



The SASSY Way!

May Edition - 2009

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

The future belongs to those who believe
in the beauty of their dreams.
Eleanor Roosevelt

Upcoming Events:

May 16th, 2009

Greenwood SASSY Women's
Breakfast
Grace Community Church
Connection Café
1611 Woodlawn Road
Greenwood, SC 29649
Church Office -
(864) 229-6002
9:30am-11:00am

Speakers

- Sheila Reynolds - Resume Writing
- Gale Robinson - A Godly Self Image

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

June 6th, 2009

Tabor City SASSY Women's
Breakfast
Family Champions
109 N. Main St
Tabor City, NC 28463
(910) 653-9200
9:30am-11:00am

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

June 27th, 2009

Greensboro SASSY Women's
Breakfast
Home of Valerie Macon
3734 West Ave
Apt H
Greensboro, NC 27407
9:30am-11:00am

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

Be SASSY!

A Word for You

It's time to run after your DREAM! God has placed a vision in your heart, and He has given you the corresponding ability to achieve it. It was created just for you. Only you can walk out the plan for your life. Go after it with boldness. You will never know everything you can do until you take action. He doesn't always call the equipped but He will equip the called. So step out in faith, and let your God show up and show out.

It's time we stopped hiding in the shadows and step out front to our rightful place. It's time for the women of God to rise up and be all we were called to be. It's time to run this race with the excellence He placed in us. It's time we lived like the daughters of THE MOST HIGH KING! We were born to shine.

So shine baby, shine!

"I can do all things through Christ who strengthens me."
Philippians 4:13

Be blessed and stay SASSY!

-Regina

Ministry Spotlight → www.MercyMinistries.org

Mission Statement

Mercy Ministries exists to provide opportunities for young women to experience God's unconditional love, forgiveness, and life-transforming power.

Vision Statement

Mercy Ministries is committed to being an effective and well-respected global organization dedicated to transforming lives of generations searching for truth and wholeness.

2009 SASSY FINANCIAL CHALLENGE CHECK-UP



Hello Ladies,

I pray you are doing well. At this time, I would like to just check in with everyone and see how they are coming along with the financial challenge. Remember, the goal is to have at least three months worth of living expenses saved by the end of 2009.

For those of you who are on track, great! Help those ladies who are not or who have fallen off the wagon. For those of you who are not on track, let's get there. Time is wasting, and the months are rolling by. For those of you who have fallen off, let's get back up, dust ourselves off, and get back on the money train. For those of you just starting out, know this is a challenge, but its well worth taking.

We are now entering May, and I am hoping that by December, I will be able to hear some financial testimonies. If you haven't opened your savings account, the State Employees Credit Union is a great bank. Most banks require about \$25 to open a savings account. So you can start there. Once you get at least \$250, I would recommend putting your money in a CD or Money Market account. Both have higher interest rates than a regular savings account.

For the spender, the advantage of a CD is the money is locked there for a certain amount of time. For the budgeter the Money Market is great because it requires you to keep a certain amount in your account or there is a bank fee. This fee ranges around \$2 to \$5. Most people who budget don't want to give away the extra money.

If you have any questions feel free to contact me via email or by phone at (33 6) 259-7515.

As Regina always says, "It's not over till you win. If you haven't won yet, that just means it's not over."

-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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The Woman in the Glass

*When you get what you want in your struggle for self,
and the world makes you queen for a day,
Just go to a mirror and look at yourself,
and see what THAT woman has to say.*

*Some people may think you a straight-shootin' chick,
And call you a person of place,
But the woman in the glass says you're only a bum
if you can't look her straight in the face.*

*She's the woman to please, never mind all the rest,
For she's with you clear up to the end,
And you've passed your most dangerous, difficult test,
If the woman in the glass is your friend.*

*You may fool the whole world down the pathway of years,
And get pats on the back as you pass,
But your final reward will be heartaches and tears,
If you've cheated the woman in the glass!*

Author Unknown

What Is Dietary Balance? by Paula Johnson (Registered Dietician)

Dietary balance means eating from *all* of the food groups: that's grains, vegetables, fruit, dairy, meat or vegetable proteins and fat.

How important are these food groups? They are very important because no one food or food group can provide all of the nutrients required for good health. Let's look at each of the groups in greater detail.



The current Food Guide Pyramid is probably the best way to visualize a healthy balance of nutrients. The three largest portions of the pyramid: Grains, vegetables and fruits and milk are represented by the orange, green, red and blue triangles respectively. Together they form more than two thirds of the figure and demonstrate that these foods should make up the largest portion of your diet. The remaining triangles of fat and protein (gold and purple) are also important but represent the smaller part these foods should play in your daily meals.

The grain triangle contains foods such as bread, noodles, rice, oats and corn. They provide your body with carbohydrates for energy, and fiber for a healthy digestive system. At least half of the grain-type foods you eat daily should be “whole” with the bran and germ still intact.

Vegetables and fruits also provide fiber with the added boost of vitamins and antioxidants to protect against disease. Choose fresh or frozen fruits and vegetables most often instead of canned. Be aware of added sugars, fat and salt when you shop for these items.

The Milk or dairy group provides calcium, as well as protein. This mineral will help to keep your bones strong. Some dairy foods are fortified with vitamin D which helps the body to absorb calcium and prevent osteoporosis, but the best way to get enough of the “Sunshine Vitamin” is to get outside!

