



“There is no more influential or powerful role on earth than a mother’s. ‘Your’ words are never fully forgotten, ‘your’ touch leaves an indelible impression, and the memory of ‘your’ presence lasts a lifetime.”

Charles Swindoll

### The “Me” Project

You have enrolled your children in a few summer camps and/or the summer reading program at your local library; you consistently meet the demands of your 9-5 job; you’ve planned your dinner menu for the entire month (if you really did, I’m impressed); you’ve encouraged your husband in his latest pursuit...now it’s your turn.

What idea have you had in the back of your mind for the last few months, the last year or the last few years?

Do you want to take a class? Pursue a hobby? Start your own business? Start a non-profit? Build a website? Write a book? Or like a good friend of mine...become a Master Gardener?

Whatever it may be, now is the time! You can now officially begin your “Me” project.

- ✓ Get a notebook because if your idea isn’t written down, chances are it won’t happen.
- ✓ Write down what your ultimate goal is for your idea. For example, are you taking a photography class so that you can become a world renowned photographer?

- ✓ Do you need to do a bit more research for your idea?
- ✓ Make a list of the steps you need to take to bring this idea to completion.
- ✓ What one thing can you do each day to move your idea forward.
- ✓ Don’t give up.
- ✓ Surround yourself with people who will be supportive.
- ✓ Picture yourself being successful with your idea.



I began my “Me” project last fall and followed all of the steps that I mentioned and my idea became reality on June 18, 2011. Take a look at page 3 to see how I was able to move forward and if you are in the Chicagoland area, I would love to have you come to treat yourself to some “chocolate therapy.”

### Celebrate Summer!!!

- ✚ Sort through all of the toys and clothes that your children have outgrown this past school year and donate the gently used ones to a charity.
- ✚ Find a farm to pick fresh strawberries or blueberries.
- ✚ Pack a lunch and go on a picnic.
- ✚ Go to a farmer’s market.
- ✚ Learn about a different culture and make a meal from that country.

#### Kids’ Rules for Life....

Please, parents, do not dance in public, especially if your kids have to watch you.

-Chase, 9

If you can’t say something nice, don’t say anything at all, which means that with some people you just keep your mouth shut.

-Brooke, 6

You should never leave the house without your children if you are going to a real fun place. But you can go to boring places alone.

-Hannah, 7



Use what talents you possess:  
the woods would be very  
silent if no birds sang there  
except those that sang best.

*Henry Van Dyke*

God adores you, and He  
always has.

## LOOK

Look at yourself, how beautiful you are. Look at the love that pours from your eyes, look at how your wisdom and experience are written all over your face. Look at the beauty of other women. All of them. Look at their lips, full and ripe, thin and dry. Look at their skin, smooth and wrinkled, creamy and coarse, olive and terra-cotta and peach and ebony and freckled and scarred. Look at how women move. See them stride, see them shuffle, see them with eyes on the ground and eyes on the sky. See them inch slowly like the turtle; see them fly like the eagle. Look at the muscles in a woman's body; look at the serenity in a blind woman's face; look at the rugged hands of a laborer. Look at every person you meet with compassion and love. Look for the good in their hearts and you're sure to stumble on the good in your own.

365 Words of Well-Being for Women  
Rachel Snyder

## *In the Spotlight*

Full Name: **Jennifer Boudreaux**

Current Residence: **San Diego, California**

Family Includes: **Husband –Tyler, Daughters-Elle-7, Cassidy-4**

Birthdate: **December 4**

Favorite Color: **Orange**

Favorite Room in Your House: **Family Room, it's right off the kitchen so I can still interactive with my family while I'm cooking.**

Favorite Ice Cream Flavor: **Strawberry Cheesecake**

Favorite Breakfast Food: **I'm not a big breakfast person, but when I do eat a leisurely breakfast, I enjoy pancakes.**

Would you rather eat fruits or vegetables: **Fruit, I love all kinds of fruit.**

Dream job: **Own a bakery**

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

You're going on vacation, what would you choose to do: **Take an Alaskan cruise**

Favorite season: **I love the summertime, so any holiday in the summer-Memorial Day, 4<sup>th</sup> of July, Labor Day**

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

You have \$500 in cash to spend, what would be the first thing you would buy or do: **Go to a spa**

Favorite Magazine: **Real Simple**

Favorite flower: **Orchids**

Do you keep a journal: **Yes, I write in it every single day.**

Do you have a favorite daytime television show that you watch: **The View and anything on the cooking channel**

Your favorite piece of technology: **IPad, I love mine**

## Treat Yourself to Chocolate Therapy for Women



A Series of Seminars Designed to  
Inform. Encourage. Inspire.  
(with a little chocolate on the side...)

