



The SASSY Way!

July Edition - 2009

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

Be the kind of woman that when your feet hit the floor in the morning, the devil says, "Oh no! She's up!"

Upcoming Events:

July 11th, 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
Contact Person: Regina Robinson
@ (864) 344-1917

July 25th, 2009

Wilmington SASSY Women's
Breakfast ~ Home of
Francena Robinson ~
301 Bountiful Lane
Castle Hayne, NC 28429
9:00am-11:00am
Contact Person: Francena Robinson
@ (910) 512-0018

August 1st, 2009

Tabor City SASSY Women's
Breakfast ~ St. Stephens Holiness
Church Fellowship Hall
203 Fair Bluff Rd
Tabor City, NC 28463
9:00am-11:00am
Contact Person: Javonna Stephens
@ (910) 625-8405

August 29th, 2009

Connecticut SASSY Women's
Breakfast ~ Home of
Victoria Morris ~
8 Spring Ridge Court
Danbury, CT 06811
9:00am-11:00am
Contact Person: Victoria Morris
@ (203) 241-9134

Events for Raleigh, Aiken,
Greensboro/NC A&T TBA.

Be SASSY!

A Word for You

So many times in our lives, we find ourselves on that journey towards our dream and an unexpected circumstance stops us in our tracks. We look all around us, and we see no life and no way around this thing that is blocking our path. We think, "Surely this is the end. Surely God has forgotten about me. It's over. I can't go any further." Even I, Regina, Mrs. SASSY herself have been in that very place. I believed that all I could do was sit in that place and mourn for the dream that once was.

But my God is faithful, and He will never leave me nor forsake me. Just when it seems all hope is lost, He speaks to me as only a Father can. His words to me are the same words He spoke to Joshua in the midst of a truly trying time.

You see, Moses has just died, and Joshua and the entire nation were mourning the loss of this great man. The visionary. The dreamer. Surely, the dream is now dead. Surely, God has forsaken them this time. Surely, it's over. But our Father speaks to Joshua words I believe He would have me speak to you now.

"Stop crying, get up and go."

So what that you've been hurt. So what that no one believes in you. So what that you're too fat, too skinny, too dark, too light, too young, too old.

So what that you don't have the money. So what that you are going at it alone. So what that you don't have the education. So what it's never been done before. So what that everything around you is either dead or dying. Your obstacle doesn't change your God. When He has your back, He adds His "super" to your "natural" and you become unstoppable.

A champion. A victor. A winner.

"...Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest."

Joshua 1:9

Be blessed and stay SASSY!

-Regina



8 MONEY SAVING TIPS



1. **WASH YOUR LAUNDRY WITH COLD WATER.** The major cost of running a washing machine is not the water itself. It is the electricity used to heat the water. This makes up at least 85% of the energy used. So try setting your washing machine to run a cold wash/cold rinse cycle.
2. **DRINK MORE WATER.** Many people are use to having some type of flavored drink. Instead of saying you can't have the drinks, simply reduce the amount you consume by replacing it with water. Try drinking at least three glasses a day. The water will help with your skin, help with your health, and reduce your cravings for your usual drinks. Drinking water has many advantages. If you cut out three drinks weekly that cost \$1, you can save over \$150 a year.
3. **COMPARE PRICES.** The internet is a great way to compare prices. Take a few minutes to see if you can get a better deal on things such as your auto insurance or homeowners insurance.
4. **USE COUPONS.** It only takes five minutes to look at coupons. Cut out only the coupons for products you already use and will purchase. It only takes \$2 each week in coupon savings to save over a \$100 per year.
5. **START HAGGLING.** Mainly all the services you currently pay for are negotiable, including your cable, gym memberships, phone bills, and internet service. If you can negotiate \$10 a month discounts on each, that will come to about \$480 a year in savings.
6. **GET A LOWER CREDIT CARD RATE.** Many people don't realize that in most cases all it takes to lower you credit card interest rate is simply making a phone call. With the market being the way it is, many companies are trying to be as competitive as possible. If you reduce your interest rate from 21% to 14% on a \$5000 balance you can save about \$350 per year.
7. **SELL YOUR OLD STUFF.** Do a quick check of your closets, basement, and garages. Look through all your old stuff. If you haven't used things in a year, you probably will never use them. Selling your old stuff will not only keep your house clutter free, it will also bring in \$100 or more.
8. **REFINANCE YOUR LOANS.** With the current market being the way it is, there is no better time to refinance any loans you currently have. The smaller the interest rate the less you pay.

