semesters absorbing every little detail about every plant, animal, and rock. I also went canoeing and camping and kayaking, skiing, snowshoeing, all part of my requirements. So after I moved to Pittsburgh to be with my future husband, I found a great job at the zoo teaching all about all the things I love.

Five years ago, we moved

about 10 miles from the city limits. We are surrounded by woods, fields, a stream and wetlands. We've spotted a few steps from our back door: butterflies, caterpillars, snakes, frogs, toads, salamanders, woodchucks, rabbits, mice, raccoons, chipmunks, deer, squirrels, bats, turkeys, geese, ducks, bluebirds, orioles, herons, and so much more. Occasionally we have an encounter close enough touch one of these amazing creatures. We stroll around the property every day, often two or three times, exploring our surroundings.

Since the birth of our daughter Leila, I have evolved into a different kind of teacher. I spend a lot of time teaching this new little human how to do everything. Fortunately she has the same interests in nature and dirt and being outdoors. As soon as she could crawl she was sitting in the holes I was digging for transplants. She will find a rock or a piece of who-knows-what and bring it to me to share. There is a ton of stuff out there to explore with her. She isn't even two, and already knows a few bird calls, and how

plants grow, and a handful of flower names. Just the other day we were admiring the 'baby' pinecones growing on the Hemlock tree next to the patio. This spring she has had the chance to touch a baby bunny and a baby bird, and a butterfly we saved as a chrysalis from last fall.

So this winter, when we are stuck inside, we will be doing some craft projects with all kinds of seeds, pinecones, and dried leaves I've been collecting. We will be learning all winter long, and next summer will be even better than this one.

Brigid Ferkett has a degree in Outdoor Education and loves to teach everyone around her about nature. She would love to tell you more about her alma mater, Northland College, in Ashland, WI. She lives in Allison Park with her husband Ross, daughter Leila, dog Cricket and pet chickens.



If you want some experts to help you learn all about the things that your nature boy or girl is interested in, check out all the great science & nature places in and around Pittsburgh.

Volume 1, Issue 2

Ohiopyle State Park

Ohiopyle
724-329-8591
<http://www.dcnr.state.pa.us/stateparks/Parks/ohiopyle.aspx>

Boyce Park Nature Center

Monroeville
(724) 733-4618
<http://www.county.allegheeny.pa.us/parks/calendar/boycenc.asp>

Crooked Creek Lake Environmental Learning Center

Ford City
(724) 763-6316
<http://www.crookedcreekelc.org/>

Frick Environmental Center

Squirrel Hill
(412)422-6538
http://www.city.pittsburgh.pa.us/parks/html/the_frick_center.html

Independence Marsh Environmental Education Center

Aliquippa
724-774-7090
<http://www.independencemarsh.org/>

Jennings Environmental Education Center

Slippery Rock
724-794-6011
<http://www.dcnr.state.pa.us/stateparks/parks/jennings.aspx>

Powdermill Nature Reserve—Nimick Nature Center

Ligonier
724-593-6105

Laurel Hills State Park

Somerset
814-445-7725
<http://www.dcnr.state.pa.us/stateparks/parks/laurellill.aspx#contacts>

Latodami Nature Center (North Park)

Wexford
(724) 935-2170
<http://www.county.allegheeny.pa.us/parks/calendar/latodami.asp>

South Park Nature Center

South Park
(412) 835-4810
<http://www.county.allegheeny.pa.us/parks/calendar/spsched.asp>

Keystone State Park

Derry
724-668-2939
<http://www.dcnr.state.pa.us/stateParks/parks/keystone.aspx>

National Aviary

Northside
(412) 323-7235
<http://www.aviary.org/>

Phipps Conservatory

Oakland
412-622-6914
<http://www.phipps.conservatory.org/>

Pittsburgh Zoo & PPG Aquarium

Highland Park
412.365.2528
<http://www.pittsburghzoo.com/>
<http://www.powdermill.org/information.htm>

