

JULY 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  
Are  
Amazing!**



**You are a  
beautiful  
princess.**

**A member of God's royal  
family.**

## **It's All About You!!**



### ***Do You Have the "P" Factor?***

I was recently watching a television special about Oprah Winfrey and her "O" factor. The experience has been that if she mentions your product, your name, your business, your book on her show, it typically means instant success for the lucky person or persons.

While you and I may not have the benefits of an "O" factor, we can use something that will make our lives just as successful— the "P" factor. The "P" factor is the thinking "Positive" factor.

Ron Jensen, author of *Taking the Lead* has this to say about being positive:

- ◆ Feel positive emotions
- ◆ Think positive thoughts
- ◆ Focus on the positive in people
- ◆ Offer positive prayers
- ◆ Speak positive words
- ◆ Practice positive actions

We've all heard about the power of positive thinking and hopefully if we put the famous adage "When life gives you lemons, make lemonade" into practice, we'll have our wildest dreams come true.

I'm positive!!!!!!

## **CELEBRATE THE DAYS**

**JULY 2009**

National Ice Cream Month · National Picnic Month · National Literacy Day 7/2

Be a Kid Day 7/8 · Teddy Bear Picnic Day 7/10 · Cheer Up the Lonely Day 7/11

## In the Spotlight

Full Name: **Tammie**

Current Residence: **Illinois**

Family Includes: **2 Sons 1 Daughter**

Birthdate: **August**

Favorite Color: **Pink**

Favorite Room in Your House: **Living Room**

Favorite Ice Cream Flavor: **Vanilla**

Favorite Breakfast Food: **Meat Lovers Skillet**

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

What is your favorite store to browse in: **Kohl's**

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

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

Favorite holiday : **Thanksgiving**

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

You have \$500 in cash to spend, what would be the first thing you would buy: **A day at the spa**

Favorite Magazine: **Ebony**

Favorite flower: **Rose**

**H**ush now. Quit explaining, stop discussing. Put an end to the talk, talk,

# HUSH

talk, and hush. Breathe out slowly and feel the silence. Listen to everything, to nothing in particular. Rest your throat and your mind with a strong dose of hushed silence. When you've said enough, hush. When you've said a little too much, definitely hush. When you hear yourself start to tear down another woman, hush. When everything that comes out of your mouth begins to sound ugly and negative, hush. If you feel like whining, consider whether you'd rather just hush. When you start dredging up empty words to fill the space, it might do well just to hush a moment. SHHHHHHHH. Hear the awesome power of saying nothing at all.

HUSSSSSSHHHHH.

365 Words of Well-Being for Women  
Rachel Snyder

**P**etey came home from school with another black eye. "Have you been fighting again?" his mother asked him.

"I'm sorry, Mom," he replied.

"I told you the next time you lost your temper, you should count to ten."

"I did," said Petey, "But Jimmy's mom told him to only count to five, so he hit me first."

**S**hoot for the moon. Even if you miss, you'll land among the stars.



### 5 Things to Smile About in 2009

- \* Your children
- \* Shrugging your shoulders when things don't get done
- \* Eating all of your snack items before the movie even starts
- \* Yard sales
- \* Believing in yourself



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

- Celebrate the 4th of July, go see a fireworks display.
- Get some more exercise.
- Put together a "You are special" gift basket for someone who you think might need cheering up.
- Explore a specialty store such as a fabric store, hardware store, travel store, candle shop.



## Kid's Corner

### Avoid the Summer Slide! Stop the Summer Brain Drain!



- ◆ **The Scholastic Summer Challenge-** A four-month global literacy campaign created to motivate all children to read four or more books this summer. ([www.scholastic.com/summerreading](http://www.scholastic.com/summerreading))
- ◆ **2009 Summer Activities Challenge-** Sign your family up for the 2009 Summer Activities Challenge. Do at least 20 different Education.com activities with your children by August 31st. Each time you complete an activity, click on the “We Did This Activity” button to have it added to your Challenge Progress Page. All families who complete the challenge will receive a personalized certificate of achievement and will be entered into a drawing to win a Dell Latitude 2100 Netbook or one of 100 LEGO Creator Mini sets. ([www.education.com](http://www.education.com))
- ◆ **Barnes & Noble Summer Reading-** Kids read 8 books of their own choosing and download the Summer Reading Journal to tell their favorite part of the book. Bring the Journal in between May 26, 2009 and September 7th 2009 to receive their coupon for a free book. ([www.barnesandnoble.com/summerreading](http://www.barnesandnoble.com/summerreading))
- ◆ **Borders Summer Reading Challenge-** If you're under the age of 12, download form and list the 8 books you have read. Bring form into local Borders or Walden Books between May 26, 2009 and August 31, 2009 to receive a 50% coupon for selected items. ([www.borders.com/online/store/MediaView\\_summerreadingkids](http://www.borders.com/online/store/MediaView_summerreadingkids))



### I SCREAM FOR ICE CREAM !!!! (Celebrate National Ice Cream Month)

- A gift membership in the Ice Cream of the Month Club is guaranteed to bring a smile to the face of any ice cream lover. ([www.amazingclubs.com](http://www.amazingclubs.com))
- Did you know that Ben & Jerry's has 63 different flavors of ice cream? ([www.benjerry.com](http://www.benjerry.com))
- Ice Cream Flavorology ([www.icecream.com](http://www.icecream.com)):
  - Butter Pecan -You are the perfect worker
  - Chocolate Chip- You are competitive and accomplished
  - Double Chocolate Chunk-You are lively, creative, dramatic
  - Mint Chocolate Chip-You tend to be ambitious and confident
  - Strawberry-You are a thoughtful, logical person
  - Vanilla-You are a colorful, dramatic risk-taker
- Haagen Dazs loves Honey Bees ([www.helpthehoneybees.com](http://www.helpthehoneybees.com))  
More than 40% of Haagen Dazs all natural ice cream flavors are made with the help of honey bee pollination. Join Haagen Dazs mission to save the honey bee.

Let us be grateful  
to people who  
make us happy;  
they are the charm-  
ing gardeners who  
make our souls  
blossom.

Marcel Proust

Homework  
Assignment for  
July:



Reach out to someone who is lonely or going through some rough times. Drop them a card, give them a call, take them out for an ice cream cone or buy them a bouquet of flowers.