REMEMBER, ALL THIS EXTRA MONEY IS A GREAT WAY TO ADD THOSE COMMAS IN YOUR BANK ACCT.

-PAM

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.

Contact Info

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Does Your Bra Fit? Provided by Female Intelligence Agency



This is a question every woman needs to ask and answer. So here are the facts.

1. It should fit snugly around. You ought to be able to fit one or two fingers under the band comfortably. If you are pulling down the back strap or pulling up on the shoulder straps throughout the day, then the band size (the number part of your bra size) is too big.
 - a. Can you fit 1 or 2 fingers comfortably? If yes, then the band is right size.
 - b. If you're having a hard time putting one finger under the band, then move the hooks to the loosest fitting eyes. If it is still tight on the loosest fitting, then try on one in the next up band size.
 - c. If the band can easily be pulled away from your body, or if the band rises up your back, then go down one in the band size.
2. If you are wearing an underwire bra, the wire that comes up between the breasts should lay flat (or as close as possible) to your breast bone. If you are wearing a bra with no underwire, you should have two separate breasts, not just "one big boob".
3. If the bra is a soft cup bra, you shouldn't have any extra, gapping fabric. If the bra is a molded cup, you shouldn't have any extra room in the cup. Your breast should completely fill the cup. If it is gapping and the band feels fine, then go down in the cup size.
4. You don't want to be spilling out of the cup - not from the top, bottom or sides. If the band feels fine then go up a cup size.
5. If you raise your arms up (do this a few times), the bra should stay against your body, not lifting up or off. If this happens try a few things:
 - a. Adjust the shoulder straps by loosening them
 - b. Pay attention to the band. Is it too tight? Or too loose? Or just right?
 - c. If the band is just right, and adjusting the shoulder straps didn't work, then go up a cup size.
6. If you have a small frame or are petite, and you find a bra that fits the band, and you don't quite fill the cup and you have already tried the next cup size down and it's still not quite right - OR if you have the "right" size, the band fits and you fill the cup, but the wire is poking your underarms, then try a Demi bra. A Demi style bra is different from a full coverage bra. The Demi has less wire by about an inch or more.
7. Try on different styles of bras. Every style fits and fills differently and can "shape" your breast differently.
8. **If your bra fits correctly, it should NOT be painful or uncomfortable to wear.**



"Bad Bra Fit"



"Good Bra Fit"



Gina J's Beauty Corner



As the warm weather begins to roll in, here are a few more tips to keep your summer look fresh.

- Switch to products that can handle the heat. Look for long-wearing or waterproof mascara, choose eye pencils over liquid liners, and switch to shadows that harden to a cream once applied.
- Go light. Line the upper lash line, or settle for a sweep of a light shadow. Shadow from lash line to brow is more likely to cake or crease in the heat, and darker colors will be more apparent if they bleed.
- Skip eyeliner and mascara on the lower lashes. It's likely to streak in the sweaty under-eye area.
- Set eye makeup with a light dusting of loose powder. This will help absorb any moisture that may cause eye makeup to melt.
- Use a non-powdered blotting paper to remove any under-eye perspiration when you do notice streaking. Wipe away any eye makeup with a clean cotton swab.

Until next time...Have a wonderful day!

Regina Jackson

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When she might have won had she stuck it out;
Don't give up, though the pace seems slow -
You might succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering woman,
Often the struggler has given up
When she might have captured the victor's cup.
And she learned too late, when the night slipped down,
How close she was to the golden crown.

Success is failure turned inside out -
The silver tint of the clouds of doubt -
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit -
It's when things seem worst that you mustn't quit.