Carnegie Science Center

Northside
(412)237-3400
<http://www.carnegiesciencecenter.org/>

Fern Hollow Nature Center Sewickley

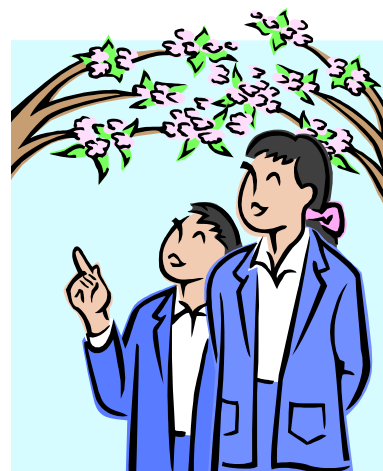
412-741-6136
www.fhnc.org

Beechwood Farms Nature Reserve

Fox Chapel
412-963-6100
<http://www.aswp.org>

Carnegie Museum of Natural History

Oakland
(412) 622 – 3131
<http://www.carnegiemnh.org>



There are few things that form memories the way that food does. If asked, you could name at least three things that your parent or grandparent made that to this day make you feel warm and loved inside. Whether it's macaroni and cheese, blueberry pancakes, halushki, klobase, or even the sight of a can of Ro*Tel tomatoes, it all contributes to your life in a very basic way. Food is a central part of culture, and a central part of how you can take the simple act of feeding your family and change it to truly nourishing it.

Cooking is not only the process of food preparation, but the process of food selection. You communicate a great deal about your values when you purchase things; wherever you fall on the food shopping spectrum, that's where your child (ren) take their first cues and what they will eventually (hopefully) emulate as adults. I am not interested in preaching a particular way of buying food, just that including your child (ren) in the process is an important thing. You not only communicate your personal ideas about food,

but you can show them how the process moves from ingredients to what appears on their plate for dinner.

Children want to be involved in the things that we are doing, and oftentimes cooking is left out because of the presence of knives and fire in portions of the process. You can involve children as young as two in cooking tasks that are safe and can even help to build hand-eye coordination and sense of accomplishment and inclusion. Cooking with older children helps them further develop their reading and math skills (reading recipes, doubling recipes, and making substitutions) as well as being able to engage in simple household chemistry.

One of the easier ways to get your child involved in cooking is helping to make breakfast. Pancakes are

always a favorite and are very easy to make. Even smaller children can help put the ingredients in the blender (after you've measured them), so this is a good beginning recipe for working with your child(ren) in the kitchen if it's your first time, or your first time in a while.

I prefer pancakes with lots of maple syrup and butter, but you can serve them with jam, or even with some sour cream and bacon. Pancakes are very versatile and don't have to always be served as a sweet dish if you have someone in your family that prefers more savory breakfasts. To increase the nutrition factor of the pancakes, I suggest replacing some of

the All-Purpose flour with wheat flour or other whole-grain flour (I prefer the 7-grain flour at the East End Food Co-Op). You can make the recipe vegan by replacing the egg with a mashed banana and the butter with a tablespoon of vegetable oil or two tablespoons of vegan spread (like "Earth Balance"). In all versions, you can dress them up with spices and experiment with throwing in fresh berries, nuts, and anything else that you may think of. I've even made a version that included freshly chopped dill and was served with beef bacon and sour cream.

Diana Rattray's Pancake Recipe¹

- 2 cups all-purpose flour, stirred or sifted before measuring
- 2 1/2 tsp baking powder
- 1/2 tsp salt
- 1 egg, slightly beaten
- 1 1/2 cups milk
- 2 TBSP melted butter

Sift together flour, baking powder, and salt. In a separate bowl, combine egg and milk; add to flour mixture, stirring only until smooth. Blend in melted butter.

Sharing stories about pancakes can give you some additional time together. The one that you probably have all heard of is "If You Give a Pig a Pancake" by Laura Numberoff and Felicia Bond. Another excellent choice is "Pancakes for Breakfast" by Tomie dePaola, which is especially good for the older toddler set as there are no words and they can make up their own story about what is happening on each page.

