

WOMEN INSPIRING WOMEN FOR GOOD!

COMPLIMENTARY



# W2W

WOMEN 2 WOMEN  
MICHIGAN MAGAZINE

Miracles/Empowerment

## Judy Dawley

A MARRIAGE OF ART & PHILANTHROPY WITH JUDY DAWLEY

**Unmasking Pain**  
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Susan Lamphier  
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Dear Friends,

It seems as though we blinked and the holiday season is already upon us!

Deb St. Hilaire reminds us that it is not about giving the best presents, but more about giving the best presence. Reference our Holiday Gift Guide for local shopping inspiration. The holidays are the best time to support local businesses in your community! Escape the cold with Karen DeVault as she takes us on a snorkeling excursion with a life epiphany in A Lesson From The Reef. Take some eye-opening tips from Stacey Kimbrell in Beating the Monthly Beast. Right in time for hair perfect holiday season, Tami Sackett enlightens us on how the water we use can affect the condition of our hair. Stay tuned for 2018 when Tami opens up her column to all of you for an opportunity to have your hair and beauty questions answered!

As the hustle and bustle of the holidays swirl around us, we forget to take time for ourselves. It is okay to take a break, soak your feet and drink a little egg nog. So after you have decked the halls and trimmed the tree, raise a glass to yourselves.

Lastly, we ask all of you to remember that each and every one of you bring something special to those around you. Make memories, enjoy friends and love yourself. We think all of you are the best gifts!

Cheers!

Deb & Susan

*Happy Holidays  
From the  
Staff of  
Women2Women  
Michigan Magazine*



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# W2W Women Inspiring Women for Good!

## Our Mission:

Women2Women Michigan was created to connect women with women for good to encourage, support, have fun, do business and provide links for women's resources.

## DO YOU KNOW A MICHIGAN WOMAN WE SHOULD FEATURE?

Submit your stories online at [w2wmichigan.com](http://w2wmichigan.com). Article guidelines are under the magazine tab.

## WHY ADVERTISE WITH US?

Women make the majority of purchasing decisions. They buy goods and services for their homes, gardens, businesses, entertainment, health and nutrition, the list is endless. They want to be informed and connected in their communities. Event-driven marketing makes education fun and rewarding. You can reach these women in a heartwarming environment at Women2Women Michigan events and through our magazine.

## READERSHIP & DISTRIBUTION

Women2Women Michigan magazine is distributed to subscribers via US mail. It is also available at every Women2Women Michigan event, chamber events, and women's organizations. It is professionally delivered by to over 400 locations with 25 outside vendor racks throughout the area including restaurants, hospitals, retail locations and medical offices in southeastern Michigan. Interested in hosting a distribution location? Call 810.694.2326 or email at [info@w2wmichigan.com](mailto:info@w2wmichigan.com) Would you like to subscribe? Subscribe online or email us at [info@W2Wmichigan.com](mailto:info@W2Wmichigan.com).

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# Merry Christmas from our Family to Yours!



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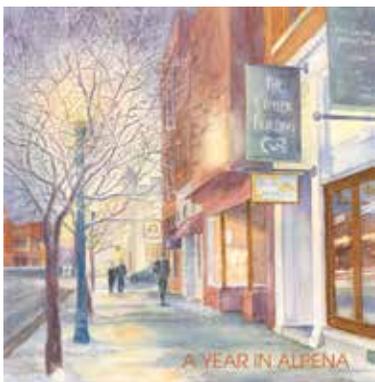
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# A MARRIAGE OF ART & PHILANTHROPY

*with Judy Dawley*



**A** serendipitous meeting at a neighbor's house led Judy Dawley to create sixty watercolor paintings, publish two books and collaborate on an art project that is now going on five years. It started with *A Year in Alpena*, a watercolor art book of everyday street scenes in all four seasons.

Born in Manhattan and raised in the lakes area of New Jersey, Judy Dawley, a retired schoolteacher and artist, lives in Alpena, MI on an island on the Thunder Bay River.

Dawley said, "Between living in a wild-life sanctuary and a charming small town, there's no end to interesting subject matter. It's that childhood of lakes, woods and hills that connects to my life in Northern Michigan."

Christine Witulski, the Besser Executive Director and Dawley came up with an idea of a book of paintings of Alpena to publish and sell as a fundraiser for the museum. They found an underwriter to produce *A Year in Alpena* of thirty of her paintings. This first book proved so successful that they decided to do a sequel, *Alpena Once More*, which was published in July. Each book took about two years to paint, print and publish. Dawley

donates the use of the images for the book and art prints. The Besser keeps the profits from whatever it sells.

### **Technique and Style**

The book captures everyday life - the community, the tourists and the seasonal customs of a small town. Some of her subjects include: a maritime festival; a chowder fest; deserted snow street scenes; flowers baskets and the rain slick streets of downtown Alpena.

Anchored by a friend, Dawley even hung out the third floor window of the Centre Building to photograph diners in front of the restaurant below.

Dawley said, "My paintings are narrative in nature. They chronicle life in rural Michigan, especially Alpena. When people look at a painting of a place they know, they view it in a whole new light."

*"I love that people  
put themselves in  
my paintings."*

"People have told me my paintings make them feel positive about the area. And people who don't know Alpena see an attractive town to visit.

It's so funny, because people say, 'I'm pretty sure I'm in that painting.' They think they're in the paintings all the time. They say, 'I think that's me' and I love it! I love that people put themselves in my paintings."

Dawley said, "There is a tactile pleasure in painting, the feel of the brush dipping into juicy puddles of watercolor, the way the paints collide on paper. Then there is the cerebral aspect. Every step of the painting process is a problem solving challenge. And the challenge is a joy, an energizer. But I've found I also need a purpose, and promoting the Alpena area is very rewarding."

### Arts & Culture Up North

Dawley believes that NE Michigan and Alpena especially, are experiencing a bit of a Renaissance right now. The area is home to a few more galleries, wineries, breweries, restaurants and public art. There is a collective effort to market the natural beauty of this coastal community nationally.

Dawley said, "There's a vibe in the air, a positive outlook. Forty-five percent of residents are now between the ages of 18 and 35. They're coming back to become entrepreneurs, medical professionals and educators. Alpena has so much to offer and I want to help promote the area through my art."

Other entities have also been able to use her images to promote Northeast Michigan. For example, the Lake Huron Discovery Tour used images from the first book to promote its inaugural 'There's More to See on 23' campaign in 2015. Large reproductions were installed in the windows of the Centennial Building to promote Alpena's first series of Art Walks this past summer.

### Opening a Door to a Second Act

Dawley said, "This is my Act Two. I'm sixty-eight, and all of a sudden I have this door that opened up. It's fascinating and fun. It's a big door...it's a lot of paintings. It seems odd to start this new phase of life in my 60's, but sometimes life gives you a little push.

I had stopped painting during the last decade of my teaching career because being a weekend painter was too frustrating. It's really hard to constrain yourself to just paint on the weekend. You're into a painting and it's hard to put things away. I put my art and my creativity into my classes. I did artwork with the kids and rolled my art and creativity towards them. I got to enjoy the creative process; I just wasn't doing it with watercolor on paper.

If it isn't going to be satisfying, sometimes it's better to just tuck it away.

