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PACE may be able to assist those struggling to maintain their independence in their home environment if they are:

- Age 55 or older
- Living in Genesee County
- Certified as meeting Michigan criteria for nursing home level of care
- Able to live safely in the community with the support of PACE services

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Program of All-Inclusive Care for the Elderly

Debra K. Collins *Publisher*



Mimi Matthews *Editor*

Dear Friends,

Spring is full of promise as the blooms are popping up and the flowers are starting to burst forth. We too want to shed the long winter and we are ready to enter the new season with expectation and excitement. In spring, as a way of shedding, many of us find ourselves detoxing our lives in different ways—our **homes** with the de-cluttering and spring cleaning, our **bodies** with anticipation of the season of less clothes, our **spirits** with many opportunities for outdoor gatherings with friends and family, now that warmer weather is here. This is the season of Fresh Start! Flowers, friendships, family, vacations, laughter and fun.

This month's theme is "Knowing Your Strengths".

We each have our unique talents and natural gifts. Over the years I have learned that there are simply some things that are not my strengths and maybe better left to the professionals. As a lover of DYI projects I have been told that house painting might not be my strong suite (break my heart). When asking my husband what he saw as my strength he replied your ability to organize anything and everything. Isn't it interesting how others perceive you? Consider what *you* see as your individual strength. I would describe myself as persistent, tenacious, and bold. Organized? Not so much.

My husband described himself as competitive, a multi-tasker, (I am cracking up here) and a good listener. Ha! Exactly how I would describe him...lol! So now he has announced he is going outside to work in the yard and multi-task because he is such a good listener! Entertain yourself and ask your partner to describe your strengths. Very enlightening!

"Strength in Femininity", by Abby, page 10, reminds us to love ourselves and be kind!

Our Cover Girl, Merav, with her generous loving heart, shares a unique Mother's Day story of how she co-wrote a book with her daughter who is on the Autism scale.

I'm sure that while reading these articles you will be amazed at how diverse our writers are as they each tell us what is on their hearts to help us realize our strengths. Enjoy!

Happy spring! Happy fresh start!

Much love, Deb and Mimi

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Meet our cover girl, Merav Richter, an author, speaker, philosopher, FLYgirl, and proud Atypical Mama. Merav describes herself as, "the Vivacious Shero for Brave Ecstatic Living." As a working mother to three children, one who is on the Autism Spectrum, she knows firsthand how women can lose their joie-de-vivre and juiciness. She's learned some simple techniques and secrets for how to bring ecstasy back, naturally. Merav was born in Israel, but currently lives in Toronto, Canada. Professionally, she worked for an international airline for 25 years, beginning as a flight attendant and then becoming a corporate training facilitator and design specialist.

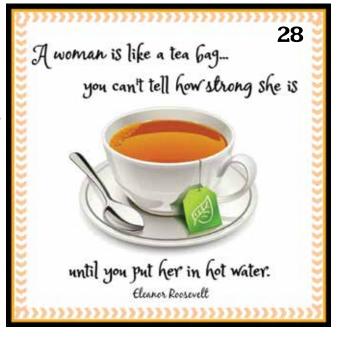
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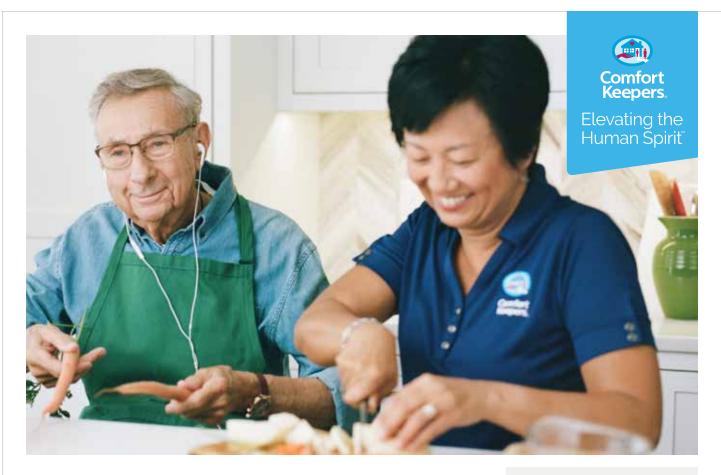
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COVER GIRL erav kichter



Teet our cover girl, Merav Richter, an author, speaker, philosopher, FLYgirl, and proud Atypical Mama. Merav describes herself as, "the Vivacious Shero for Brave Ecstatic Living." As a working mother to three children, one who is on the Autism Spectrum, she knows firsthand how women can lose their joie-de-vivre and juiciness. She's learned some simple techniques and secrets for how to bring ecstasy back, naturally. Merav was born in Israel, but currently lives in Toronto, Canada. Professionally, she worked for an international airline for 25 years, beginning as a flight attendant and then becoming a corporate training facilitator and design specialist.