The Meat & Beans group represents the major concentration of protein in our diets. Protein is important for body structure and function and immunity against disease. Foods in this group include fish, poultry, pork, beef, eggs and legumes, or dried peas and beans.

Finally, fat is essential. Yes, your body needs fat to function properly, but since fat contains more than twice as many calories as carbohydrates or protein, the amounts we need are considerably smaller. Notice the section on the Pyramid looks more like a streak than a triangle.

Healthy eating is really not that hard as long as you keep a few simple ideas in mind:

1. Eat about six servings of grains daily
2. Eat 5 to 9 servings of fruits and vegetables daily
3. Drink 3 cups of milk or other calcium rich food or beverage a day
4. Limit yourself to 5 to 6 oz. of lean meat or protein rich foods each day

Tricks for Adding Balance

- Have fruit with each meal & at *least* once for snack. One serving is ½ cup fruit or one small whole fruit.
- Drink milk with meals, or if you are lactose intolerant, choose calcium fortified foods or beverages, low-fat cheeses or yogurt. Some leafy green vegetables like collards and cooked spinach contain calcium as well.
- Use whole grain bread or pasta instead of the regular white bread. Try brown rice or some of the “newer” grains that are gaining popularity like quinoa (pronounced *keen-wah*) or millet.
- When you serve yourself dinner, fill half your plate with vegetables (preferably the leafy green or colorful variety); or substitute a crunchy salad or slaw with low-fat dressing for a bag of chips at lunch.
- Look at your palm, (if you're a woman) or a deck of cards if you're a man. Your portion of meat should be about that big. If you're eating fish imagine a piece the size of your check book. This portion twice a day is the recommended amount of meat per day.
- Finally use mostly monounsaturated & polyunsaturated fat and avoid animal or vegetable fats that are solid at room temperature like lard or Crisco®. Avoid deep frying-- instead grill, bake, broil, stew or pan-fry using non-stick pans with a minimum of oil.

These practices adopted over time will help you to achieve balance and good nutrition in your daily diet. Try to adopt one change a week, or even one a month. Eventually you will have changed your way of eating, and changed your health....for the better!

Why Women Need to “Toot Their Own Horn” on Their Resumes

By Sheila Reynolds

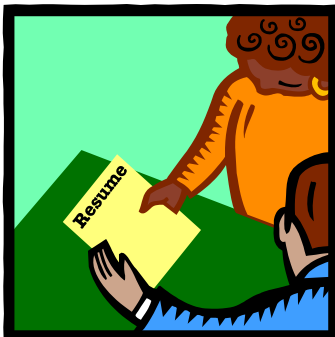
A “male” may fill in for his boss for a 6-week period; he will, by far, elaborate on his duties and accomplishments as “acting general manager.” Later, you may find that the company basically ran on “autopilot” and that the “male” functioned just as he had prior to his boss’s absence.

A “female,” who has served as director for her firm for nearly a year, may state, “Well, it really wasn’t my job; I was just filling in.” You later learn that the “female” spearheaded an initiative that landed her firm’s biggest client and introduced several successful cost-cutting measures that resulted in a banner year of profitability.

Perhaps women are raised in our society to be self-deprecating and not “brag” or “boast,” while men are raised to take credit wherever possible and actually inflate their contributions. Or, perhaps, there may be some innate gender forces at work.

In my research, I didn’t come across scientific root causes. However, “gender gap” in terms of “tooting one’s own horn,” I can state certainly minimizes one’s accomplishments and is a sure path to short-circuiting a competitive job search. In discussions with females, I have found that they unknowingly cover up a wealth of skills, accomplishments, and career-related highlights that remain hidden, and many females miss the opportunity to greatly improve their resumes.

Ladies! It’s perfectly O.K. to “brag” and to “toot our own horns” on our resumes.



Basic Rules for Writing an Effective Resume:

These are a couple of questions you should pose to yourself in constructing your resume: *how do you make a great impression on an employer?* and *how do you distinguish yourself from others quickly and effectively?* Remember, a good resume is a marketing brochure featuring **you**. It highlights and provides focus and emphasis on your accomplishments in your life, both personal and professional, that are relevant to the job or industry that interests you.

There are basically two types of resumes: the *chronological* and the *functional*. The chronological resume is most common and outlines your work and experiences in chronological order from most recent to most remote experience. A functional resume is a bridge resume and is used for those making career changes, returning to the workforce, and/or for highlighting experience that is from volunteer work as well.

Good paper with a watermark is most impressive; however, numerous employers today ask that resumes be emailed to them or even faxed. Therefore, I wouldn’t stack a lot of expensive paper on my desk. A one page resume is the length for business, while a two page resume may be acceptable in other industries, such as not for profit or education. Information contained should be easy to read, dates easy to extract, with a readable font and balance of white and dark space. The important basic data on you that should appear at the top are name, address, cell and home phone, and email.

For scientific and technical resumes, such as those written for an IT professional, a section on your areas of technical expertise is helpful. Some candidates outline professional expertise by software and hardware or by projects. This section immediately cues the reader as to the focus of your technical skill, your level of work, and the goals which match their opportunities. Under education, you may wish to list relevant coursework, highlighting just a few of the top level courses which you have taken.

Finally, have a few trusted friends or family members look at your resume critically. It is easy to miss grammatical errors, typos, or material that is unclear upon a first reading. Once this is done, you will have a core resume for your job searches. Remember to tailor each resume to the particular job or internship. A resume is always a work in progress, so be kind to yourself, finish it in time for the deadlines, and celebrate your good efforts!