That's the funny thing. I have an undergraduate degree in anthropology plus a teaching certificate and a master's degree in early childhood education. My whole career was devoted to teaching children of all ages. But I have no formal training in art. My teaching background tells me that all subjects, including art, involve skill sets that can be taught. I've read a lot of books and ruined a lot of watercolor paper. Even after I retired I was just occasionally dabbling.

Then I tore a retina. Thanks to a wonderful surgeon my sight was saved, but it made me realize that you shouldn't take the time and the talents you have for granted.

A formal education in an area is not the only path to credibility. It's what you produce that speaks for you. If I were in NY, I'd never be doing anything like this. I'd be at my kitchen table playing around, never thinking I could sell anything or do anything for anybody. But here, you feel like you have more of an opportunity.

You just never know what a project will lead to...as far as philanthropy goes. The first book made more money

than we expected and it branched out. It's like throwing a pebble into a calm pond and watching the ripple effect.

This next chapter in my life would not have happened without the support and kindness of my family - my husband Gary, two daughters and five grandchildren - and community. The support in a small town is crucial.

Alpena has been very kind to me...very kind."

### What encouraging tips do you have for W2W readers?

~ The old cliché, 'When one door closes another opens', is true, but you have to be willing to open the door. Actually, you have to see the door in the first place. Keep looking for new opportunities.

~ Sometimes a small part of your past life lies dormant only to emerge later as an opportunity to explore new career paths. Years ago I dabbled in paints but would never have called myself an artist. Today, art is a major part of my life and identity.

~ Don't put off taking chances and seeking new opportunities. It keeps you feeling young and energized.

Some of Judy's original paintings can be purchased at Forty-five North Gallery in Alpena. [www.facebook.com/artinalpena/](http://www.facebook.com/artinalpena/)



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Have you ever known someone who passed away suddenly? I'm not talking about a parent who is aging and slowly forgets names or dates. Nor am I referring to folks with prolonged illnesses. Those kinds of deaths creep into our psyche and we are able to face our feelings before the day of departure occurs. Well, sort of.

Sudden death is swift and takes our breaths away. I know. It happened to Sonja and Nida, two friends who died 30 years apart.

Sonja was a student in one of the English classes I taught at Marygrove College in Detroit. She was a young impressionable spark of a girl who looked up to me for knowledge and guidance. She had worked in an auto factory before being laid off and wanted to better her life so she had sought a short-term training program to assist her with a brighter future. Time has taken its toll on most of the details, but I remember she had dark nappy hair and a tremendous smile.

One day she was in my classroom, and the next day she was dead. They said it was an aneurysm.

I attended the funeral and laughed as much as I cried because my emotions would not settle down. Inside of my head I was screaming at the "top of my lungs." Youth shattered. Life gone. I was broken. I still have the funeral card. She mattered.

Two weeks ago another friend, Nida, left suddenly. She went in for a bit of repair surgery, came out healed and happy and then died from a blood clot. Her husband received a call from the hospital and thought they were contacting him to pick her up.

He held the phone in his hands and screamed. The news changed him forever. And me as well.

I'm smiling at memories of our times together, but I'm also sobbing as I remember her shawls and warm loving arms. She was goodness, courage, strength. Nida was an advocate for all who were too ill, too tired, too anything. She never judged.

Both of these women lived their lives so well. They found a path and they journeyed. Sonya's path ended early, and Nida was fortunate to have more time. Both touched me in ways that words can't capture.

Tomorrow, we bury Nida. She is probably dancing and preaching and inviting all around her to love. As for me, I'm preparing myself for sudden death. It's time to forgive all with whom I have a grudge. It's time to say thank you to everyone for helping me in any way. It's time.

Tomorrow isn't promised. Tonight isn't guaranteed. Make every second matter.

# Why are Father's Important to their Daughters?

Having a healthy relationship with your father not only helps to increase the self-esteem of a young girl. It provides the foundation for girls to become confident and secure women, who are aware of their worth. Fathers who are a positive influence in their daughter's lives teach their daughters that females should be respected, loved and cared for by others in their lives. Unfortunately, not every girl is fortunate to have a positive father figure. Therefore, it leaves them unprotected, unprepared and susceptible to an increase in unhealthy choices and relationships. Women with little to no relationship with their fathers tend to become, experience or feel:

- Feel unworthy of love
- Fear of rejection
- Unhealthy attachments
- More than a little insecure
- Struggle with trust
- Commitment issues
- Overly controlling
- Partner pleaser



What can you do if you're experiencing "Daddy Issues?" Seek the help of a licensed health professional to help you overcome and heal from the challenges associated with a dysfunctional or lack of relationship with your father. For more information contact: Re-Connect My Life Counseling & Consulting to learn about our upcoming therapy group for "Women Dealing with Daddy Issues" at 810.515.1931 or email: [info@re-connectmylife.com](mailto:info@re-connectmylife.com)

Resources: <https://www.fatherhood.org/father-absence-statistic>

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***When women rally  
around an idea to change  
and save lives,  
anything is possible.***



# WORK WITH YOUR BODY

If you surf around social media looking for fitness inspiration, you'll come across hundreds of people sharing their journey. It can be really motivating to follow them for their workout moves, meal ideas and fitness tips. You may even begin to try and do exactly what they're doing.

The good news is that you're moving your body and probably eating better. The bad news is that what works really well for some does not work well for others, so you may be setting yourself up for disappointment and frustration.

The decision of whether you should engage in long cardio sessions or heavy weights, intermittent fasting or ketogenic diet greatly depends on your body type, and often as we try to measure up to someone who is built completely different than we are, we end up working against ourselves and our natural strengths.

There are three main body types; Ectomorph, Endomorph and Mesomorph. While we are often a combination of two, there will still be a predominant one that can be really useful to guide us in choosing the best forms of exercise and diet for our goals.

Ectomorphs are long-limbed and tend to be thin (or skinny-fat) with small joints. They have a higher metabolism but have difficulty building muscle. Endomorphs have larger joints, tend to have a pear shape and retain body fat easily. Mesomorphs are naturally strong with broader shoulders and build muscle easily.



Depending on your main body type, you will find some things to come fairly easily while other things take greater effort. Think of them as frameworks we can use to empower us.

For example, if we are long-limbed with narrow hips, it does us zero good to make ourselves crazy trying to attain the build of someone who is short-limbed and curvaceous. Letting go of the perfect idea of a fit body that resides in our head is a big step in feeling really good within our own skin. While we cannot change our genetics or bone structure or musculature features, we can lose fat or gain muscle and become the best we can be.

Determining your own body type and then choosing the foods, cardiovascular exercise and resistance training that support you will enable you to work with your body's unique capabilities and experience transformation more easily.

Remember, while we may admire people with a different body type than our own, each body type is beautifully designed. Embrace who you are, treat your body with the care it needs and work WITH your body instead of against it.