When Merav was in her early forties, she said she was doing what most women in our society do; working overtime, taking care of kids and pets, with a mountain of debt and an equally high mountain of laundry. Until one morning she woke up and realized that she was overworked, overweight, overwhelmed and SO OVER IT!! She decided to take life into her own hands and began pursuing the ancient feminine secrets of life. Armed with this knowledge, she transformed her body, her relationships, and her work life.

She began writing and speaking, published two best-selling books and was being asked to speak on many stages (including TWO TEDx talks!). Her nine-year-old daughter was so inspired by her mom's journey that she wanted to write a book with her too! In the summer of 2018, they co-wrote a book together and it became an instant best-seller, helping them raise over \$10,000 for Autism awareness and acceptance.





Her expertise is in helping women F.L.Y. (First Love Yourself) and she does this through her writing, speaking, and performing in plays such as The Vagina Monologues. Meray says that she used to do these things to inspire and empower women. But, once she and her daughter wrote their book together, she realized that she doesn't need to empower ALL women, just the most important one - her daughter. And by empowering her, she empowers all women.

She says that the first spark that put her on this journey was the Dalai Lama saying that "the world will be saved by the Western Woman". The second spark was Toastmasters.

"My biggest insight has been the ripple effect that I am causing in my family and community. Not only has my daughter become inspired to write, my son has also become a speaker and advocate. This is why I do what I do.

My book, Brave Ecstatic Woman, 7 Steps for Igniting Your Feminine Fire and Creating a Luscious Life, is a deep-dive into the feminine archetypes and their shadows. Once you understand your unique code for

ecstasy, you can bring more of that into your life - and experience the greatest joy, 2 bliss, and deep fulfillment, without having to move, change, get a divorce, or overhaul $\bar{\circ}$ your life! You will be the Goddess you were born to be!"

For the future, Meray would like to write more books and give more speeches, as \aleph well as help other authors achieve the same!

well as help other authors achieve the same!

She has many favorite quotes, but this one hits home at the moment - "If you take care of the small things, the big things take care of themselves. You can gain more control over your life by paying closer attention to the little things." - Emily Dickinson

Her book is available at all major retailers, as well as online at https://www.amazon.com/Brave-Ecstatic-Woman-Em-Richter/product-reviews/150435365X

STRENGTH IN Zeminity

Courage.

Power.

Stability.

Vigor.

Energy.

Health.

Tenacity.

Strength

Pick one.

ick one word that you want to use for your everyday life.
Everyone has a self-love journey that they are on. What you say to yourself daily will have a direct influence on how you treat yourself. And how you treat yourself is reflected in what

you wear and your personal appearance.

I grew up with my mom being a cosmetologist and working from home to raise my sisters and me. Even though we didn't have much money my mom made sure our clothes were clean and our hair was done perfectly. I never realized what ground work she was laying for me in my professional and daily life.

Once I became a mother myself I found I was making sure that my boys were dressed before we left to go anywhere. They did not leave the house in their pajamas. If I was running to the store late at night I might be wearing my black yoga pants, but I had a pair of earrings on. There is something truly amazing that my mother did for me: she instilled within me the fact that your appearance means something.

Whatever your wardrobe, it's important you "own" it but also feel powerful. I don't care what your profession is, when you feel fabulous it shows in your everyday life.

We can find strength in our wardrobe. You don't have to be "the perfect size". I have struggled with my weight for most of my life and to this day I get complimented on my outfit choices. It's not because I am society's idea of a perfect body, but because I carry myself with confidence and tenacity.

My self-love journey is ever-evolving and this past November I decided to take my health in a different direction. I began taking time for me and changed my way of eating. I started a Health Transformation Program with Isagenix and since then I have lost over 12 lbs and 22 inches all over my body. I have more energy and I know I am a better wife, mom, and woman because of it.

No matter where you are in your journey, you need to LOVE yourself and be kind. Tell yourself something positive every day. Clear away the negative thoughts and love yourself for your curves. Feel powerful in the woman you are.

Be yourself. Accept yourself. Value yourself. Forgive yourself. Bless yourself. Express yourself. Trust yourself. **LOVE YOURSELF**.

How will you portray yourself today?

Abby is a stay at home mom of two boys. She loves being creative and using her styling skills to help women. Find her amazing jewelry on accessorystylistabby.com. She is



also co-host on the Ladies of the Comedy Series Podcast. You can find it on Apple Podcasts and PodBean



Finding Your Strengths

In many ways as women, we are a lot stronger and more powerful than we give ourselves credit for. First and foremost, we are capable of giving birth and creating life, patterned after Mother Earth. We nurture—ourselves, our families, our pets, and the community where we live and work. As you approach Mother's Day (whether you are a mother or not), reflect on who you really are within and honor yourself. Today I'd like to encourage you to begin to tune-in to your inner strengths and inner power.

How about starting out with meditating on what that means to you? Perhaps you could set the intention to meditate, beginning with fifteen minutes a day. I'm speaking of a light meditation. Preferably you want to meditate in a quiet space with just yourself. If you need to find time to do so, consider while you're washing dishes, doing laundry, going for a walk, waiting on a loved one, or during your shower/bathroom time. Then set the intention to journal and write down what you're proud of about yourself and what you've overcome. What have you had the courage to be, do, and have? These are all things to consider, as you set your intention toward identifying your strengths.