I hope that you will try cooking together as a family, and share those experiences together. If you have any questions, would like me to cover a specific subject, or have a story or recipe (or both) to share contact me at thefamilykitchen@gmail.com.

Jennifer Strobel is currently an employee of Carnegie Mellon University is working towards a Bachelor's Degree in Public Administration, and an obsessed Food Historian. Generally known for burning the candle at both ends and still trying to light the middle, she can be found doing something with her family, pets, hobbies, college, or working when awake. She lives in Hampton with her husband, Ray her daughter, Lake their dog, Alfred and their two cats, Henry and Tiger.

References

National Network for Child Care (1996) Cooking with children: Kids in the kitchen. Retrieved from http://www.nncc.org/Curriculum/fc46_cook.kids.html on May 23, 2006.

Rattray, D. (2006) Basic pancakes. Retrieved from <http://southernfood.about.com/od/pancakesandwaffles/r/bl30320v.htm> on May 31, 2006.

¹ (Rattray, 2006)

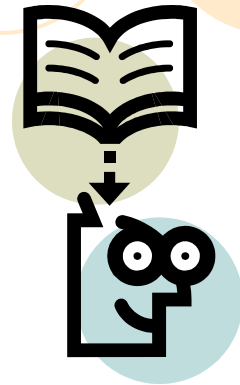


Announcing the PMC Lending Library...

Volume 1, Issue 2

A lending library has been established for Pittsburgh Mothers' Center members. Our volunteer librarian, Nicole Eckmann, has generously agreed to store the books until the center finds a permanent home. Nicole will arrange for any book in the library to be lent to a member at monthly meetings, PMC functions, or through other arrangements. She can be contacted at librarian@pittsburghmotherscenter.org. If you would like to review any of the books listed, please send your review to newsletter@pittsburghmotherscenter.org.

Below is a partial list of books in our collection. A full list will be available on our website soon.



-
- | | | | |
|---|---|---|--|
| Chocolate for a Mother's Heart by Kay Allenbaugh | Adolescent Girls by Roni Cohen-Sandler | A Piece of My Heart Living Through the Grief of Miscarriage, Stillbirth or Infant Death by Molly Fumia | Mind Over Labor by Carl Jones |
| Easy To Love, Difficult to Discipline: The Seven Basic Skills for Turning Conflict into Cooperation by Becky A Bailey | Parenting Through Crisis by Barbara Coloroso | The Unofficial Guide to Managing Eating Disorders by Sara Dulaney Gilbert | Motherhood After 35 by Maggie Jones |
| Active Birth by Janet Balaskas | Motherhood After Miscarriage by Kathleen Diamond | Fresh Milk by Fiona Giles | The Doula Book by Kennell Klaus and Klaus |
| When A Parent is Depressed: How to Protect Your Children From the Effects of Depression in the Family by William R. Beardslee. | Healthy Child, Whole Child by Stuart H. Ditchek and Russell H. Greenfiled | Natural Solutions to Infertility by Marilyn Glenville | Getting the Lead Out by Irene Kessel and John T. O'Connor |
| Mothering Without a Map: The Search for the Good Mother Within by Kathryn Black | From One Child To Two by Judy Dunn | Baby and Toddler Learning Fun by Sally Goldberg | The Mother Dance by Harriet Lerner |
| Please Stop Laughing at Me by Jodee Blanco | What Do You Really Want for Your Children? by Wayne W. Dyer | Mom, Can I Move Back In With You? by Linda Perlman Gordon and Susan Moris Shaffer | Grown-Up Children, Grown-Up Parents by Murphy Lieber and Schwartz |
| Bringing Home the Laundry by Janice Brody | How does She Do It? by Sheila Ellison | Celebrating Motherhood: A Comforting Companion for Every Expecting Mother by Andrea Alban Gosline and Lisa Burnett Bossi | The Common Thread: Mothers & Daughters: The Bond We Never Outgrow by Martha Manning |
| The Mozart Effect for Children by Don Campbell | No More Morning Sickness by Miriam Erick | The Secure Child Helping Our Children Feel Safe and Confident in a Changing World by Stanley I. Green-span | Single Mothers By Choice by Jane Mattes |
| The Waiting Child by Cindy Champnella | Life After Birth by Kate Figes | Raising Happy Kids by Elizabeth Hartley-Brewer | Growing and Changing, A Handbook for Preteens by Kathy McCoy and Charles Wibbelsman |
| "Trust me mom- everyone else is going!" The New Rules for Mothering | Miscarriage after Infertility by Margaret Comerford Freda and Carrie F. Semelsberger | | Natural Childbirth the Bradley Way by Susan McCutcheon-Rosegg and Peter Rosegg |



