



# The SASSY Way!

November Edition - 2009

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

## Upcoming Events:

**December 5, 2009**

SASSY Women's Brunch  
Mitchell Sea Missionary  
Baptist Church  
3990 Mitchell Sea Road  
Green Sea, SC 29545  
10:00 am - 12:00 noon  
Contact Person: Hannah  
Vereen @ (843)756-0992

**January 9, 2010**

Greenwood & McCormick  
SASSY Women's Brunch  
Grace Community Church  
Connection Café  
1611 Woodlawn Road  
Greenwood, SC 29649  
10:00 am - 12:00 noon  
Contact Person: Regina  
Robinson @ (864) 344-1917

**January 23, 2010**

Tabor City Area SASSY  
Women's Brunch  
Location TBA  
Tabor City, NC 28463  
10:00 am - 12:00 noon  
Contact Person: Wannetta  
Williams @ (910) 207-1285

**January 30, 2010**

Wilmington Area SASSY  
Women's Brunch  
Home of Stephanie Capps  
31 Reverend Andre Carr Road  
Rocky Point, NC 28457  
10:00 am - 12:00 noon  
Contact Person: Stephanie  
Capps @ (910) 269-3017

If you or your organization  
would like to host an event in  
your area, just contact Regina  
@ (864) 344-1917  
**Stay SASSY!**

If the devil's not bothering you, you probably  
aren't bothering him.

## **A Word for You**

Hello SASSY Women! It's me again. I have to say it's been a challenging two months, but I'm still here, and God is still good. It seems that everywhere I go, the same three words keep following me.

"Never Give Up"

I've been attending a weekly women's bible study based on Joyce Meyer's book with this title. I continue to see the words every place I go, and most recently, it was the theme of Alice Ridgill's talk at the Greenwood YMCA Prayer Breakfast. Dr. Ridgill urged us to "Never Give Up." And in the midst of her talk, she made a statement that has had a profound impact on my thinking from that moment till this. Here's what she said, "Never put a period where there should be a comma." She explained that in the rules of punctuation, a period denotes the end of something while a comma simply means "to be continued."

Too many times in our lives, we give up on our dreams in the midst of trying circumstances. We quit. PERIOD. We surrender. PERIOD. We say "It's over." PERIOD! We stop running the very race that God created us to not only run, but WIN; simply because it *SEEMS* everything hasn't lined up in our favor. But that's when it is time to stand still (COMMA) regroup (COMMA) and press on toward the call that has been placed on your life. Just because you have found the purpose for which He created you, does not mean it's smooth sailing from here. It simply means that you don't have to doubt the task ahead. You can push forward in spite of the target on your back. Where God gives a vision, He makes provision. So hold on to your DREAM. Remember this, if you want the champion's reward, you have to be willing to fight the champion's fight. See you on the battlefield!

"And let us not be weary in well doing: for in due season we shall reap,  
if we faint not." Galatians 6:9

**Be Blessed and Stay SASSY!**

-Regina

# Don't Break the Bank!



There are hundreds of great gifts that can be purchased or made by hand for under \$10. These are gifts that are both thoughtful and inexpensive at the same time. Put them in a basket or wrap them with a pretty ribbon and you'll truly have a beautiful gift without going broke! I know you've probably heard it before but it's really true that you don't have to spend a lot of money to find that perfect gift for someone. Just be sure to put some time and thought into it. Our loved ones probably appreciate our time and love more than anything.



## Here are a few inexpensive gift ideas...

- Gourmet coffees with a personal coffee cup
- Child's artwork, framed
- Journal with special inscription inside
- Teacup with box of herbal tea
- Collage of special photos
- Gel pens and pretty stationary
- Home baked bread, include recipe
- Disposable camera or rolls of film
- Basket filled with deli cheese and fruit
- Pretty basket filled with special jams or mustards
- Gardening gloves with a plant or flower seeds
- Photo album, hand decorated is even better
- Makeup tote
- Prepaid photo developing envelopes
- Special coffee cup filled with candy
- Movie theater gift certificates
- Board games
- Note cards and book of stamps
- Picture frames, buy them on sale!
- Specialty cookbook
- Collectible sports cards
- Muffin mixes with muffin pan
- Books, there are still a few for under \$10
- Set of dish towels and dish cloths
- Nail polish kit



I hope you will be inspired by this list. It's not the amount of money you spend for a gift that matters the most, but that you cared enough to give something special.