◀ Tamra Klaty is a health and fitness coach and certified instructor for CIZE Live classes. You can learn more about what she does at her facebook page at [www.facebook.com/DesignedHealth](http://www.facebook.com/DesignedHealth)

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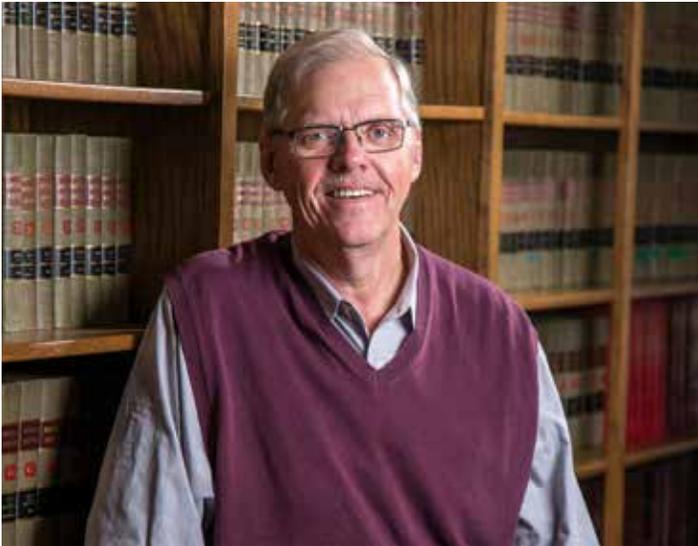
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## WINTER SURVIVAL TIPS FOR SENIORS AND FAMILY CAREGIVERS



**Al Jones, MBA, CSA, CDP, Owner Comfort Keepers**

Winter can pose a dilemma for caregivers and families taking care of seniors. Sometimes seniors refuse to bathe because of the cold and once they become cold it often takes a longer time for them to warm up. Battling over the thermostat is also challenging for caregivers. While family members may be sweating because it's so hot inside, their senior loved ones are struggling to stay warm despite the heat being up.

So with this in mind, here are some winter suggestions you will find very helpful:

- 1** Turn up the temperature **before** bath time. Space heaters or overhead heaters are helpful and need to be used very carefully. Put towels over the toilet seat and use plush rugs over tile floors, always staying with your loved one to make sure they don't fall.

- 2** **Poor circulation** causes seniors to have difficulty regulating body temperature. Heating pads, layered clothing, or microwaved bean or rice bags can help seniors stay warm. Use supervision when applying these and make sure they aren't too hot or directly on the skin. Use heating pads with an automatic shut-off switch.

- 3** Keep seniors **hydrated**. Just because it's cold outside doesn't mean seniors need less water. It's so important to keep seniors well hydrated. This also helps with poor circulation.

- 4** Use **good moisturizers**. Skin can become especially dry during the winter.

- 5** Be especially cautious when going outside. If your loved one needs to go out, make sure someone can accompany them. It may be better to wait for a clear, dry day rather than risk falling. **Icy sidewalks and driveways** can increase the risk of a slip or fall injury. Encourage your loved one to dress in layers to help them stay warmer. Loose-fitting clothing made of natural fabrics is best.

- 6** A **storm ready pantry** and an emergency supply of **medication** on hand may eliminate the need for them to have to leave the house during severe weather.

Every family is different and will need to adjust conditions to what works best for them, but these are all important considerations when caring for our senior loved ones. At Comfort Keepers we train our staff to be attentive to senior's safety. We want our clients to feel comfortable and safe in their homes.



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# BEATING THE MONTHLY BEAST!

**D**id you know that 9 out of 10 young girls starting as young as 8 years old to grown women still have monthly symptoms of Dysmenorrhea (PMS) ....unnecessarily?

At the age of 12, the monthly feeling of dread set in for me. It didn't take long to find out what real abdominal and low back pain was. Along with a major headache and emotional feelings of love and hate at the same time. Yes, PMS had set in and when it did, I didn't go to school or work for 3 days. On average, I would take 2,800mg of Advil/Motrin a day just to function. Then doctors put me on birth control at the age of 14 and I stayed on it until 24.

The endocrine system is made of 9 major glands located throughout our body that releases hormones that help CONTROL and COORDINATE the body via the blood stream. They do this by regulating the functions of organs via the nervous system to help maintain homeostasis.

Hormones are chemical messengers that communicate with and regulate each other. They literally coordinate all the important functions and areas in the body such as cellular metabolism (including the body's ability to change calories into energy, sugar and mineral balance), heart rate, digestion, reproduction, sexual development, sleep, feeling of well-being, hunger, thirst, drive, and psyche.

When the glands do not produce the right amount of hormones, diseases develop that can affect many aspects of life and may cause osteoporosis, cardiovascular heart disease and Cancer. Factors that affect endocrine organs include: aging, certain diseases and conditions, stress, genetics, hormonal deficiency that were passed down because of parents' lifestyles. Environmental elements also have affect, which includes; toxic endocrine chemical disruptors found in our foods, drinks, body care, and cleaning products.

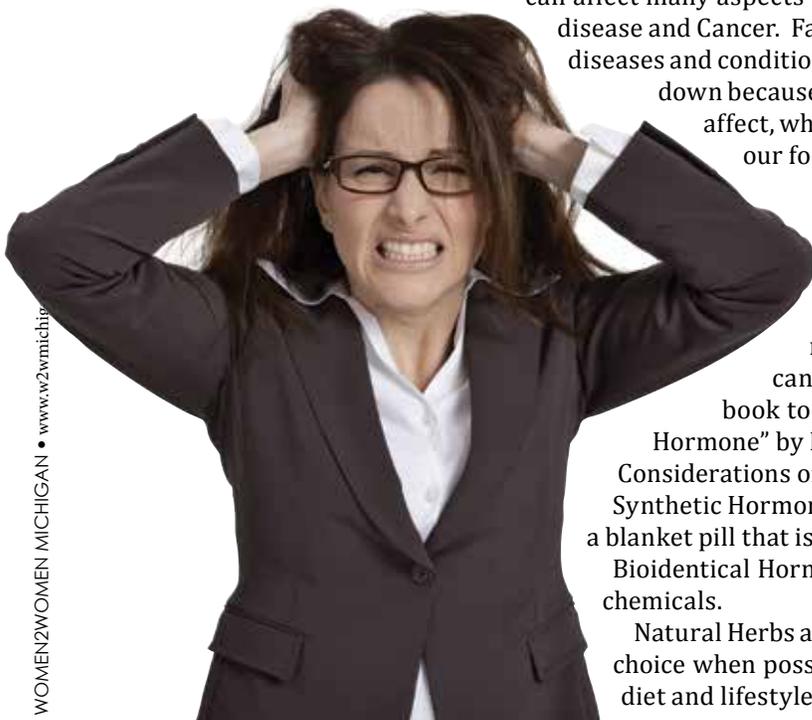
Just having low progesterone can cause; PMS, headaches, especially bad migraine headaches, endometriosis, adenomyosis, hot flashes, day and night sweats, TMJ (from lack of progesterone, insomnia, dehydration leading to neuropathy, lack of libido, hair loss, increase of acne, to name a few. We have been taught that there is nothing we can do about these symptoms. That is just not true. A good book to read is "Progesterone the Ultimate Women's Feel Good Hormone" by Dan Purser.

Considerations of Better Choices:

Synthetic Hormone replacement prescription- not the best choice, since it's a blanket pill that is given to many people.

Bioidentical Hormone Replacement- a better choice but still has synthetic chemicals.

Natural Herbs and Young Living Essential Oils products are a much better choice when possible. It is very important to have a proper, chemical free diet and lifestyle, get plenty of exercise and quality sleep.



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Ask your health care professional to test for any possible hormone imbalances. You have the right to know so you can make informed wellness decisions. Become aware of how to read blood work. For Progesterone testing 0.5 -10 is normal ranges. 0.5 is almost 0! Per Dr. Purser, you would want to be more in the mid-range to prevent unwanted health issues.