Here are some suggestions that I, myself, consider as strengths and tapping into my inner power. Maybe you are good at honoring and protecting your energy and space. To be able to tune out, distance yourself from, or let go, of people who do not align with your highest good or who may be toxic. It takes strength to do that. Give yourself credit for the ability

to forgive yourself and others when necessary. Give yourself credit for having the courage to follow your higher calling in life which is also your life's purpose. Give yourself credit for knowing when to say NO to people who call on you for requests you cannot fulfill.

Give yourself credit for honoring your solitude, me-time, loving yourself, taking care of your health and wellness. Give yourself credit for being able to live more from the space of love versus fear. Give yourself credit for the ability to use your discernment when making important choices in life. Give yourself credit for the ability to ask for help from others when necessary and the ability to also delegate tasks to others.

Although this is a time to celebrate Mother's Day, you as a woman should be celebrated each and every day of the year! So celebrate you always! You've come this far for a reason! Honor of and love that. And the ultimate strength and superpower is the ability to make yourself your #1 priority. As you do that, you have a full cup for yourself and some which runs over, which is what you have to give to others!

Always honor and give to yourself because you deserve the best!

Katina Love is the author of the book "Awaken To Natural Wellness", she's a Self-love and Life Purpose Coach, and the creator of the "Awakening With Katina Love" talk show/podcast. Check out her website www.katinalove.com.





describe what it felt like to be immersed in these portraits of the animal kingdom!

Anni has always loved animals and grew up above her father's veterinarian practice on Flint's west side. When she began painting around age 5, her grandparents and parents were supportive of her desire to create art, so she considers herself very lucky. Later, for thirty-five years she owned a business (a pet grooming salon called Anni's) that, because of her staff, allowed her to work and paint at the same time.

She credits her growth as a painter to her mentor, Jim Ames. When Anni first took his class, twenty-five years ago, Jim saw her potential and helped her hone it. He was able to help pull out her passion and attention to detail. He became a good friend, and remains her mentor to this day.

Anni has won numerous awards, some of which were at Grand Rapid's prestigious Art Prize. Her amazing polar bears—which took a year to paint—won second place. She also won third place with her tigers and then again with her horses. In Art Prize the public has a vote, and clearly people are enamored with her work! Even though the trend is toward

modern, abstract art, representational art like Anni's has lasted centuries. One of the reasons Anni participates in Art Prize is that she exposes as many as 200,000 people to her art, and she loves talking with people who visit during the event, especially the kids. She is present the whole time so she can have a positive impact.

I asked Anni what some of her proudest accomplishments were, and she began to explain all the letters behind her signature, some of which represent the American Watercolor Society, Society of Animal Artists, Northwest Watercolor Society, and Mississippi Watercolor Society. Being accepted into each of these is quite difficult. For example, it took Anni fifteen years to gain membership into the American Watercolor Society. Her paintings had to qualify for their yearly shows three times and then another set of judges had to approve her acceptance into the Society. She says it was a miracle to be in one of their shows and that would have made her happy. But to actually make it into the American Watercolor Society (Andrew Wyeth is a member) is one of her most profound accomplishments.



There was a lot of rejection, but because her mentor told her to expect it, she was prepared and was fine. She says it's just part of the game, you have to keep plowing forward, and don't get too full of yourself. It's how you grow in this business. She knew that if she was going to "climb the ladder" in the art world, rejection was just part of the process.

The shows for these societies were all over the world, so she received a lot of exposure through them. As for becoming known in the Flint area, Anni said that the amazing owners of Fandangles in Flushing helped launch her art career and made her visible, because for about twenty-five years she held an art show there.

Burnout for Annie could be a problem because, along with marketing and publicity work, she is an intense artist and spends many hours painting. Each of the societies she belongs to has yearly shows and she also does custom work, which means that she creates about thirty-two paintings a year. If possible, Anni does Pilates daily to relieve the stress. And she

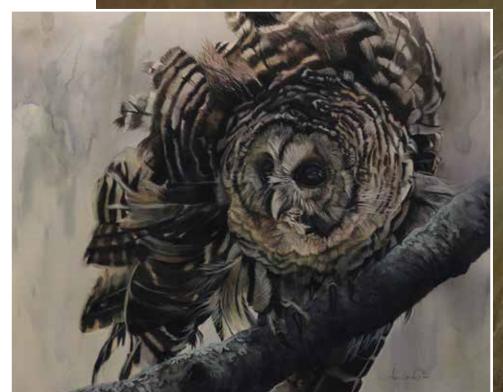
recently bought a horse to bring some balance to her life. Her whole life was pretty much in her studio, and she thinks it's important to have something else on the side. Being with her horse grounds her, actually feeds her passion for painting, provides a welcome distraction to get out of the studio, and is a way to share her heart differently.

