



She is the guardian of the family,  
the queen, the tender hand of love.

A mother is the best friend anyone  
ever had. A mother is love.

There is no influence so powerful  
as that of a mother.

## *Celebrate Motherhood!!!*

- ♥ Remember to thank God for the honor of being a Mom
- ♥ Don't sweat the small stuff with your kids
- ♥ Take care of yourself
- ♥ Give yourself a break
- ♥ Send a card to a friend who is trying to balance motherhood just like you

## *Don't Wait !! Go Ahead and Celebrate*

I love anything that has to do with parties-balloons, confetti, colored plates and napkins and banners. Maybe because when you are buying these items it means that you are getting ready to celebrate something.....

I was in one of my favorite stores, Target a few days ago and I just happened to walk down the aisle that had all of the party supplies. There were balloons, streamers, confetti and the other typical party items. For some reason just walking down the aisle and looking at everything brought a smile to my face. *(As you can see, it doesn't take much to make me happy-smile)* Before I knew it I had started picking up balloons, the streamers and some other things before it dawned on me that there was really no reason for me to be shopping for party supplies.

However, the thought came to me.... Sometimes I get so busy being busy that I forget to celebrate everyday life. I figured I could celebrate:

- ✓ My son's upcoming 8<sup>th</sup> grade graduation
- ✓ The fact that my daughter has completed her junior year in college
- ✓ Johnny and I both have skills and talents that have helped us survive the economic downturn during the last few years
- ✓ I am surrounded by a wonderful support system



So, it's time for you to do the same thing.... Take a trip to the Party Store and get your balloons and some confetti. Once you get back home, jot down three things you can celebrate, blow up your balloons and throw that confetti into the air!!!

### **Kids' Rules for Life....**

Parents shouldn't send kids out of the room and then talk about us behind our backs.

-Keanne, 9

Parents should never do things their kids aren't supposed to do. They should go to bed the same time us kids go to bed. And they should never ever watch TV when it's past our bedtime.

-Jessica, 6

Don't backtalk your parents. No matter how hard you try to backtalk, they will always get the last word.

-Alice, 8



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

*Iyanla*

Shoot for the moon. Even if you miss, you'll land among the stars.

Les Brown

## **BALANCE.....**

When you find yourself teetering too far in one direction, bring some balance back into your life. Balance your work time with playtime. Balance your social butterflying with quiet, uninterrupted periods of solitude. If you've been giving too much, let everyone know you're ready to receive. Balance your diet. Too much of any one thing-no matter how good-can never be good. If you've been running around at breakneck speed, slow down before an accident or an injury does it for you. If you've been sitting in front of a screen (any screen!) for too long, get up from your chair and dance or walk or swim or stretch. When you feel like you've been balancing too many things for too long, put some down. Do it slowly and mindfully so you don't lose your balance while you do.

365 Words of Well-Being for Women  
Rachel Snyder

## ***In the Spotlight***

**Name:** Amy Van Buren

**Birthdate:** May 25

**Current Residence:** Georgia

**Family Includes:** Husband-Jay, Sons-Jacob-4, Matthew-3, Daughter-Madison-1

**Favorite Color:** Orange

**Favorite Breakfast Food:** Blueberry Pancakes

**Favorite Time of the Day:** Early, early morning

**Favorite View: Ocean or Mountains:** I would love to be able to look out at the ocean from my bedroom window

**Favorite Flavor of Ice Cream:** Ben & Jerry-Chunky Monkey

**Favorite Fruit:** Grapes

**Favorite Season:** Hot, hot summertime!

**Choice to live either in New York or Paris for A Year:** Paris

**Choice between a picnic in the park or dining in a fine restaurant:** Dining in a fine restaurant

**If you had to chose which would you like to be known for-Accomplished Pianist. Famous Artist, Renowned Surgeon:** Accomplished pianist, I love music

**Favorite Summertime Activity:** Saturday picnics

**Last Good Book You Read:** Anything by James Patterson

**Which would you prefer for a vacation-Alaskan Cruise or African Safari :** African Safari

**Would you rather watch the Summer Olympics or Winter Olympics:** Summer Olympics

**Do you still keep in touch with any of your childhood friends:** Yes, I still get to see my best friend from the third grade