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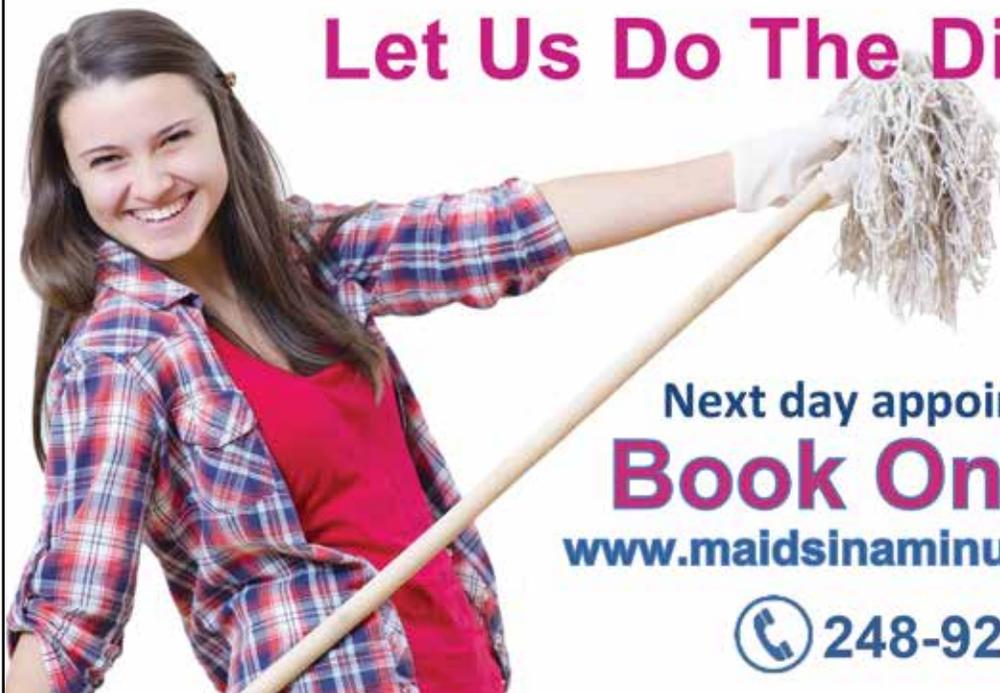
I was addicted to big pharma drugs for years. Because of my lifestyle changes I have been prescription and over the counter medicine free for over 10 years. Become your own health advocate like I did, No one cares more about your health than you!

► *Stacey Kimbrell is a Natural Health Professional, Chemical Awareness & Essential Oil Advocate, International Speaker and Author of Living Balanced. Stacey's desire for you is to "Live with Hope & Zeal in all things." To schedule an appointment or educational workshop 810.423.5721 Stacey@staceykimbrell.com LivingAnointed.com LivingChemicalFree.com OurDailyDrop.com*



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# UNMASKING PAIN

***P - Prevailing Into Purpose, A - Activating Your Authority, I - Inspiring Others, N - New Woman***

*"You See The Glory Upon Our Life - But You Don't know My Story"*

Why is it that God can bless us with everything we need on the inside to be successful and we are still frustrated, crying and talking about someone else's business? We are all struggling to take care of our own family and often times don't have toilet tissue and paper towel readily available in our homes. We are all facing our own struggles.

We get upset because other people don't include us in their business and give us the same quality of friendship.

We call everybody our "BFFs" (Best Friends Forever) and get mad when they seemingly "betray" us and are unable to meet expectations that we set. Ladies, Best Friends Forever are not developed in twenty four hours, but over a course of a lifetime, so please stop taking things so personal.

Unmask the pain. God told us to love people and to forgive them for hurting us. Why? So that we wouldn't develop a heart of bitterness and be broken hearted over things we have no control over. We can't make people love us or value us but we can learn to love ourselves and value ourselves. It's time to step away from pain that's been distracting us from walking in our purpose. It is time to

start activating our authority within to overcome life challenges, fears and failures, sharing our stories and inspiring other women to succeed and embrace being a new fabulous woman.

I agree being unmasked is tough because it exposes you and forces you to make a change for the better. However, that's only if you are tired of hiding who you are to yourself and ready to embrace the unique woman that God has fashioned you to be.

Unmasking pain requires us to be real, transparent and honest with our selves. It gives us a moment to redefine and rebuild ourselves up in the positivity of power and grace. We find out things that we like about ourselves and we find the strength and focus to change things that we don't like. We start valuing who we are as women, wives, mothers and mentors. It's time to unmask our pain and truly embrace who God predestined us to be without compromise or apology. I believe we, as women, have every good ingredient necessary on the inside of us to be loving and kind to others and ourselves.

From one unmasking woman to another, it's okay to unmask your misery, strife and pain because it releases you from bitterness and distractions that take you out of your purposed destiny. When I look back at my life and all the unmasking I went through, I know in my heart it was necessary. What I thought was going to kill me made me stronger, better and wiser. I originally thought my unmasking was to introduce me to a better woman. However, I discovered it was to get rid of a bitter woman that was hiding behind pain, misery and strife. I thank God for calling me to host events that empower women to unmask their pain and share their story of success, survival, resilience, and redemption. Every woman has a story to tell but not every woman is brave enough to unmask and share her pain.

▶ *Min. Tarnesa Martin, Writer, Motivational Speaker & Life on Purpose Coach is the founder of Women of Radical Praise & Life On Purpose – "Finding Yourself" Life coaching, Self- Development & Empowerment services, which focus on connecting, supporting and strengthening women through life challenges that impact them personally, professionally, physically and spiritually.*

*Contact info: Phone 810-624-1613 Email: martin2477@comcas.net*





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# HOLIDAY GIFT GUIDE

## The Local Grocer



The Local Grocer really has it all! You can pick up local farm produce for your holiday spread while you scoop up some hand-made soap and Bacon Balm for some unique gifts that will be sure to please. With two locations, they are convenient as well as totally awesome!

601 Martin Luther King Ave Flint, MI 48502  
and at the Flint Farmers Market  
810-285-9900 • thelocalgrocer.com

## Wildtree



Don't fret over that gift for the person on your list with a special diet. Just visit Wildtree where you can pick up delicious culinary items and mixes that are free of MSG, GMOs, Gluten, and artificial dyes. Don't forget to pick up a hand spiralizer that makes nifty veggie noodles! The health conscious on your list will be head over heels!

Visit the Wildtree booth at the Flint Farmers Market  
For more info, call: 585-709-8089  
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<http://mywildtree.com/LoriFleischer>

## Coffee Beanery

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1 800.441.2255  
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Getting invited to holiday get-togethers usually requires a gift in hand. Never fear as d'Vine Wines has a bottle of wine just right for the occasion. If you need a craft beer, their selection is a dreamy one. Santa shouldn't be the only one with rosy cheeks this year!

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[maria@pouredvinewines.com](mailto:maria@pouredvinewines.com)  
[www.pouredvinewines.com](http://www.pouredvinewines.com)



## Semi-Sweets

Don't forget to treat everyone this year with delectable sweets. No time to don an apron and get your bake on with that macaroon recipe you thought about trying? Not to worry as Semi-Sweets offers just about anything fruity, delicious and darn right perfectly frosted for you! Make sure to pick up some fruit salsa and cinnamon tortilla chips so as not to shop on an empty stomach!