How does she get her ideas? She visits zoos all over the world (the polar bears are from the Toledo zoo and she just returned from a safari in Africa) where her husband takes thousands of photographs for reference, and then decides what she wants to work on next. Some of her paintings turn out well but some are rejected, which she says is the only way to learn. Anni says that every piece she paints is a war. It doesn't just flow out of her like people think. Most of her paintings are set aside for some time—even a year or more—until she can figure out how to proceed. It's very rare for her to paint straight through.

I was delighted to spend time with Anni, who is a strong, vibrant, engaging woman who loves what she does. To learn more about her, visit her Facebook page https://www.facebook.com/anni.crouter

Mimi Matthews believes in the power of words to change lives. 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









"Strong" Means Never Giving Up



3 LIFE CHANGING EVENTS

1. IF YOU DIE TOO SOON, YOU NEED A DEATH BENEFIT.

2. IF YOU BECOME DISABLED, YOU NEED A LIVING BENEFIT.

3. IF YOU LIVE A LONG LIFE, YOU NEED INCOME.

LIFE HAPPENS...ARE YOU PREPARED?

was born in Queens New York to an unwed teen mom. My mother is from Harlem, New York and my father from Trinidad. My mother and her siblings had businesses in Harlem. I remember at six years old questioning the destitution lurking in front of the stores and on the streets. I felt privileged to be separated from such impoverished conditions. Most of my youth was spent in Yonkers until my mother joined the army. During my mother's tour of duty we lived four years in Germany. I was eager to learn the language and culture which appeared to be equally thriving and refreshing. I was immediately attracted to this socioeconomic system, clean environment, and culture. I enjoyed traveling, modeling, and learning European cultures where I was referred to as a dependent of a military parent and treated like a celebrity. In Germany I began to question the value of currency. I felt privileged to have US currency in exchange for Deutsch Marx because back then I could get more for my money.

Upon my mother's discharge in 1985 we came to the state of Michigan where my mother now lives in Grand Blanc. I experienced an astounding culture of declining socioeconomics and population which differed from anywhere I had lived or visited. I had extraordinarily unpleasant experiences during this time. Our home was not a safe place for me and I was placed in a voluntary foster care home. At 16 years old I was emancipated. While attending Beecher High School in Michigan during my senior year I worked for a man who owned an insurance business and radio station. He introduced me to the stock market. His wealth was acquired by stock investments. He told me that because I was an African American woman it would behoove me to learn the market. This began another interest that needed more of my focus and understanding than I was ready for at that time.

Upon graduation my godfather gifted me with a trust fund invested by CDs. This banking concept was easy to understand and follow with simple rates of interest to calculate. The average was 8% during the eighties. I watched the rates decline to .1% over two decades, which caused me to again question a financial system I didn't understand.

Immediately following high school graduation I returned to New York and enrolled in Lehman College, majoring in business with a focus in accounting. Upon completion I realized I didn't get the answers I was searching for and decided this wasn't the field for me. I decided to get a closer look into the finance industry by applying to Manufacturers Hanover Bank in the former World Trade Center.

But becoming a bank teller didn't satisfy my inquisition and I quit after two weeks.

After working at high-end retail stores and having my daughter I decided to relocate to California, where we resided for twenty years. This move would prove to be one of the best decisions for our lives. I worked as a legal assistant to estate planning attorneys, which provided education for funding trusts and annuities and settling estates. However, after two years I also learned that sitting behind a desk was not a long term goal for me. I wanted to control my time as a single mother and earn more in a shorter time while providing a service in the healing arts field. I became a massage therapist and for fourteen years massage therapy has been professionally and personally rewarding. I have been seen on American Idol giving massages to season one contestants, I have work with the WNBA, professional actors, and wonderful individuals who believe in a healthy quality of life. I taught massage therapy at L.A. International College as the program director, and Maric College. At some point my interest for working with children grew stronger and I went back to school to obtain my early childhood education credentials with a focus on special education.

My desire to do more for community, families, and children helps me understand that all of my life experiences and education were for a greater purpose that brought me to PHP. I was seeking financial advice for my retirement, growth potential for my savings, and proper life insurance protection for my daughter and me. I had lots of questions and surely that's the reason why one of the co-owners asked if I was interested in working with the company. My immediate response was, "I don't know anything about this industry, that's why I'm here!" The next thought would change my perception and life—that I needed to learn this business and then go out to teach others. Finally, my "whys" are being answered, which enables me to educate others with their financial goals and provide simple strategies.

I will look back 10 years from now and be well-pleased knowing that I've united with other People Helping People—PHP Agency—a company committed to bringing life back into financial services and the life insurance industry by education and recruiting. I am elated and honored to be back and involved during a time when Michigan's dark clouds have shifted. People are being enlightened, which allows healing, growth, and literacy for a stronger financial and social economy.





