

JUNE 2009

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



MOTHER WIT



Mom's Rule!

Wake each morning with a sense of hope.



God has amazing things in store for you.

And He does all things well.

Your First 100 Days

On April 29, 2009, President Barack Obama celebrated his 100th day in the office of the President of the United States. The first 100 days of a presidency took on symbolic significance during Franklin D. Roosevelt's administration, so the period is considered a benchmark to measure the early success of a president.

We are now past the 100 day mark on the 2009 calendar, but it isn't too late for you and I to celebrate our own successes. I know that we all set goals for ourselves at the beginning of the year and if you are like me, you have been successful with some of your goals, but others have fallen by the side.

Guess what, today can be the beginning of your next 100 days. Whether you are trying to exercise more, eat healthier, change careers, return to school, learn a new skill, or find a hobby, now is your chance. Can you imagine the feeling you will have when you have been successful with one your goals by the end of 100 days?

One of my goals is to stop biting my fingernails. I do really well for about a month and then the next thing I know my nails are gone again. What do you want to accomplish in the next 100 days? Pick one goal and tell someone else about it so that they can encourage you towards your goal. I'll check in on you in a few months.

Good Luck!!!

CELEBRATE THE DAYS

JUNE 2009

Fresh Fruit & Vegetable Month · National Iced Tea Month · Great Outdoors Week 6/14-20
National Clay Week 6/14-20

National Crayon Day 6/7 · Donald Duck's Birthday · Children's Day 6/14 · Butterfly Day 6/19
Father's Day 6/21 · National Pink Day 6/23

In the Spotlight

Full Name: Marilyn

Current Residence: Illinois

Family Includes: Husband, 1 Daughter, 1 Son

Birthdate: June

Favorite Color: Burgandy

Favorite Room In Your House: Kitchen-it is the hub of the house

Favorite Dessert: Brownies

Favorite Breakfast Food: Peanut Butter Toast

Favorite Magazine: Yoga Journal

Would you rather browse through Borders, Hobby Lobby, Bed, Bath & Beyond or Carson Pirie Scott: Borders- I'm a book junkie

Given the opportunity which would you rather play with-Rock Band or an Orchestra: Orchestra - I'm in awe of their gifts!

Last Good Movie you Saw: Doubt - Meryl Streep is amazing!

What foreign country would you like to visit: Greece

Favorite time of the day: Morning- I love to take morning walks

Would you rather laugh or make others laugh: It's more fun to make others laugh!

What is your favorite picnic food: Bread and Cheese

Room With A View-If you had your wish what view would you like to see outside your living room window: A beautiful lake

Favorite Season Fall

Pick up a brush. Dip it in water and glide a watery blue across a sheet of paper. Pick up a brush. Coat every bristle with a smooth white, a fiery red, a verdant green, and lay smooth, broad strokes on clean-to-the-bone wood. Paint your lips if it makes you want to smile more often. Paint your toes, your fingers, your cheeks, your wrists, your ears, and your nose if it makes you want to dance more. Paint the pictures that are your life. Paint four T-shirts or five smooth stones from a creek. Paint every wall in your bedroom a different color. Then paint them again. Paint daisies on your doorway, circles on your floor, spiders in the hall. Paint with the eye of a child and the soul of a rainbow.

365 Words of Well-Being for Women

Rachel Snyder

PAINT

When the Smith family moved into their new house a visiting grandparent asked five-year-old Tommy how he like the new place.

"It's great", he said. "I have my own room, Alex has his own room, and Jamie has her own room. But poor Mom is still in with Dad."

Today is a celebration of the gift only you bring to the world.



Spend your day smiling, knowing in your heart what a treasure you are.

5 Things to Smile About in 2009

- * Wearing cute sandals
- * Talking to yourself
- * Wading pools
- * Believing in yourself
- * Tree swings or hammocks



BRIGHT IDEAS! GREAT IDEAS! GRAND IDEAS!

- Visit your local Farmer's Market
- Spend more time outdoors than indoors during the weekend
- Treat yourself to something pink-t-shirt, sandals, manicure, pedicure
- List 5 things you would love to do "if you only had the time". Do one of them.



Kid's Corner



7 Things Kids Appreciate

1. Getting hugged spontaneously.
2. Going out individually for a special breakfast with Mom and/or Dad.
3. Not being compared with siblings, but helping each child see their own unique qualities.
4. Knowing that parents aren't perfect either.
5. Knowing that their pictures are in your wallet.
6. Knowing that they will get a chance to explain their side of the story.
7. Having "family meetings".

Easy Ways to Eat More Fruits and Vegetables As Part of A Healthy Diet

- Add fruit to your cereal, low-fat yogurt or oatmeal.
- Snack on fruit during the day. Grab a banana, apple, or some grapes on your Way out the door.
- Eat a colorful salad at lunch. Try mixed greens with tomatoes, carrots, broccoli, and bell peppers.
- Make fruits and vegetables half your plate.
- Snack on raw vegetables with a healthy low-fat or fat free dip.
- Enjoy your favorite beans and peas. Add them to salads and low-fat dips.
- Eat at least two vegetables with dinner.
- Have fruit for dessert.



Visit www.fruitsandveggiesmatter.gov for more information on Fresh Fruit and Vegetable Month.

Great Job!!!!

Tiffany participated in the American Cancer Society's Walk & Roll event on May 17, 2009 in Chicago's Grant Park.

Thanks Tiffany!

Celebrate National Pink Day

Pink Flowers

A Manicure with **Pink** Polish

Pink Bubblegum

Pink Milkshakes

Pick one **pink** item and share it with your friend today.

Tickled Pink

Pretty in Pink

Think Pink

www.pinkmagazine.com

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<http://itsallpink.com/>