Located in the south west corner of the Flint Farmers market all year round.

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Tuesday and Thursday from 9-6 and on Saturday from 8-5,  
Email: [SemiSweetsllc@gmail.com](mailto:SemiSweetsllc@gmail.com)  
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## Cinnamom

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CINNAMOM HAS 3 LOCATIONS: 5454 Perry Rd., Grand Blanc, MI (main baking/shipping hub), Flint Farmer's Market and City Market in Bay City. Phone number to place orders for pickup: 810-866-4342 or email orders to [cinn\\_a\\_mom@yahoo.com](mailto:cinn_a_mom@yahoo.com).



## The Gourmet Apple Cart

Forget the old trick of putting an orange at the bottom of a stocking to fill the toe, it's time to try a gourmet apple! We will warn you that you may need a bigger stocking for one of these delicious topped beauties. Please call 989.777.3934 or stop by The Gourmet Apple Cart at the Flint Farmers Market to get your order in the books.



Corporate Orders ... PLEASE call now. 989.777.3934

All other orders must be in by no later than Friday, December 15 to insure pick up/delivery. Last pick up day will be Saturday, December 23rd at the Market.

# A LESSON FROM THE REEF

**O**n my honeymoon some years back, my husband and I booked a snorkeling excursion to a coral reef off the coast of Cancun, Mexico. During the briefing before we set out, our hosts informed us of the coral reef crisis and discussed ongoing international efforts to protect and restore them. As part of that effort, we were instructed not to sit on, step on, or even touch the reef.

An hour later, our boat anchored just off the reef, our group entered the water. We snorkeled for around 40 minutes and upon our return were offered the choice of snorkeling a second loop or exploring the shallower reef near the boat. As a novice, I chose the second option.

Reefs are a magical place, abundant beauty, teeming with life. The problem is that magical places tend to bring out a fatal flaw in me. I become so mesmerized that I forget myself and sometimes get into trouble by breaking the rules. I found myself reaching out to touch a tiny outcrop of coral. That's when a small, silvery fish shot like lightning out of nowhere and head-butted my hand. Startled, I sputtered up out of the water. On our boat directly in front of me, the skipper was leaning against a canopy pole, amused. He had seen the whole thing. Grinning, he wagged a finger at me in a see-I-told-you kind way and remarked, "Don't touch the reef."

Perhaps the fish's response to me was just some strange coincidence. The romantic in me likes to think it possessed some secret power that made it understand the reef's importance. Whatever the reason, it certainly didn't care that I was twenty times its size. It was going to defend its territory. That, to me, is inspiring. It makes me think of something we humans need to put into practice, but often fail to. Setting and enforcing personal boundaries. Stay with me on this and it will make sense.

Boundaries are described as guidelines or limits that determine the safe and permissible ways we allow others to behave around or treat us. A personal boundary has been compared to a yard surrounded by a fence with a gate. We decide who to let into our yard, when, and how far. It may be just inside the gate, into part of the yard, or the entire yard. The decision is ours alone.

The reef was the fish's yard. It was willing to let me swim there, but not touch anything. Those were its boundaries. When I violated them, the little fish acted. The reef, too, has a part in this. One touch may not cause much damage and the reef could recover. However, touching, standing, sitting on the reef over and over would most definitely erode it over time. It's the same thing with boundaries. When we allow others to violate them over and over, it slowly but surely erodes our sense of self.

That's a terrible thought, isn't it? The dictionary describes erosion as the process of something being worn down, worn away. It's from the Latin *erosionem*, meaning "a gnawing away." I don't like the sound of that either. Boundaries are our own secret power that prevents the erosion. That's why we take our cue from that brave little fish. Like it, we must choose to fearlessly guard our territory no matter how big the obstacle seems.

► *Karen DeVault is a published author who earned her BA degree in English, with honors, from Oakland University in 2007. She lives with her husband in White Lake, with two daughters and grandchildren nearby. Karen enjoys motorcycling, fishing, target shooting, bicycling, and running. She is currently writing her first novel.*

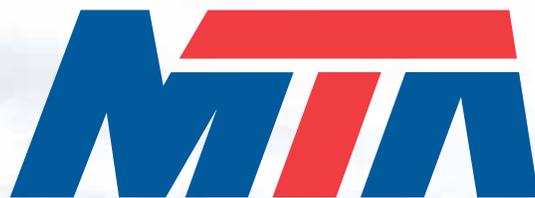




# *Sweet Holiday Wishes!*



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and a peaceful and prosperous new year!



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Photo courtesy of Getty Images

# Happy, **Healthy** Meal Planning

## FAMILY FEATURES

### A Nutritious Treat

Finish off a nutritious family meal with a dessert that doesn't go overboard. This Apple Spice Bread can cap the evening off with a tasty yet health-conscious treat including Granny Smith apples. Visit [aicr.org](http://aicr.org) to find more healthy and nutritious recipes.

### Apple Spice Bread

Reprinted with permission from the American Institute for Cancer Research

Servings: 10

- Nonstick cooking spray
- 2 medium Granny Smith apples (about 2 cups)**
- 3 tablespoons fresh lemon juice**
- 1 cup all-purpose flour**
- 1 cup whole-wheat flour**
- 2 teaspoons baking powder**
- 1 ½ teaspoons ground cinnamon**
- ½ teaspoon allspice**
- ¼ teaspoon salt**
- ¾ cup packed light brown sugar**
- 3 tablespoons canola oil**
- 1 egg, lightly beaten**
- 1 teaspoon vanilla extract**

Heat oven to 350 F. Coat 9-inch loaf pan with cooking spray. Peel and grate apples.

Toss with lemon juice to prevent browning.

In large bowl, combine flours, baking powder, cinnamon, allspice and salt. Mix well.

Make well in center and set aside.

In medium bowl, combine apples, brown sugar, oil, egg and vanilla. Mix well. Add mixture to dry ingredients and mix until just blended. Transfer batter to prepared pan.

Bake 1 hour, until toothpick inserted near center comes out almost clean. Cool in pan on wire rack, 10 minutes.

Remove from pan and cool completely.

## Bolder, Healthier Meals

One of the challenges of cooking at home is creating bold and unique flavors with healthy, organic and wholesome ingredients without spending hours in the kitchen. With the right tools, you don't have to go to extremes or make drastic changes to eat healthy.

For example, purchase products made with certified organic ingredients that have no artificial colors or flavors and are grown by trusted farmers who share the same passion. Consider including items like Organic Simmer Sauces from SEEDS OF CHANGE, which donates 1 percent of sales to support and develop sustainable community-based farming and growing programs.

Add zest to your meals by sauteing your favorite protein, veggies or tofu with one of an array of flavors: Sesame Ginger Teriyaki, Taco Roasted Chipotle, Sweet and Sour, Mushroom and Tikka Masala. Just add and simmer for 10 minutes.

Start your journey toward bolder, healthier meal options with this Seared Polenta Rounds with Mushrooms and Caramelized Onions recipe. Find more organic ways to add nutrition to your meals at [seedsofchange.com](http://seedsofchange.com).