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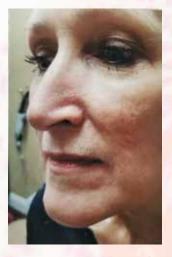
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Aging is a beautiful and daunting process. Many of us find ourselves swept up in the everyday hustle of life, then one day look in the mirror and wonder what happened? Sometimes our best efforts to take care of ourselves still leave us short of our goals, and that can be discouraging. If the mirror shows you a stranger's face and you miss the younger you, give us a call. We can help.

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Over a Decade with No Makeup



Could you do it? A decade with NO makeup? I'm sure you could if you knew what I know, but for most women, it's not that simple. The desire for cosmetics has, unfortunately, caused many of us to compromise our health for the sake of beauty. But, here's the best part... just in time for my 50th Birthday, I am sharing my ultimate beauty advice with you.

Here's my confession. I haven't worn makeup in over 12 years. Not because I didn't want to, but I was in a downward spiral with my health, and I discovered the products I was using daily were directly linked to many of my symptoms. Trying to find a cosmetic company that was completely toxin-free was nearly impossible. Back in the day, my skin regimen used to make me break out and created a hormone imbalance, which led to other complications.

I began researching why these things were happening. I was on multiple prescription drugs and, I found out, I wasn't the only one. In fact, research shows, that over 70% of all Americans are on at least one medication. Why is this? Just because something is common, does not make it normal. Did you know the average woman puts over 500 chemicals per day on her body? Most of that is from makeup, cosmetics, and other beauty products that are not regulated by the FDA. And that's not the worst part... the skin actually absorbs 60-70% of what's used topically.

Twelve years later, I am happy to say, I have not been on a single prescription drug. This happened because I made multiple lifestyle changes. Among them is the switch I have made with my cosmetics.

I'm using Savvy Minerals makeup. It's made with all-natural ingredients that actually NOURISH my skin: Kaolin clay, Arrowroot powder, Jojoba oil, Sweet almond oil, Sunflower oil, Vitamin E, Mica, Aloe, Aspen bark extract, Beeswax, and Pure therapeutic essential oils.

Spring is around the corner... time for a makeup MAKEOVER! Swap out the old with new, non-toxic alternatives.

What's NOT in Savvy Minerals Makeup

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No talc

No parabens

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No bismuth

No metals

No synthetic dyes

No synthetic fragrance

Feel fabulous about yourself and what you're putting on your skin. Every makeup product by Savvy Minerals contains naturally-derived ingredients made without cheap fillers or synthetics – and that's a beautiful thing! Making simple, easy lifestyle changes to your beauty regimen will, without a doubt, increase your health and overall wellness.

It's so easy to experience Savvy for yourself and all the women you love. You can purchase a Savvy Starter Kit with all of the basics in it, such as foundation, blush, eye shadow, misting spray, and more! The kit includes a 5ml bottle of pure, therapeutic grade Lavender Essential Oil! There is a full line of Savvy Mineral Makeup, so you can also add additional items to your purchase to fully complete your beauty routine! While you're there, be sure to check out the beautiful skin care products, supplements, and essential oils you can also choose from.

While specializing in natural health and chemical awareness for over 12 years now, my passion is in helping others know they have better choices. It is so exciting to now have fun and wear makeup again!

Interested in getting a Savvy Mineral Makeup Kit? Head to www. youngliving.com. When asked who referred you, simply enter number 959549 in the enroller and sponsor ID fields. I will then be notified that you purchased your makeup and will be in contact to send you a *free copy of my book*, "Living Balanced" which will help you discover more about how to live a healthy, balanced life.

Stacey Kimbrell, Speaker and Author of "Living Balanced." As a Natural Health Coach, Stacey loves to provide a simple and practical approach to living a healthy, toxin-free lifestyle for what you EAT, DRINK, THINK & DO! Her desire for you is to "Live with Hope & Zeal in all things." 810.423.5721 Stacey@staceykimbrell.com www. LivingBalancedGuide.com



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BE PRESENT TO FIND YOUR STRENGTH

ur lives change, we change, every single day. Just as the seasons change, we are never the same person as we are right now, this moment, this breath.

My question is, do you take time to appreciate who you are right now, this moment, this breath? Do you take a few minutes to dwell in the love you feel for yourself or another, right now, this moment, this breath? Or are you reliving the past, worried or excited about the future, what you have to do next, what you should have said...allowing this very second to slip away, unnoticed? A season in your life slips by... then another and another...moments, little pictures in time where you were not present...gone...forever.

Our minds are so busy racing through 60,000 to 90,000 thoughts a day, most repetitive, day after day after day. The worst part is, 70 to 85% of them are negative. It's no wonder we cannot be present! We were never taught to slow down, to breathe, to appreciate the present as the gift that it is. Instead we were taught such atrocities as, "An idle mind is the devil's workshop and idle hands his tools". How I hate that saying, now that I understand how preciously productive a quiet mind is! How calmingly tranquil counting my inhales can be. How communicating with my highest self, the universe, and God can only take place in a quiet, peaceful mind. Ah...