Mothers' Center Calendar

JULY

July 21, Friday - Parkday, 11 am, Swisshelm Park Playground

July 28, Friday - Parkday, 11 am, Dormont Park

July 29, Saturday - 1st Annual Summer Picnic, North Park 'Old Cherry' Pavilion, near Pool, 11 am - 4 pm

Come and meet the families of the Pittsburgh Mothers' Center, and learn more about our group and how you can be part of it. There will be crafts and games for all ages and swimming at the pool too so bring your swimsuit. Pool admission is \$4 adult and \$3 child, and \$1 under age 5 (the picnic is free!). Please bring a dish to share and come and enjoy the fun! (For Directions see the PMC website)

July 30, Sunday - MOTHERS Book Bag Discussion Group, 4 pm at Birch Center for Health, 1931 E. Carson St. 2nd Floor, Pittsburgh, PA 15203. This month's book: *An Innocent, a Broad* by Ann Leary.

AUGUST

August 4, Friday - Parkday, 11 am, Highland Park Super Playground - Alternate location for rain: Monroeville Mall Play Area

August 5, Saturday - Unwind, 2 pm at Affogato Coffee Bar, 613 Lincoln Ave. Bellevue, PA. 15202

August 9, Wednesday - Steering Committee Meeting, 6 pm at Birch Center for Health, 1931 E. Carson St. 2nd Floor, Pittsburgh, PA 15203

August 9, Wednesday - General Meeting, 7 pm at Birch Center for Health, 1931 E. Carson St. 2nd Floor, Pittsburgh, PA 15203

August 11, Friday - Parkday, 11 am, check for location on PMC website

August 18, Friday - Parkday, 11 am, check for location on PMC website

August 25, Friday - Parkday, 11 am, check for location on PMC website

August 27, Sunday - MOTHERS Book Bag Discussion Group, 4 pm at Birch Center for Health, 1931 E. Carson St. 2nd Floor, Pittsburgh, PA 15203.

Pittsburgh Mothers' Center

Being a full-time mother is one of the highest salaried jobs in my field, since the payment is pure love.

~Mildred B. Vermont

Where moms go to have fun

WE'RE ON THE WEB!

WWW.PITTSBURGHMOTHERSCENTER.ORG

The Pittsburgh Mothers' Center (PMC) is a not-for-profit outreach organization where mothers can find fun, friendship, support and work together to create a more child-friendly, mother-friendly society.

Important Websites:

Pittsburgh Mothers' Center Website: <http://www.pittsburghmotherscenter.org>

Yahoo! e-mail group: <http://groups.yahoo.com/group/pghmotherscenter>

PMC Message board: <http://pghmothers.proboards59.com/index.cgi>

National Association of Mothers' Centers: <http://www.motherscenter.org>

For more information email our Membership Coordinator at:
membership@pittsburghmotherscenter.org

Or

info@pittsburghmotherscenter.org

Donna Tarkett - 412-381-0322

Kristilee Williams - 412-381-0858

Maggie Broderick - 412-421-9736

Always looking for articles

Please send your newsletter submission any-time to :
newsletter@pittsburghmotherscenter.org

Interested in advertising in this newsletter?

For rates and more information contact
newsletter@pittsburghmotherscenter.org