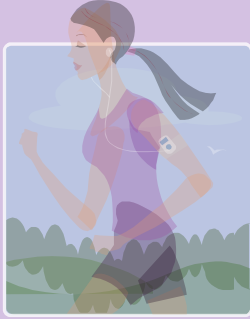


## 2009 CHECKLIST

*As we wrap up 2009 and begin preparing for 2010, we must pull out our 2009 to do list. This is done to see what we actually got accomplished in 2009. If you have not started your financial challenge, better late than never. If you have not done so, please donate to charity. This helps tax wise but also it is a blessing to bless others, during the holidays & every day. If you are not sure where to donate, please consider Toys for Tots, Give a Kid a Bike, United Way, and Goodwill. For those dreading the tax season, be sure to start gathering your receipts for those medical, dental, tuition, etc...deductions. Remember, the more information you have to give the tax preparer, the less time it takes to get your return processed. Please be sure to read my list of suggested inexpensive gift items. This will help you not over spend and put you on track to financial success in 2010. Our 2009 phrase was "It's Mine in 2009". The new phrase for 2010 is, "I'm Gonna Win in 2010". Remember, there is power in the tongue. Begin speaking it now. I hope you all have a safe and blessed holiday.*

- Pam

## Happy and "HEALTHY" Holiday



*Greeting Sassy Sisters,*

*The holidays are quickly approaching, and we all are anticipating the excitement of spending time with family and friends. We will be partying from now until January. Eating all of those delicious holiday foods can really pack on the pounds. It is possible to gain 7 to 10 pounds during this time of the year! These are 3 areas that you can focus on to help with the holiday bulge.*

*First, I would like to encourage you to continue to exercise daily. This will help to relieve some of the stress associated with the holidays.*

*Second, I would like for you to make sure that you are eating healthy. Make sure that your diet during this time of the year is loaded with plenty of fruits and vegetables.*

*Third, I cannot stress the importance of getting in 8 or more glasses of water daily. Water helps you to feel full. Drink 2 big glasses before attending a party and this will help curb your appetite.*

*Throughout the holidays we are going to consume some foods that taste good, but they are not good for us. Eat them in moderation. I need all of my Sassy Sisters to strive to Maintain don't Gain throughout the holiday season. Weigh in now and again in January to see how well you maintained your current weight.*

*Philippians 4:13 I can do all things through Christ who strengtheneth me.*

*Have a Happy Healthy Holiday.*

*- Cynthia Lee Grimes*

*Health & Wellness Advocate*

*...Now here's something yummy to indulge in (with moderation) this holiday season.*

## The Best **Pumpkin** Bread

Pumpkin bread is an all time, excellent, every time recipe. Perfect as a quick breakfast or snack it can be served at your next holiday gathering or given as gifts.

Makes 2 loaves

- 2 cups of canned pumpkin
- 3 cups of sugar
- 1 cup of water
- 1 cup of vegetable oil
- 4 eggs
- 3 1/3 cups of all-purpose flour
- 2 teaspoons of baking soda
- 2 teaspoons of cinnamon
- 1 teaspoon of salt
- 1 teaspoon of baking powder
- 1/2 teaspoon of nutmeg
- 3/4 teaspoon of ground cloves

### Directions

Heat oven to 350 degrees. In a large mixing bowl, combine the pumpkin, sugar, water, vegetable oil, and eggs. Beat until well mixed. Mix the rest of the ingredients into a separate bowl. Stir until combined. Slowly add the dry ingredients into pumpkin mixture, beat until smooth. Grease 2 9x5 inch loaf pans and dust with flour. Evenly divide the batter between the two pans. Bake for 60-70 minutes or until a toothpick inserted into the center comes out clean. Cool for 10-15 minutes. Remove bread from pans by inverting them onto a rack.

Enjoy!  
Pauline Miles





## *Gina J's Beauty Corner*



*Great Day!* The holidays are here again, made apparent by the sparkle of lights everywhere you look and the glimmer of tinsel decking the halls. With the glitter and holiday glow, there is no reason why you can't shine brightly among the festivities. A few simple tips can help give you an extra touch with holiday makeup.

To set the foundation use a light weight powder. Try using one with a little shimmer like a bronzer. If not, try a loose eye shadow powder in gold and highlight your cheekbones. The gold color adds to the holiday glow.

For the eyes, make it simple. Try a thin black liner, and extend the line to a fine tip. To make sure the line doesn't run, try layering it with black shadow to set it in, or try a shimmer liner in chocolate brown or hunter green. Another option for the eye is to try metallic tone cream shadow. Choose a shimmery white or champagne colored eye shadow for the base of your holiday makeup. Apply the shadow evenly from the lash line to the brow ridge, working the powder into the skin thoroughly. Choose a mid-toned brownish red or bronze color to add depth to your eyes, applying the shadow just to the eye crease and slightly above. Start with a light application, blending well and adding more if necessary.

Also, for the holidays use colors like gold, bronze, olive green, grey, deep plum, and copper. Then layer your lashes with volumizing mascara. Wiggle the wand at the base of your lashes back and forth then lift. Separate the lashes to prevent clumping with a dry eyelash or eyebrow comb.

Keep with the soft glowing holiday makeup look by wearing a splash of gold on your lips. Apply a fine dusting of gold eye shadow just to the center of each lip and then cover with clear lip gloss.

Until next time, play with your beauty and enjoy it!

- *Regina Jackson*



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*(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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