How do you begin to appreciate all that is, all that you have, all that you were or ever will be right now, this moment, this breath, this season? Through your desire to become aware and mindfully taking steps in that direction.

I would like to share a few of the baby steps, I first took, hoping that they will benefit the beginning of your quest to silence the "you" that you no longer are.

Put an end to multitasking, instead focus on one thing, one person, one flower, one conversation at a time. Be there. Suddenly, you



will remember people's names, conversations you had and even what you had for dinner.

Instead of using words like "have to" or "should", try "get to" (I get to go to work today) and "can't wait to" (I can't wait to finish cleaning my house). Everyday tasks will become little pleasurable journeys. You will begin looking forward to seeing the sights of nature and the accomplishment of man along the way, instead of being stressed out. This may take some pre-planning, but it will allow you live intentionally. To me, that means freedom. You may even find some extra moments to enjoy a personal indulgence.

Empty your mind before you go to bed. This can be as simple as journaling a "mind dump", planning tomorrow tonight, deep breathing, stretching or meditating. To do all of them would be even better. A night time wind-down ritual of self nurturing will allow better quality of sleep, which leads to improved clarity, focus and a happier you!

In the words of Baba Romdas, "Be here now". Experience this moment, this breath, this you. Love and appreciate yourself, just as you are. You are perfect.

Smell the flowers. Feel the sun. Enjoy the journey. Much Love, Coach Deb

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. the divalution @gmail.com or 419.366.8091











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Edward Jones MAKING SENSE OF INVESTING



Maureen Elliott, AAMS®, ADPA® Financial Advisor

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Branch Team

Devon Broker Sr. Branch Office Administrator

Work History

Edward Jones April 2011 - Present

Education

Northwood University Bachelor of Business Admin I have been a financial advisor with Edward Jones for over seven years. Prior to joining Edward Jones, I worked in the banking industry. In order to better serve my clients, I earned the AAMS and ADPA professional designations.

I take time to understand what is most important to my clients. Using an established process, I build tailored solutions for my clients. Once the strategies are implemented, I continue to partner with my clients to inform them of any developments, address any of their needs and keep them on track. In order to provide a comprehensive service, I regularly collaborate with a team of CPAs, attorneys and other trusted professionals, always keeping client information confidential.

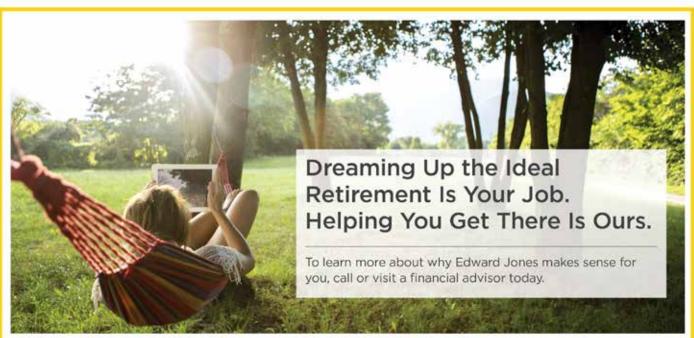
I am proud to serve a variety of clients with wide-ranging goals. I regularly work with multi-generational families to develop unique strategies of wealth transfer and ensure that all family members are treated with the utmost care and respect. I also work with business owners to create solutions for business succession, asset growth and tax reduction. No matter their current situations, my clients are assured that I will work tirelessly to help them achieve financial success.

Edward Jones has recognized me for my outstanding performance and my passion for helping others. I received the Spirit of Partnership Award in 2012 and 2013; the "TNT" Client Development Award in 2014; the Ted Jones Entrepreneurial Achievement Award in 2015; and the Edward D. Jones Sr. Founders Achievement Award in 2017.

Outside of my role with Edward Jones, I serve as a board member for the Hartland Chamber of Commerce. In my free time, I enjoy spending time with friends and family, being out on the water and traveling throughout the great state of Michigan and beyond.

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PAGE 1 OF 1



Maureen Elliott, AAMS*, ADPA*

Financial Advisor

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Edward Jones
MAKING SENSE OF INVESTING

Knowing Your Strengths



hen I was a young child, I really enjoyed writing poems. It seemed easy and fun to me. I'd happily sit at a desk with my pencil and paper and let my imagination flow through me. When I was done I'd show it to my parents. Unlike the highly-admired report card I'd bring home that had required a lot of effort, my poems were never saved or proudly displayed on the refrigerator. My parents had regularly reinforced that getting good grades in school would make them happy and proud of me so I put my focus there instead of writing. As a result, I had no idea that writing might be one of my strengths and so dismissed the idea at the time.

Still, the first time I wrote poems for my parents to celebrate my love and appreciation for them on both Mother's and Father's Days, they framed them and put them on a wall in a spare bedroom. This was especially confirming as this was where all guests slept when they came to visit. I then began to open myself up to the fact that this gift I had was something to be admired. As time went on, when I couldn't find a Hallmark card that felt right for the ones I loved, I became inspired to begin writing poems for them on special occasions like birthdays, or anniversaries, or when a new baby was born.

