



The SASSY Way!

January Edition - 2009

A Newsletter from the ladies of Ewate.com, always helping you "Get Your SASSY back."

Learn from the past,
Plan for the future,
And live in the present!

Upcoming Events:

January 10th, 2009

Greenwood SASSY Women's
Breakfast ~ Grace Community
Church ~ Connection Café
1611 Woodlawn Road
Greenwood, SC 29649

Church Office -
(864) 229-6002
9:00am-11:00am

Guest Speakers

- Gina Brown - Certified
Group Fitness Instructor
& Personal Trainer
- Melodie Notter - First
Lady of Evans Street
Church of God

Contact Person: Regina
Robinson @ (864) 344-1917

February 7th, 2009

Tabor City SASSY Women's
Breakfast ~ Home of
Elizabeth Alford ~

201 Reece Street
Tabor City, NC 28463
9:30am-11:00am

Contact Person: Javonna Lucy
Stephens @ (910) 625-8405

February 21st, 2009

Greensboro SASSY Women's
Breakfast ~ Home of
Tomasina Lisane ~

103 Valentine Court
Greensboro, NC 27405
9:30am-11:00am

Contact Person: Pamela
Stanley @ (336) 259-7515

Be SASSY!

A Word for You

2009! Are you ready? God has an explosion planned for your life this year. He is going to blow up the old and use it to launch you into a season of great joy and blessing. Can you handle it? It is your time! You have prayed for this. You have believed for this. It is time to put feet to your faith and run hard after and with Him. Can you feel the change in the air? He is going to open doors that you didn't know existed. You are moving into a season of greatness like you never knew was available to you.

Oh girl, you are in for the ride of your life. No one can plan a journey for you like He can. He is the Lover of your soul, and no one loves like Him. Enjoy the ride. Let Him promote you to new heights. Let Him love you into the life you deserve. Let Him be the source of everything you need. Let Him be the purpose in your walk. This is your year! Believe it! Seize it! It's time to take over the world. They don't stand a chance. So walk into this year with boldness. You were created for greatness. You were made to conquer. You were born to win. You are powerful beyond measure. Choose this day to start the journey towards fulfilling the call on your life. It's time to go get yours!

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11(NIV)

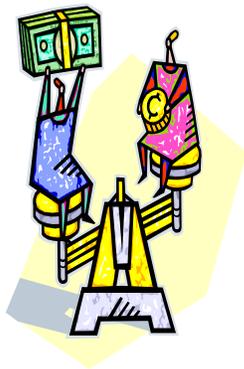
Be blessed and stay SASSY!

-Regina

\$ 3 FINANCIAL TIPS FOR 2009 \$

- **Start saving for the future:** After the financial pitfalls of 2008, you do not want to risk struggling, stressing, or worrying about your hard earned money in 2009. If you don't have any spare cash, you need to start accumulating some. Look through the cash you spend to see what you could cut out to save each month. Then set up a direct draft so it goes painlessly into a savings account. Any little amount starts the savings habit, and you can always increase the amount if you get a pay raise. The important thing is to commit the money so you get use to managing without it.
- **Deal with your debts:** You cannot go wrong with tackling debts you have. Get on top in 2009 by planning ahead. If you can pay off your credit cards immediately, do so. Transfer any remaining debt to a cheaper card. Work out your monthly expenses and give yourself a strict cash-only spending budget until you get those debts out of the way.
- **Review your utilities and other expenses:** Now that you have tackled your debts, it's time to look at reducing your expenses. Shopping around is one of the quickest way to save large sums of money. Most people don't think there is much difference between the company they are currently with and another company who offers the same or similar services. The truth is that most companies now are competing for your business, and there are good deals out there if you shop around.

Needs vs. Wants



If you ask the average American today to define poverty, it would go a little something like this: only two working cars, a 2000 sq ft home, some food in the frig and the pantry, several outfits and pairs of shoes and the opportunity to have one vacation a year along with grooming appointments weekly or at least every other week.

