

AUGUST 2009

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



# MOTHER WIT

ANOTHER YEAR  
BRIGHTER !!!

AUGUST

Sharon Hughes	2nd
Kimberly Chandler	6th
Angela McCoy	7th
Dequwalla Malone	17th
Tammie Kelley	25th
Madge Douglas	29th
Erica Kokuma	31st
Gloria Yancey	31st

**Laugh  
often.**



**Dream  
Big.**

**Reach for the stars !**

You are God's beauty and the focus  
of His affection and delight!



**O**ur days begin in the early hours of the morning and end sometimes late at night. During the course of the day we tend to become all things to all people-our husbands, our children, our bosses or employees, our extended families, the people we volunteer with and the list can go on. We give so much of ourselves and then we give some more and then some more. No wonder we find ourselves drained at times, needing a break, needing an opportunity for some "me" time. Our attention is focused on others so how can we possibly think about ourselves. Well, there is good news for us-God thinks that we are beautiful and believe it or not while our focus is on others, His focus is on us.

*"God has designed you wonderfully well. He thinks about you every minute of every day....."* Lori Shankle

That makes me feel so much better. How about you?

**CELEBRATE THE DAYS**

**AUGUST 2009**

National Don't Wait-Celebrate Week 8/9-8/15 · Sisters Day 8/2 · National Family Day 8/2  
Friendship Day 8/2 · National Relaxation Day 8/15  
National Thrift Shop Day 8/17 · Touch a Heart Tuesday 8/25

## In the Spotlight

**Full Name:** Mary Colleen Murray Klimczak

**Current Residence:** Evergreen Park, IL

**Family Includes:** Hubby- Greg,  
Sons- John, Daniel and Andrew, ages 4-11

**Birthdate:** October 7

**Favorite Color:** Green

**Favorite Room in Your House:** Bedroom

**Favorite Ice Cream Flavor:** Caramel Caribou

**Favorite Breakfast Food:** Fruit pie with a wedge of cheese.

**Would you rather eat fruits or vegetables:** Fruit

**What is your favorite store to browse in:** Borders Books

**Which would you prefer to view-sunrise or sunset:** Sunset

**You're going on vacation, what foreign country would you choose to visit:** Newfoundland, Canada

**Favorite holiday:** Thanksgiving. All about gratitude and being together, not so much hype and gifts

**Which would you prefer to be a part of-A rock band or an orchestra:** Been part of an orchestra, now I'd want to be a rock star.

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

**You have \$500 in cash to spend, what would be the first thing you would buy:** Flowers for me and dinner for my family.

**Favorite Magazine:** Real Simple

**Favorite flower:** Lily

**Favorite childhood cartoon:** Warner Brothers / Bugs Bunny

# Surprise!

Surprise yourself today. Say something you never dreamed of saying to someone you never dreamed you would speak to. Do something unpredictable. Have tea instead of coffee; eat dinner sitting on the floor; wear lipstick or leave the lipstick off. Let others be surprised. Smile when they ask "What's going on?" Go swimming at lunchtime, take a yoga class after work, make plans to take a bus to Kentucky. Call someone you know will be shocked and delighted to hear your voice. Wear red. Wear black. Don't wear anything. Give the doorman, the mailman,, the clerk behind the register a rose. Give the bus driver some Gummi bears. Put your car up for sale. Better yet, give it away.

Surprise!!!

365 Words of Well-Being for Women by Rachel Snyder

**A** father sent his boy to bed. Five minutes later, he heard, "D-a-a-d!"

"What?" he called back.

"I'm thirsty. Can you bring a drink of water?"

"No, you had your chance. Lights out."

Five minutes later, he heard again, "D-a-a-d!"

"What?"

"I'm thirsty. Can you bring a drink of water?"

"I told you no! If you ask again, I'll have to spank you!"

Five minutes later, he heard again, "D-a-a-d!"

"What?"

"When you come in to spank me, can you bring a drink of water?"

Life is like an exciting book and every day starts a new chapter.



### Color Therapy 101 Orange!!

Orange promotes optimism, enthusiasm, and happiness. So buy an orange flower, use an orange-colored light in your living room, or put a big bowl of oranges in your office, kitchen, or dining room, and see if you feel happier.

**Read:** *More Alive with Color* by Leatrice Eiseman

**Visit:**  
[www.colormatters.com](http://www.colormatters.com)

or

[www.sensationalcolor.com](http://www.sensationalcolor.com)

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

- Buy a wind chime.
- Surround yourself with good smells.
- Get (or Give) a Pep talk.
- Let go of that which you can't control.
- Exercise



## Back to School!!



### Be a Parent Teachers Like to See\*

1. Establish a positive relationship.
2. Give help, not advice.
3. Show appreciation.
4. Be positive.
5. Pick you battles
6. Respect the teacher
7. Pray for the teacher.

\*Joe Neff-Director of Guidance-Wheaton Academy

### Boost Your Child's Success in School\*\*

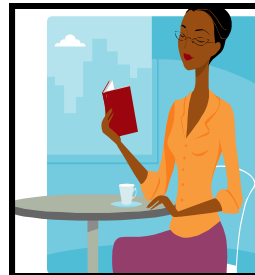
1. Set high expectations.
2. Be realistic about school successes
3. School success is a family affair.
4. School success is a worthwhile goal.
5. Establish routines. They work wonders.
6. Notice when your child improves
7. Stay connected with your child, no matter the grade level-preschool, elementary, junior high, high school or college

\*\*501 Ways to Boost Your Child's success in School

## Just Relax!

(Celebrate National Relaxation Day)

- ◆ Treat yourself to a spa experience
- ◆ Lounge around in a hammock
- ◆ Go fishing
- ◆ Go to the movies
- ◆ Spend the day at the beach
- ◆ Don't check your e-mail
- ◆ Take a bubble bath
- ◆ Take a nap
- ◆ Curl up on your couch and read a good book
- ◆ Take a leisurely walk
- ◆ Sip a hot cup of tea
- ◆ Sit and stare out your window
- ◆ Don't cook



Every woman should know someone who can make her laugh.

Homework Assignment for August:



Find something to celebrate: The end of summer vacation, the beginning of another school year, your new job, staying at home full time with your children, the fact that you have a job, your new hobby, etc. Don't forget the balloons and streamers.