I didn't know this at that time in my life, but I've since proven to myself that The Law of Attraction is constantly lining up cooperative components or synchronicities to help us uncover our buried treasures within. When we are inspired

to do something and it comes easily and effortlessly to us, it's a sign from the universe that we are connected to our inner guidance. When we nourish this strength, the reward for us is that it will not only bring us joy, but abundance will follow in many unexpected and delightful ways.

We've all heard the phrase, "We don't know what we don't know." I didn't look at my writing abilities as a strength, I only thought of them as something that came easily and that I enjoyed doing for others. So one day in Dec. of 2014, my husband inspired me to explore the unknown and attempt to write more than just poems. He purchased an online course by Steve Harrison and Jack Canfield that began to help me step out of my comfort zone and attempt to write a book. I had no idea when I wrote my first book (http://www.

steppingintoalifeofjoy.com) that it would eventually lead me into becoming a contributing writer for W2W Michigan. So by lining up the cooperative components, like this gift from my husband, the Law of Attraction helped me build my confidence and develop this hidden strength.

One morning last month, I woke up and something (my inner guidance) told me to go to my computer and start writing. I'd never written a poem that wasn't specifically meant for a friend or family member, so I was surprised when I began to write a poem for no special reason at all. Knowing our strengths and sharing them with others not only helps us feel complete, it also helps complete the world's expansion.

The poem below is what I wrote that morning and I hope it inspires you to embrace your own strength and share it with others as well.

The Thread by Suzanne Young

There's an invisible thread that ties us together, one that we're not taught about.

It gently weaves its way through humanity with every beat of our heart.

This invisible thread that connects us all, pulses out with each beat of our heart.

It ensures us all, one soul at a time that it's our choices that keep us apart.

This thread is unbreakable, it never gives up, as it permeates and connects souls in need.

It's patiently waiting for us to reach out and accept its warmth and beauty indeed.

What is this thread that joins each soul with unending strength from above?

It's the one ingredient found in everything wanted, it's the beautiful energy of love.

It's been a long winter this year in Michigan, so as spring arrives, may we all allow our hidden strengths to blossom and grow. The Law of Attraction is here to assist us. Look for the cooperative components that inspire us to do something. When these moments appear, stop, take a deep breath, and embrace them. Not only will we bring ourselves joy, we also will bring joy to the world!

Suzanne Young an intuitive life coach. She specializes in the Law of Attraction and empowering others by helping them learn how to reconnect with their Inner Guidance. She is also an inspirational speaker, author, and co-owner of Personal Success Programs, since 2007, with her husband Kevin Young. You can email her at suzanne@psprograms.com and their website is www.psprograms.com. Her office number is 248-349-6225.





Strength—You've Got It

Most of us have been though things that have shown us—beyond our imaginings—what we are capable of. As we think back on those horrible days we are in awe of our perseverance and accomplishment, wondering how we ever survived. But we are strong, and we rise to meet need as the warriors we are.

I have a close friend who has walked through some of the most difficult things life has to offer. A particularly bad season was when she was making the drive to Detroit several times a week to take her infant son to Children's Hospital. This went on for several months. She barely saw her husband and other infant son and was physically and emotionally worn out—the kind of worn out that trying to sleep in the hospital and fighting for your baby's life will bring. The kind of exhaustion that causes you to nod off at the red light. When I exclaimed that I didn't know how she'd done it, her response was, "What option did I have?"

And she was correct. Sometimes we just don't have a choice and have to keep putting one foot in front of another. And somehow the strength comes when needed.

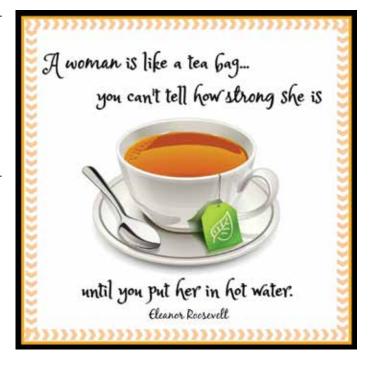
One of the most grueling seasons in *my* life was during the time my mom lived with us while battling cancer. That was difficult enough, but my husband also had two back surgeries which put him out-of-commission on pain meds (so I was basically single-parenting), I was managing my mom's in-home caregivers, both she and my husband were making frequent trips to the hospital, my two special needs 4 year olds were not sleeping, or if they were my daughter's feeding pump would jam—sometimes two and three times a night, and I was rising at 4:30 each morning to get everyone ready so I could go teach my second graders—on very little sleep. Oh, and did I mention I was older—fifty-two, but who was counting? Let me tell you, I'm not sure how I ever survived those months!

"You never know how strong you are until being strong is the only choice you have."

~Bob Marley

So how *do* we find the strength to make it through these times? Looking back it seems impossible, but somehow I found the strength to do everything that was needed. I know that I prayed a lot! My prayer was often only, "Oh God! Oh God!". (Good thing He can read between the lines.) And I talked with my close friend, who gave me amazing support.