Great speakers (Local experts)  
Interactive Activities  
Get to Know a Local Non-profit  
Raffles

and *Chocolate Dessert*.....

### What's Up Doc?

Local health care professionals will discuss ways to enhance your  
health, starting today!

**Saturday July 23, 2011**

**11:30 a.m.-2:30 p.m.**

Cost: \$30\*

**Prairie State College  
Business & Community Education Center**

Vollmer Road and Halsted Street  
Chicago Heights, Illinois

Register online at  
[www.chocolatetherapyforwomen.com](http://www.chocolatetherapyforwomen.com)

Questions ?  
[hrogers@the-savvy-woman.com](mailto:hrogers@the-savvy-woman.com)

A girl's day out, a networking opportunity,  
or more importantly, a few hours away to  
"treat" yourself to some *chocolate therapy*.....

(\*Register before July 15, 2011 and get the early bird  
discount of \$5. Discount code is Savvy\_100.)

## Caught Up in the Web



- **Kids Finance**  
<http://kidsfinance.com/index.html>  
The site was launched by **Hollis Page Harman**, a financial educator, as a tie-in to the last chapter of her children's money management book, *Money Sense for Kids!* © (Barron's).
- **Suitcase Entrepreneur**  
<http://suitcaseentrepreneur.com/>  
**Natalie Sisson** helps you find creative ways to run your business from anywhere using online tools, social media and outsourcing.
- **Savvy Woman**  
<http://the-savvy-woman.com/>  
Serves as a resource where you can come back again and again to find information that is specifically for women.



One day a young mother was sick in bed at home. Even though her daughter was only 4 years old, she always tried to "help" mommy. She got magazines for her mom, fluffed all the pillows, and even made a cup of hot tea.

Delighted with the care, her mother asked, "Who taught you how to make tea?"

"Oh, Mommy, I've seen you do it lots of times," the little girl said. "But I couldn't find the strainer, so I used the fly swatter instead."

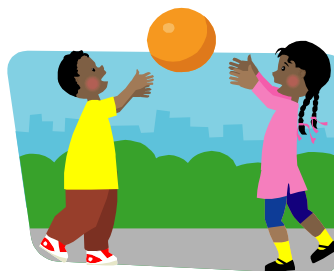
"You what?" her mother said in alarm.

"Don't worry, Mommy. I didn't use the new fly swatter-I used the old one."

## Stop the Summer Brain Drain-2011

The U.S. Department of Education reports that, on average, children are set back by 25% in reading skills each summer. This phenomenon is so well known that educators even have a special name for it – either "the summer slide" or "summer brain drain." Teachers often invest the first two months of every school year focusing on lesson plans that help students regain skills they lost over the summer.

- **Barnes & Noble Summer Reading Program- Imagination's Destination**  
<http://www.barnesandnoble.com/summerreading/index.asp>  
(May 24-September 6, 2011) Kids earn a FREE book after they read 8 books and record them in the downloadable journal. There is also a downloadable parent's activity kit.
- **2011 Summer Activities Challenge**  
<http://www.education.com/activities-challenge/?cid=60.17>  
Do fun activities. Win great prizes. Do at least 5 different [Education.com activities](http://www.education.com/activities) with your kids before Jul 31, 2011. Click on the "We did this activity" button to have it automatically counted toward your goal.
- **Borders Summer Reading Program-Double Dog Dare Challenge**  
<http://media.bordersstores.com/pdf/formDoubleDogDare.pdf>  
(June 1-September 5, 2011) Read 10 books and get one free. Download form from website.
- **Michael's Passport to Fun**  
<http://www.michaels.com/Passport-to-Fun/PTF,default.pg.html>  
(June 21-July 30, 2011) Michaels is offering several fun events in their stores this summer. Your kids will have the opportunity to create over 50 craft projects from countries around the world.



**“Children will not remember you for the material things you provided, but for the feeling that you cherished them.”**

**Kid's Corner**

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**Join Mother Wit on  
Facebook**

**Feel free to share the newsletters with  
your friends, family,  
co-workers.**

**Send their e-mail addresses so that  
they will get a chance to be  
“In the Spotlight”.**

## All in One

When I'm weak, You are my strength.  
When I'm afraid, You are here.  
When I'm sad, You are my joy.  
When I'm in despair, You are my hope.

When I'm alone, Your presence stays.  
When I stumble, You catch me.  
When I don't understand, You are my Teacher.  
When others hurt, You are my Healer.

When I am clinging on, You are my Rock.  
When I am overwhelmed, You are my Peace.  
When I am unsure, You are my Guide.  
When life is too much, You are all I need.

- Ngozi Nwabineli