### Seared Polenta Rounds with Mushrooms and Caramelized Onions

Recipe courtesy of Tiffany from the blog

[ParsnipsandPastries.com](http://ParsnipsandPastries.com)

Servings: 5

- 1 large yellow onion, sliced**
- 1 tablespoon butter**
- ½ tablespoon olive oil, plus additional for searing**
- ¼ cup vegetable stock**
- 10 ounces cremini mushrooms, sliced**
- 4 ounces shiitake mushrooms, sliced**
- 3 cloves garlic, minced**
- pepper, to taste**
- 1 pouch SEEDS OF CHANGE Organic Mushroom Simmer Sauce**
- 1 tube (18 ounces) prepared organic polenta**
- 10 teaspoons shaved Parmigiano cheese**
- fresh parsley**

Caramelize onions.

Heat butter and 1/2 tablespoon olive oil over medium heat until hot. Add sliced onions to butter mixture and stir gently to coat. Spread onions in one layer, and cook until golden brown and caramelized, stirring every 5 minutes for about 40 minutes, or until caramelized.

Once caramelized, add vegetable stock to deglaze pan and scrape browned bits. Add mushrooms and garlic, and season, to taste, with pepper. Cook until mushrooms are browned and tender. Stir in mushroom sauce, lower heat and bring to slow simmer.

Cut polenta tube into eight even rounds. Sear polenta rounds in bit of olive oil and season each side with pepper.

Cook until polenta is golden brown on each side, about 4-5 minutes per side. Transfer to plates.

Spoon mushroom mixture over polenta rounds and top with 2 teaspoons Parmigiano cheese per serving and fresh parsley.



# CHRISTMAS PRESENCE

**E**very year we run around like maniacs looking for the perfect Christmas presents for our children, our parents, grandchildren, sisters, brothers, friends, office and club gift exchanges...everybody...forgetting what Christmas is truly all about. We get lost in the shopping shuffle and the baking bonanza. We become wrapping warriors and crazed creators of candy and cooking...and everything else that defines our current commercialized Christmas.

I ask if that is what people really want from us? Not expect or need but truly want. Is it the fleeting frantic moment of gift opening that make our family members and friends happy? Is it the gift that will cause them to reflect on the beauty of this season? Is it that moment when the box is opened, revealing the gift inside, that will warm their hearts or make a memory? I've yet to hear a fond Christmas memory based on eating a piece of pie or diving into a huge dinner.

Instead, isn't the memory based on who made the meal and what traditions were handed down, who was there and who was not?

This realization caused me to begin asking myself these questions: What is really the most important thing during the holiday season? What is the one thing that my family really appreciates more than anything else? What do my friends value, want and need more than any gift I could possibly give them?

I've been thinking and thinking about it. What really matters? What can I give everyone that is important to me? I have not the time, resources nor the will to shop for extravagant gifts...even if I did...I wonder how long they would appreciate them. How long can somebody wear a sweater or use a new purse, you can only wear slippers or a scarf in the winter time!

What can I give, to those I love, that are so important to me and able to create a lasting memory? Something that they can look back on for



I'm there. What really matters is that we share memories, laugh and maybe sometimes cry. That we talk about the wonderful people that aren't with us anymore. That we talk about things that are happening in our lives and get to the heart of it. That we look into each others eyes and say I love you.

What really matters? That the people I love know that I love them, that I am here and I want to be with them and am truly present, in every single moment, of this holiday season.

Oh there will be wrapping paper, there will be Christmas Music, there will be the smell of delicious food cooking and there will be thank yous for gifts. But that won't be the main thing that I'll give and it won't be the thing that I appreciate the most in receiving. This year, hopefully every year after, the thing that will matter most is presence. My presence and the presence of those that gather around me to share laughter, memories, food and wine. Have a blessed holiday season and may you give and receive many many presence.

years, saying I remember when, I remember that Christmas that made me...one that they will cherish long after I'm gone. That special present that will change the way that I view holidays for the rest of my life and beyond?

Then suddenly it came to me. It hit me like a snowball in the face.

The people, who really love me, don't want fancy gifts. Even though they love my cooking, it really doesn't matter what I make, as long as there is lots of it. What really counts is that

► *Deborah St.Hilaire has been a women's empowerment/life coach since 2010. She can be reached for personal and group coaching, speaking engagements and retreats. [thedivolution@gmail.com](mailto:thedivolution@gmail.com) or 419.366.8091*



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# IS IT YOUR WATER?



**D**id you know that all water has some form of minerals and chemicals in them? Water has to have a certain amount in order to make it safe for human consumption. As a Professional Hair Stylist it is my job to understand everything that comes in contact with my client's hair, so what is the one thing that comes in contact with our skin and hair on a daily basis? WATER! We clean ourselves and our clothes with it, we drink it and we even cook with it. So why shouldn't we take into consideration the effects water has on our hair and skin?

If you know at least one thing about the water in your house, it should be whether you have city water (pumped in from a local treatment center) or well water (mostly in more rural areas where the well is dug deep until it connects with water). By understanding what type of water you have, you can then start to realize where some of your hair care issues are coming from. For example if you have city water it probably contains very high levels of chlorine and while chlorine is necessary for keeping your water free of bacteria, it really wreaks havoc on the hair. This includes hair feeling dry and lifeless while it is stripping hair of its natural oils, causing you to overuse your conditioners to try to combat the problem. The other culprit in almost all city water is calcium which can clog hair up with mineral deposits that can interfere with the appearance of healthy hair.

Well water, on the other hand, has its own set of issue. Minerals like iron, lime and yes calcium again will build up on the hair creating a different host of problems. Blondes tend to turn orange or brassy, while brunettes lose the shine and luster to their hair. These ROCKS or minerals can also cause poor results if you are attempting any sort of chemical service, such as a hair color service.

Now for the good news! In all my years of service in the beauty industry, the one product I found that actual removed these blockers was a MALIBU MAKEOVER. This salon treatment starts with a product called MALIBU C CRYSTAL GEL, which is a packet of pure vitamin C that gently lifts away hard mineral deposits hiding in your hair that prevent it from performing at its peak. The second step is Miracle Repair Power Protein Builder which contains plant derived protein rich boosters that restore the strength of your hair, while infusing moisture back into it. I also love the fact that all of the MAILBU C products are 100% vegan and gluten FREE!

You will be WOWED with the results and I guarantee once you've had a MALIBU MAKE OVER you will never get another hair care service without one.

To find out more about MALIBU C products and services or to find a salon that carries MALIBU C go to their website at: [www.malibuc.com](http://www.malibuc.com)

▶ Tami L. Sackett is a freelance writer and a hair and skincare expert with over 30 years in the beauty industry. She is always on the lookout for better products at a value price that keeps you looking young and feeling good. You may reach Tami at her email: [tlsackett@yahoo.com](mailto:tlsackett@yahoo.com)



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# COMMUNITY INVOLVEMENT THROUGH VOLUNTEERING

*On a cold blustery day in January, 1961, the newly elected President, John F. Kennedy, gave an inaugural speech that became one of the most famous in American history. The speech ended with the line, "And, so, my fellow Americans, ask not what your Country can do for you, but what you can do for your Country."*

*"We were raised to always give back to the community. It's second nature. Stepping up and helping others, going out of your way, can make a big difference."*

It was a call to people everywhere to give a part of themselves to helping others.

In our own community, we are fortunate to have people who work hard to create a positive impact through their volunteer efforts.

For Kathleen Gazall, Business Manager of Gazall Lewis Architects, volunteering started in high school. In college she was involved in student organizations, clubs and committees. Gazall attributes it to her family.

