

MAY 2009

Dedicated to Mothers who use reasoning power, intelligence, mental soundness, resourcefulness, ingenuity and quickness to help navigate them through motherhood.



# MOTHER WIT



Happy  
Mother's  
Day!!!

## The Motherhood Experience.....In Your Words

“The experience is giving, satisfying, and humbling. Once a Mother, always a Mother. A Mother's work is never done!” **Sandra Q**

“My experience as a Mother has been wonderful, loving and rewarding and at the same time shocking, overwhelming and funny. I find there is always a new or another level. Just when you think you got it, **BAM**, here comes a twist. Given all that I wouldn't change being a mother for anything. Motherhood is love in the purest form.” **Rhoda C.**

“My daughters are 7 & 9 now. I compare being a Mother like being a mother eagle. Yes, I have to nurture and protect them, but I have to know when to nudge them and give them all the tools they need so they can ultimately soar when they grow up.”  
**Bernette P.**

“Being a Mother, is the best job ever!”  
**Shannon M.**

## CELEBRATE THE DAYS-MAY 2009

National Bike Month · National Book Month · National Strawberry Month · National Egg Month  
National Physical Fitness and Sports Month · National Backyard Games Week 5/24-30  
National Day of Prayer 5/7 · **MOTHER'S DAY 5/10** · Eat What You Want Day 5/11  
National Self Esteem Day 5/15 Memorial Day 5/25

## In the Spotlight

**Full Name:** Shannon

**Current Residence:** Illinois

**Family Includes:** Husband, 1 Son,  
3 Daughters

**Birthdate:** May

**Favorite Color:** Orange and Green (tie)

**Favorite Holiday:** Thanksgiving

**Favorite Ice Cream Flavor:** Breyers  
Real Vanilla Bean and Haagen Daaz  
Butter Pecan

**Favorite Breakfast Food:** Eggs with  
lots of cheese

**Would you rather have a manicure or  
a pedicure:** Pedicure

**What one thought can bring a smile to  
your face:** My children

**Would you prefer to read a book or  
listen to one on tape:** Read

**You're going on vacation, would you  
rather fly, drive or ride the train:** Fly

**Favorite day of the week:** Saturday

**Would you rather swim in the ocean  
or in a pool:** Ocean

**Which would you rather do-sing in  
front of a large audience or sit in the  
front seat on a roller coaster:** Sing in  
front of an audience, I am the karaoke  
queen! :)

**Which would you prefer to watch-a  
drama or a comedy:** Comedy

**Favorite Magazine:** Essence

**Favorite flower:** Tulip

# Pamper

Pamper yourself and enjoy every moment. Spend an hour putting your favorite lotion on every bit of skin you can reach. Attend to your every whim. Have a facial, a massage, a soak. Believe you deserve it, and enjoy every minute. Make yourself fresh-squeezed juice and serve it to yourself in the most elegant glass you own. Stretch and lie and loll in the sun like a cat. Take all weekend to read the paper. Take a long nap. Take an even longer nap. Eat whatever you want, whenever you want. Cook something elegant and involved just for you, or skip the whole eating thing altogether. Go see a movie in the middle of the day (*and don't you dare feel a bit of guilt*). Learn how to treat yourself to indulgences large and small.

365 Words of Well-Being for Women Rachel Snyder

A man and his wife attended a dinner party at the home of their friends. Near the end of the meal, the wife reprimanded her husband.

"That's the third time you've gone for dessert," she scolded. "The hostess must think you're an absolute pig."

"I don't think so," he said. "I've been telling her it's for you."

Move toward your wildest dream, take the labels off your mind and step **boldly** into your greatness!!!

*Iyanla*

### 5 Things to Smile About in 2009

- \* Believing in yourself
- \* Tiny ice cream stores
- \* Buying something outrageous
- \* Learning a new sport
- \* Decorating for a party



### BRIGHT IDEAS! GREAT IDEAS! GRAND IDEAS!

- Go bike riding
- In preparation for wearing your cute sandals this summer, get a pedicure
- Go and play in your back yard
- Send a thank you note to your child's teacher



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