We are eager to be better providers and earn more, not realizing that as our income increases often times so do our wants. Many of us would really benefit from re-examining what I call our "need" meter. Do we really need a club membership, Netflix, or a book of the month club? Do we need the tons of subscriptions to magazines we never seem to find time to read that just get old and collect dust? Is eating out twice a week really a need? Do we need a new car? Do we need that new living room suite? Do our children really need that PS3 for Christmas? These are all valid questions we should ask ourselves. You see, many of us have confused our needs with our wants. Sadly the things we thought we needed, we don't. And the things we really do need, we can't afford to buy because we spent our need money on our wants.

We are quick to set our dental appointment for our annual cleaning. We make sure to **SEE** our Optometrist. There is definitely no hesitation or forgetting to make our appointment for our annual physical exam. We give everything a check-up often times not even thinking to add our lifestyle or finances to the list of things we need to check. This year when you are writing down all the appointments you need to make, be sure to make an appointment for your finances.

-Pam

Fit Facts

By Gina Brown

Certified Group Fitness Instructor and
Personal Trainer



Resolutions: Not Just For January

Setting New Year's resolutions for weight loss and healthy habits is a common January tradition. Unfortunately, it is just as common to watch those resolutions slip away as we get busier with other obligations. Here are some tips to help you keep your healthy resolutions past January and all year. Take small steps and focus on smaller goals that are realistic, measurable, and possible to achieve. Anticipate setbacks and reward yourself for successes. Finally, instead of trying to go at it alone, get the support of friends, family and co-workers to help you meet your goals.

Walk Your Way to Fitness

Low risk, and inexpensive, walking is a popular fitness option and has many health benefits. Walking on a regular basis can reduce blood pressure and cholesterol, increase bone density, and burn calories and lower stress levels. Begin with short distances, walk at a comfortable pace, and swing your arms naturally. You will be on your way to better health.

Exercise Keeps You In Good Health

Studies have shown that moderate to vigorous exercise boosts your immune system. In other words, every time you go for a brisk walk or jog, you increase your chances of warding off that pesky cold virus! In addition to regular exercise, good nutrition and adequate rest are essential to fight off cold and flu. In the cooler months, when flu and cold season is at its worst, do your body a favor and give it what it needs to stay healthy!

Curl up this winter with a steaming bowl of this comfort crowd pleaser: Chicken Noodle Soup

Ingredients

- 2-1/2 cups wide egg noodles
- 4 cups water
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- 1/3 cup cornstarch
- 1/4 cup water
- 3 cups diced, cooked chicken meat
- sea salt (optional)



Nutrition Info

Calories 217
Carbohydrates 15.8 g
Fat 2.9 g
Protein 30.3 g

Directions

1. In a medium saucepan, bring water to a boil. Add noodles and oil, and boil 8 minutes. Drain and rinse under cool running water, then drain again.
2. In a large saucepan, bring broth and poultry season to a boil. Stir in celery and onion. Reduce heat, cover, and simmer for 15 minutes.
3. In separate bowl, mix cornstarch and water together until cornstarch is completely dissolved, and gradually add to soup, stirring constantly.
4. Add noodles and chicken, and heat through. Add sea salt (optional) to taste. Makes 8 servings.



It Couldn't Be Done

by Edgar A. Guest
(adapted for SASSY)

Somebody said that it couldn't be done
But she with a chuckle replied
That maybe it couldn't, but she would be one
Who wouldn't say so till she'd tried.

So she buckled right in with the trace of a grin
On her face. If she worried, she hid it.
She started to sing as she tackled the thing
That couldn't be done, and she did.

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But she took off her coat and she took off her hat,
And the first thing we knew, she'd begun it.

With a lift of her chin and a bit of a grin
Without any doubting or "quit-it"
She started to sing as she tackled the thing
That couldn't be done, and she did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure
There are thousands to point out to you, one by one,
The dangers that wait to assail you.

But just buckle in, with a bit of a grin.
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done,"--and you'll do it!

www.EWATE.com

(Empowered Women Accountable To Each other)

"We'll help you get your **SASSY** back!"

Mission Statement: Women committed to empowering & encouraging other women to be all that they were created to be in order to fulfill God's perfect plan for their lives.

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