"We were raised to always give back to the community. It's second nature. Stepping up and helping others, going out of your way, can make a big difference."

To Gazall, who is the Chairperson of the Friends of the Alley and is heavily involved in the River Quarter Alliance and the committee for "80's in the Hole" as well as the Flint tree lighting ceremony, helping others is a given.

"The word volunteerism doesn't just mean I will give you twenty minutes of my time, it goes beyond that."

Kathleen says that the success of her efforts are due to the teams that work alongside her.

"If you have good people around you that have the same vision as you, you can move your city forward."

And, move it she does. Gazall's feelings for the city of Flint run deep.

"You have to have a passion to make things happen, whether it is in front, where the action is, or behind the scenes."

Kathleen has become well known throughout the city of Flint for her volunteer efforts and the recognition, she says, has enabled her to assist when someone comes up to her and asks for help.

"I know the community and because of that I am able to utilize my downtown connections to help people." Gazall's belief on volunteering is straightforward.

*"If you talk the talk, walk the walk."*

When you think of someone who exemplifies the word, "volunteerism", the two people that come to mind are Rosanne and Steve Heddy. The Heddys are synonymous with the words "community involvement". For over 30 years, Steve and Rosanne have been the cornerstone of the volunteer network here in Genesee County.

They started volunteering when Steve's family owned a painting business. The couple would volunteer to assist out at Camp Copneconic. From that experience, their volunteering kept growing. The Heddy's volunteer involvement in the community includes prior board membership on the Crim Road Race, Shelter of Flint, Whaley Children's Center, United Way of Genesee County, Child Welfare Society and many more. Recently Steve and Rosanne were asked to co-chair the Flint Institute of Music auction for 2018.

And, Steve was recently elected to be a representative on the Flint Institute of Arts board and the Flint Cultural Center Corporation.

It takes a lot of time and energy to give of oneself so fully. So why do they do it?

Rosanne Heddy says that it is the satisfaction of seeing something from start to finish and making new friends along the way that make it worthwhile. Although they often volunteer together, both Steve and Rosanne each have their own individual volunteer activities, but Rosanne admits, "I do like it when we volunteer on something together. It's much more fun!"

In spite of the fact that the Heddy's run their own interior design business, they both feel strongly about giving back to the community.

Their annual holiday open house is a prime example. The event is always held to benefit children in the community, aiding a specially chosen agency or organization for that year. Since 1996, the event has raised more than a quarter of a million dollars to help the community's children.

Research shows that people who volunteer have a sense of purpose and fulfillment, enjoy the new experiences and insights they receive from volunteer work, And through their passion, create a healthier community. Volunteers also create connections and build relationships.

For Rosanne Heddy, the statement couldn't be truer. "The best friends we have made are through our volunteering."

# WELDING!!! BLAH-HA-HA



Last winter, my friend Betsy and I took a welding class at the Flint Institute of Arts. Here is some advice: if, perchance, a Welding Opportunity proffers itself to you? Take it. Big mask, big gloves, big tools, shooting sparks, fire-y things, all your disposal. When you're done, you've made something out of METAL. I felt totally "GRRRRR".

However, my mom was more...in hysterics. "WELDING??? Why would you want to WELD?" Laugh-laugh-ha-ha. Every single time I had class.

"Geez, Ma. I'm not Flashdance-Jennifer Beals, welding-by-day, then sexy dancing by night, and pouring water on my head. I'm just making yard bugs."

"Welding!!!" Blah-ha-ha.

What's new? This is the woman who said, "Hey, when you come over, bring your drill. I need you to hang a shelf."

"Why don't you get your OWN drill, and hang the shelf yourself?"

"That's a man's job."

Leaving me staring at my body in the mirror wondering what she was missing when she looked at me. What? Am I wearing too much flannel? Do I need to do more plucking?

Truthfully, being handy is empowering. Liberating. Not having to rely on someone else to get something done. *Especially* if you're an impatient woman.

Plus...understanding basic electricity and the workings of a toilet were big selling points when I was trying to reel in my husband. "Hey you hunk-a-man, why don't you hold my clawhammer while I install this ceiling fan." So hot.

► "Charlene A. Kowalski is the Director of Marketing/ Customer Service for the Mass Transportation Authority. She can be reached at: [www.ckowalski@mtaffint.org](mailto:www.ckowalski@mtaffint.org)



► Tracy Leigh Fisher, is an artist and writer. You can see her murals locally throughout the Pediatric areas of Hurley Medical Center, and Mott Children's Health Center. [www.tracyleighfisher.com](http://www.tracyleighfisher.com)



# Passion & Empowerment Summit And Women's EXPO

Highlights



👉 Booth Winner 👈



# Reflections

Upon opening the antique jelly cabinet and smelling the warm, old wood, I'm enveloped in satisfying memories and an emotional connection with the family dishes that hold stories and conversations within their gold-rimmed edges.

Just touching the worn wooden knob transports me through corridors of memories to family dinners—

holidays, birthdays, and summer celebrations. Throughout the years, crystal, china, and cut glass Have been sheltered by the old cabinet.

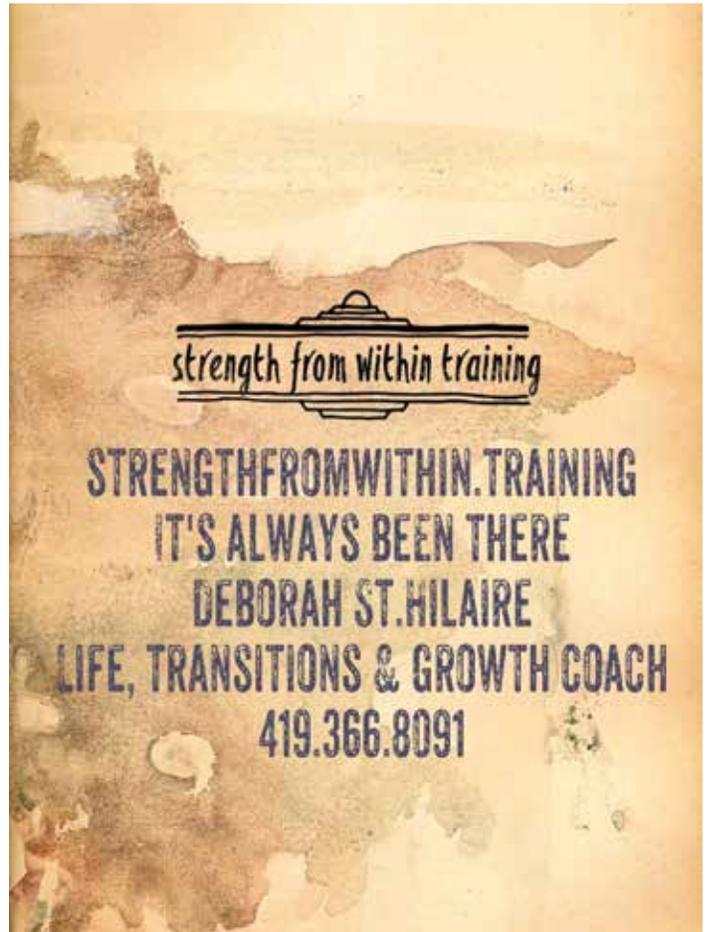
I still treasure lifting the pieces from its depths, feeling the weight of their history: satiny ivory wedding china, used for all "fancy" meals, Great Aunt Opal's buttery-colored square dishes, lovingly packed and carried on the plane from Denver, fiftieth anniversary cut glass bowls that celebrate precious years of love and cradled cranberry sauce on holidays, and the deep ruby red cake stand that displayed our birthday cakes.

