



# The SASSY Way!

March Edition - 2009

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

A woman's heart should be so hidden in Christ that a man should have to seek Him first to find her.

## A Word for You

It's Not Over Til You Win! You have to remember that. God has fixed the fight in your favor. When Jesus rose on Easter morning, the devil was eternally defeated. He has no power over you that you don't allow. You belong to God. You were bought with a price. And He doesn't do returns. So stop allowing the enemy to have any opening into your life and your family. Jesus gave you power over him. So exercise it! If he can convince you that you are defeated, he knows he has you.

Don't you know how powerful you are? Don't you see your true value and worth? Don't you understand that God has already won this fight?

Read the whole book. The ending is clear. WE WIN! So just know this. It's not over til you win! If you haven't won, that just means it's not over.

...In all these things we are more than conquerors through him that loved us. Romans 8:37

Be blessed and stay SASSY!  
-Regina

### Upcoming Events:

**March 14<sup>th</sup>, 2009**

Greenwood SASSY Women's  
Brunch ~ Grace Community Church  
~ Connection Café  
1611 Woodlawn Road  
Greenwood, SC 29649  
Church Office -  
(864) 229-6002  
10:00am-12:00pm

#### Speakers

- Alfreda Thomas - SASSY Dress On A Budget
- Regina Robinson - Hung By The Tongue

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

**April 4<sup>th</sup>, 2009**

Tabor City SASSY Women's  
Breakfast ~ Home of  
Elizabeth Alford ~  
201 Reece Street  
Tabor City, NC 28463  
9:30am-11:00am

#### Speakers

- Pamela Stanley - 2009 Financial Challenge
- Regina Robinson - Hung By The Tongue

Contact Person: Geraldine Gore @  
(910) 641-7022

**April 21<sup>st</sup>, 2009**

Greensboro SASSY Women's  
Breakfast ~ Location TBA ~  
9:30am-11:00am

#### Speakers

- Pamela Stanley - 2009 Financial Challenge
- Regina Robinson - Hung By The Tongue

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

Be SASSY!

# 2009 SASSY FINANCIAL CHALLENGE



As we begin the third month in 2009, many of us should take time to reflect on 2008 and the promises and resolutions we made on Jan 1st. In my last article, I talked about making sure to get a check up for your finances when you are setting appointments for your physicals and dental appointments.

With the New Year came more economic issues. Many people were either restricted to certain hours at work or laid off all together. Many companies were forced to close their doors because they could no longer afford to continue to stay in business. These are definitely eye opening situations. And definitely all the more reason for us to make sure our finances are in order.

I am challenging you all to do better and be better. We are issuing a 2009 Sassy Financial Challenge. It is similar to the biggest loser and the ladies in red (a woman's group who did a similar savings challenge). The challenge was something God brought to me at a time when it was and is needed most.

The first thing you will need to do is complete the worksheet. The purpose of this worksheet is to allow you to see what it actually takes dollar wise to maintain your current household.

Once you have gotten your total expenses calculated, you then need to multiply that by 3, 6, and 12. This will tell you how much money you need to save to cover your monthly expenses for 3 months, 6 months, and 1 year.

Our financial challenge is going to be for every lady to have at least 3 months worth of living expenses in savings by the end of 2009. This is exactly why it is called a challenge. Although it is not impossible, it will take some discipline.

You see, the average person that files for unemployment now qualifies for approximately 24 weeks of benefits. So, if you ever needed to live off your income if you were laid off or out of work, you would have 6 months of unemployment and 3 months worth of savings from this challenge. This means you would have at least 9 months to find another job, assuming this covers your expenses. The goal is to make you financially prepared for the unknown, and to also help you become a better saver.

As with anything, most people don't stick to diets or exercise plans unless they see results. So, hopefully once you begin saving and seeing your money grow and you start getting those commas we talked about at the women's conference at Great Grace, you will be motivated to continue saving.

If you reach your 3 month goal, move on to 6 months and so forth. Follow up with your fellow sassy ladies. You help them stay on track, and they will help you. After all, that is what Sassy is about, empowering, encouraging and uplifting other women.

There will be many more sassy events. We will check in with you periodically to see how you are doing with the challenge. Things happen and situations do arise. If you have to spend some of your savings, be sure to replace it ASAP. We want to definitely be in a better financial position at the end of 2009 than we were in 2008.

Now, you have your instructions. You have your support system. The one thing you don't have is room for excuses. I am looking forward to seeing you all reach your financial goals in 2009.