**You have the opportunity to be on television, would you rather be in front of the camera or behind the camera:** Behind the camera, I like giving people orders

**Plants or fresh flowers:** Fresh flowers, I definitely don't have a green thumb



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' [Office on Women's Health](#). It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2011 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- Getting at least 2 hours and 30 minutes of moderate [physical activity](#), 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
- [Eating a nutritious diet](#)
- Visiting a health care professional to receive regular checkups and [preventive screenings](#)
- Avoiding risky behaviors, such as [smoking](#) and not wearing a seatbelt
- Paying attention to [mental health](#), including getting enough sleep and managing stress

Take the pledge.....

### I will:

- Contact my current health care professional to schedule a checkup and get important screenings.
- Discuss with my health care professionals which screenings and tests are right for me, when I should have them, and how often.
- Use the [interactive screening chart and immunization tool](#) to learn what screenings and immunizations I need and at what age.
- Schedule at least one preventive health screening during May 2011.

## Caught Up in the Web



- Renee Trudeau  
<http://www.reneetrudeau.com> The purpose of Renee Trudeau & Associates (RTA) is to empower, support and inspire women and their families to define and create the lives they desire, experience greater life balance and enhance overall physical, emotional and spiritual well-being.
- **Market Mommy**  
<http://www.marketmommy.com> Market Mommy mission is to help mom business owners learn how and where to market their small business. Market Mommy offers a multitude of [marketing services](#) and [resources](#) to help you establish and sustain a successful marketing plan.
- **Girlfriendology**  
<http://girlfriendology.com> Online community for women to inspire you to appreciate and celebrate female friendship. Their goal is to make the world a better *place one friendship at a time.*



"I am happy to see you," the little boy said to his grandmother on his dad's side. "Now maybe my mom will do the trick she's been promising us."

The grandmother was curious. "What trick is that?"  
"I heard her tell Dad that she would climb the walls if you came to visit," the boy answered innocently.

## *31 Days of Celebration*

There are 31 days in May, so here are 31 different ideas to help you celebrate your love for your children.

1. Hug every morning.
2. Create family traditions.
3. Apologize when you're grumpy.
4. Be consistent.
5. Say, "I Love You" frequently.
6. Teach responsibility and respect.
7. Appreciate them.
8. Let them be silly.
9. Compliment them.
10. Buy ice cream cones.
11. Choose your battles.
12. Don't yell.
13. Accept imperfection.
14. Invite their friends over.
15. Reward good behavior.
16. Go to their favorite restaurant.
17. Know when to be gentle.
18. Know when to be firm.
19. Be patient.
20. Say "no" when needed.
21. Laugh Often.
22. Listen
23. Build memories.
24. Keep promises.
25. Pray with them.
26. Pray for them.
27. Talk at every bedtime.
28. Don't discipline in anger.
29. Tell them you're proud of them.
30. Eat meals together
31. Protect them.



Your child, a gift from God, beautifully wrapped in the colors of the earth.

*Kid's Corner*



Don't miss out on God's abundance. Every day is a beautifully wrapped gift from God. Unwrap it; use it; and give thanks to the Giver.

## *HAPPY MOTHER'S DAY*

To the mothers who:

- ♥ have set up all night long with a sick toddler in their arms
- ♥ run carpools and make cookies and sew costumes for the school plays
- ♥ ache as they see their once innocent babies move into the "tween" and then teen years
- ♥ are stumbling through diaper changes and sleep deprivation
- ♥ teach their sons to cook and their daughters to sink a jump shot
- ♥ lock themselves in the bathroom when their babies keep crying and won't stop
- ♥ feel the need to flee from wherever you are when you hear news of a school shooting, a fire, a car accident, a baby dying, so that you can hug your own child
- ♥ are married, are single, who work outside of the home, and those that stay at home
- ♥ are just trying to do a great job....

*Remember, Motherhood is a partnership with God.....*

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