These fragile pieces became entwined with my own history before my life began.

A cabinet simply made of wood and glass, but what it holds powerfully invokes memories of family gatherings enveloped in love.



► *Mimi Matthews believes in the power of words to change lives. She calls herself "Passionista At Large" because she is always on the prowl to encourage and empower, inspire and ignite anyone she comes in contact with. Mimi's life experiences have given her rich material and wisdom to help others learn truth. You can read her life stories and uplifting posts on her blog <http://particularpassions.me/> and buy her encouraging and empowering words on unique cards and gifts on her Etsy shop here: [https://www.etsy.com/shop/EmPOWordmentCards?ref=hdr\\_shop\\_menu](https://www.etsy.com/shop/EmPOWordmentCards?ref=hdr_shop_menu)*




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## COLOR OF SUCCESS

**S**tacey Keller, co-owner with her husband, Aaron, of the Paint Centers in Flint and Grand Blanc, has an interesting story about how she met her husband, which was actually the beginning of this paint adventure.

But first, a little background into Keller's life. As a young child, she was introduced to computers by her father and it became a shared interest. Her aunt and uncle would take Keller to work with them at Ford on Take Your Daughter To Work Day. Her mom always encouraged her to follow her heart, and she grew up with the belief that women could do anything they wanted. Keller was a high-achiever, graduating at the top of her class because she was always striving. With this background, it's probably no surprise that Keller became a Computer Engineer in a male-dominated industry. She worked with robotics, created software, and trained other employees.

Keller believes that working in a male-dominated industry is challenging—you have to have a loud voice to be heard. But it's also helpful as a woman because once she has proven her worth and held her own, she gains a level of respect that can't be competed with.

So how did this computer engineer end up owning a Benjamin Moore paint store?

"I had purchased my first house and decided I wanted to paint it and give it some personality. I really wanted my kitchen wall to be a bright red. After grabbing a gallon of paint from Home Depot, I started painting. While in the middle of my 4th coat, I was ready to give up. It did not look good. It was not covering well and I was seeing all my roller marks. Although I wasn't a professional, I knew that it should look a little better than it did. My new neighbor was a designer, so we started talking and she told me I needed to use better paint. She directed me to the local Benjamin Moore store right around the corner. I went to the store, explained what I wanted and waited while the manager mixed it up. All the while we talked. Forty-five minutes later I walked out of the store with a gallon of paint and a date. And the rest, as they say, is history. We've now come full circle and opened our own stores. Walking into that paint store was by far the best decision I've ever made."

Stacey and Aaron have two children, ages four and eighteen months. She is very

family-oriented, and after much consideration, made the choice to quit the career she loved to be at home with her children. She traveled a lot in her job, and experienced guilt feelings that she was away from her young children and husband. Keller believes that “women can do it all, just not all at the same time.” Aaron encouraged Stacey to consider staying home with the children. It was going to be a substantial adjustment financially. She also loved her career and felt it was easier in some ways than being a stay at home mom. “I think that women should be able to choose their path, regardless of their stage in life, for the one that fits best for their family.” She stayed at home for eight months before making the decision to quit her job as computer engineer.

She says that quitting a job to be able to spend more time at home and run her own business may have been the craziest decision ever, but it was the best one for her. She sees her children and husband every day, and that is time that cannot be given back. Now, as a small business owner, Keller wears a lot of hats but it has offered her the flexibility to choose her family first. The Benjamin Moore store on Miller Road has a full play area for her family at work.

She believes that one of the best pieces of advice she received in business is, “If not now, when? If not you, then who?”, and that there is never a “good” time to start a new adventure, so just dive right in and take a risk. She’d rather have regrets than “what ifs”.

Keller has been “100% percent” supported by her husband and parents whatever she wanted to do, regardless of the

craziness of it. She feels that it is crucial to partner with the person that makes you a better person. Aaron is the visionary of the family, while Stacey has the business background. In order to do all she does now, as mom and business-owner, having a great support system is a must.

Stacey and Aaron own two stores and have seven employees. Keller believes that customers come to her store because of their premium products, product knowledge, and customer service. Also, the Benjamin Moore family culture and business model draw people. Warren Buffet, the CEO of Benjamin Moore, made a promise to never compromise the family business model, and that is a model Keller stands behind.

Women are important to her business because, in many cases, they are the end consumers. Even in the paint industry, women are the ones designing rooms and having a lot of say in the decision-making. They really are the ones to direct the market to where it’s going. And by the way, wallpaper products have changed and improved. “These are definitely not your mother’s wallpaper!”

Stacey Keller feels she has a very blessed life, and no regrets. “Yes, women can do it all, but we don’t have to! Women are amazing. I have always known this. I am very blessed,” she says with tears in her eyes.

Watch for this big-hearted lady to make a substantial impact on the business community and in the world!

◇ Women2Women Staff Writer

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# WINTER IN COPENHAGEN

The cold is different here, somehow. It is the ghost of something I can't quite identify. A certain vibe to the chill in the air, a slight change in the frosty feeling creeping down my spine. Not unfriendly, nor punishing, no, the cold here is somehow very different indeed.

We consult a map, and for whatever reason, it makes no sense. Perhaps our brains are addled or simply fatigued. A stranger approaches, an older gentleman, who asks us where we are going and after giving him the name of the hotel and its street, he points us in the right direction, walking with us, pointing out different sights we will want to visit later. A few blocks later, he points down the road we are to continue on and offers us a kind smile before getting on his own way. We are reminded why they call Copenhagen the "happiest place on Earth." Such immediate kindness has left an impression on us, as we make our way down the street to the hotel.

Is it possible to have a bad stay in this city? Every window one looks out reveals a better view. Dazzling museum buildings, castles scattered around the city like snowflakes, each one uniquely beautiful. We amble toward the Nyhavn, a long canal dotted on either side with touristy restaurants and shops and we drop in for a seasonal gløgg, or mulled wine with sliced almonds and raisins. The cup is exactly the right temperature, warming us from the inside out without burning our tongue. We sit inside the café and watch the snow fall outside, half dreading the cold, half excited to get back out in the fresh powder and to explore a sugar coated city.

When we emerge, it is twilight, for the days here are very short. The sun rises around 8:30am and then retreats again around 3:50 in the afternoon. The darkness is already taking over the city, and the white lights are twinkling on, remnants of the holiday. But far from bringing the day to a close, night only seems to invite more people out. There is talking and laughing in the streets, everyone scarf wrapped and warm-booted, defying the cold to keep them from savoring the city.

Yes, there is something different about the cold here. It is more like a tug on the sleeve than a malevolent force. The air seems to pull you from the warmth of your blankets and out into the friendliness of the happiest city on Earth. A crisp, fresh invitation to experience the darkness-filled dream of a city that revels in winter.

▶ *Alexandria Nolan is a misplaced Michigander currently living in the wilds of the Houston urban jungle with her husband and two spoiled pets. She is a published novelist and contributor to various online and print publications, including a lifestyle blog, Greetings from Nolandia. When not writing, she can be found reading or traveling, or reading about traveling.*



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