<b>DEBT EXPENSES</b>	<b>AMOUNT</b>
MORTGAGE OR RENT	
AUTO LOAN PAYMENT	
OTHER LOAN PAYMENT	
CREDIT CARD PAYMENT	
OTHER	
<b>UTILITY BILLS</b>	<b>AMOUNT</b>
GAS BILL	
ELECTRICITY BILL	
WATER BILL	
OTHER	
<b>INSURANCE EXPENSES</b>	<b>AMOUNT</b>
AUTO INSURANCE	
MORTGAGE INSURANCE	
HEALTH INSURANCE	
RENTER'S INSURANCE	
LIFE INSURANCE	
OTHER	
<b>LIVING EXPENSES</b>	<b>AMOUNT</b>
GROCERIES	
TUITION	
CHILDCARE	
GAS	
CABLE/SATELLITE	
INTERNET ACCESS	
LAUNDRY & DRY CLEANING	
TELEPHONE	
CELL PHONE	
OTHER	
<b>TOTAL MONTHLY EXPENSES</b>	
<b>3 MONTH EXPENSE TOTAL</b>	
<b>6 MONTH EXPENSE TOTAL</b>	
<b>12 MONTH EXPENSE TOTAL</b>	

## *Dance for Fitness – “Exercise in Disguise”*

By Gina Brown  
Certified Group Fitness Instructor and  
Personal Trainer



Dancing encompasses many different styles, all offering a great way of working out the body through fun and rhythmic exercises.

**Hip Hop Dancing** – emerged from African-American roots in the 1970’s. It is a creative frequently improvised style of dance. It includes a wide range of street styles.

**Break-dance** - is an athletic street style that evolved from the New York hip hop scene in the early 1970’s.

**House dancing** – As its name suggests, is dancing performed in time to house music. However, in recent years it has also become a key style to hip hop dance.

**Zumba** – the new Latin inspired, hip hop dance fitness craze is sweeping across the US and beyond. Zumba classes are blasting off the first week in April at Wellness Works of Self Regional Healthcare. Check other local health clubs for Zumba classes. Zumba is designed for everyone! This is an exercise that people want to do everyday, and they feel good doing it!

### **Benefits of Dance**

**Dancing helps build stamina** – If you are bored with your daily exercise regimen, dancing could offer you an unexpected form of cross training to build up stamina and muscular resistance. Through fun and funky workouts you won’t even notice how long you’ve been dancing, so why not give it a try?

**Dancing helps the heart** - With heart disease at an all-time high, there has never been a better time to exercise your pulmonary muscles. Dancing is a great form of cardiovascular exercise that really gets your heart pumping.

**Dancing forges a positive mind** – With all the doom and gloom surrounding the credit crunch, it would be easy lose all faith in the modern world, and hide under a rock somewhere. Exercise is a great way of keeping your mind in shape. So banish the blues and get dancing!!

**Burning off calories** – With a range of movements required of its participants, dancing will soon burn off those unwanted calories in no time. Dancing offers entertainment as well as a highly sociable workout.

So try dancing to stay in shape. It truly is “*Exercise in Disguise*”.



### ***The Health Benefits of Massage*** by Anitra Brown, About.com

*Are you feeling guilty about getting a massage? Does it seem too self-indulgent? Actually, massage has many important health benefits. Massage can help you maintain physical, mental and emotional well being, especially when it is part of your wellness routine.*

*Massage calms the nervous system and promotes a sense of relaxation and well being ▪ Massage reduces tension and anxiety ▪ Massage improves blood circulation, which delivers oxygen and nutrients to the cells ▪ Massage stimulates the lymphatic system, which carries away the body’s waste products ▪ Massage prevents and relieve muscles cramps and spasms ▪ Massage therapy can also help with pain management in conditions such as arthritis, sciatica, muscle spasms.*

*If you have any questions about whether a massage would be right for you because of an existing medical condition, ask to speak to a massage therapist before you make your appointment.*

## PHENOMENAL WOMAN

by Maya Angelou



[www.EWATE.com](http://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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We Love to get e-mail! ☺

Pretty women wonder where my secret lies  
I'm not cute or built to suit a fashion  
model's size

But when I start to tell them  
They think I'm telling lies.

I say

It's in the reach of my arms  
The span of my hips  
The stride of my steps  
The curl of my lips.

I'm a woman  
Phenomenally  
Phenomenal woman  
That's me.

I walk into a room  
Just as cool as you please  
And to a man  
The fellows stand or  
Fall down on their knees  
Then they swarm around me  
A hive of honey bees.

I say

It's the fire in my eyes  
And the flash of my teeth  
The swing of my waist  
And the joy in my feet.

I'm a woman  
Phenomenally  
Phenomenal woman  
That's me.

Men themselves have wondered  
What they see in me  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them  
They say they still can't see.

I say

It's in the arch of my back  
The sun of my smile  
The ride of my breasts  
The grace of my style.

I'm a woman  
Phenomenally  
Phenomenal woman  
That's me.

Now you understand  
Just why my head's not bowed  
I don't shout or jump about  
Or have to talk real loud  
When you see me passing  
It ought to make you proud.

I say

It's in the click of my heels  
The bend of my hair  
The palm of my hand  
The need of my care.

'Cause I'm a woman  
Phenomenally  
Phenomenal woman  
That's me.