Some women turn to yoga, meditating, or exercise to calm and restore. Some attend support groups, community functions, or read. Sometimes just talking to a friend will



help us see perspective and cause us to realize how strong we are and how far we have come. Talking out loud can help us process our next steps, or just receive the support from another that gives us strength. Never discount how powerful helping to bear someone's burden can be!

It's important for women to gather, share, and support each other. That's why I love our "Pick Your Passion" events. Women have a chance to meet and make connections that have led to friendships they never would have made. And at each table, as we tell our stories, support is given and received. Women are social creatures and amazing things happen when they gather.

Don't be afraid to tell your "warrior" stories to others. You may well inspire someone and help them gain strength in *their* journey. Yes, we may wish we'd done some things differently or better, but in the long run we did the best we could at the time. And most likely we were amazing! And look how strong we have become!

Mimi Matthews believes in the power of words to change lives. 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



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Breathwork: A Tool for Wholeness

Te fall down a flight of stairs. There are no major injuries, but we're shaking. We could've broken something. It feels like we could've died even, yet we're in public, so we jump up, act like nothing has happened. But inside, our blood is hot.

Or maybe it's something else. We fall out of a tree. Are in a car accident. Witness someone getting assaulted. Are raped or beaten. Kidnapped. Hospitalized from a drug overdose. Harassed at work. Exhausted from living in poverty. Scared of a medical diagnosis. Sorry that we ever fell in love as we place a hand over our broken heart. Trauma can happen anywhere and at anytime to anyone. Sometimes it's obvious, like having a gun to your head. And sometimes it's less so, like falling down those stairs or being circumcised at birth with no anesthesia. But it's all trauma. Whether we remember it or not. whether we consciously identify it as trauma or not—it's trauma, no greater or less than any other trauma. And it lives inside us until we can release it. It lives in us as anxiety, depression, muscle

tension, headaches, sudden bursts of anger, fear . . . all sorts of big and little ways that disempower us each day. So how do we let go of these traumas and reclaim our power? That's where breathwork comes in.

Cognitive Behavioral Therapy (CBT), or "Talk Therapy," can only help us so far because we'll never reach the level of stimulation we experienced during the initial trauma(s) in question just sitting in a chair talking. As an alternative or paired therapy, breathwork sessions typically involve a "sitter" and a "breather", the breather being the patient or group attendant. The sitter helps guide and hold space for the breather as they essentially hyperventilate for up to two hours, which causes temporary respiratory alkalosis, changing the blood pH to a

higher alkalinity and altering blood flow to the brain. Dr. Stanislav Grof, a founder of the Holotropic Breathwork Method, states that this can simulate a "near-death experience" and result in non-ordinary states of consciousness where the subconscious can be accessed and processed, ultimately resulting in the release of traumas that may make one feel "reborn" afterwards. When we're first born into this life, we take a breath, and then it's the breath that sustains us from there, so maybe breathwork really is the answer to being born again, healed and whole.



Disclaimer: Because of the potential for breathwork to alter consciousness and open up the psyche, it is possible to re-traumatize one's self during a session. Please only participate in elongated breathwork sessions under the supervision of a trained practitioner.

For more information see:

The Renegade Pharmacist. "What Is Breathwork – The Science and Purpose Of Different Breathwork Techniques." The Renegade Pharmacist Truth Prescribed. 2 May 2018. https://therenegadepharmacist.com/what-is-breathwork-breathwork-demystified-science-purpose-different-breathwork-practices/.

Holotropic Breathwork, http://www.holotropic.com/ Biodynamic Breathwork for Trauma Release System (BBTRS), https://www.biodynamicbreath.com/ Osho Pulsation, https://www.oshopulsation.com/osho-pulsation.html

To schedule a BBTRS session here in Michigan see: UBU Today, https://www.ubutoday.com/ + Follow them on Facebook @ubutoday

Christen Kay Rachow, an aspect of The Triad Alchemist Instagram @thetraidalchemist ∞ Twitter @alchemicaltrine ∞ Facebook @thetriadalchemist

CREATED AND CROWNED



"Created and Crowned" WOMAN! Eve is honored as the woman who got this party started, and I believe she would be proud, pleased, and impressed with how far her successors have taken the baton.

Women are not only beautiful, brainy, and progressively discovering and embracing their purposes, women are strong and courageous in the face of life's ordeals. As a woman who has experienced two needle biopsies on my left breast (3:00 position) and who has, most recently, undergone my first ultrasound on my right breast--after an annual mammogram surfaced a concern (all is well), I salute the brave and courageous women who did not receive favorable results stemming from a mammogram exam and had to, eventually, face the report of breast cancer.

These courageous women not only look "pretty in pink" in October; they look gorgeous in any color they choose to wear-- any day of the year! So, if you know a woman facing and surviving this devastating experience, take a few moments to love on her. She is a hero in her own right and writing her very own best seller.

I admire the strong, great women who have lived through domestic violence--recognizing their value and tremendous self-worth. I applaud their strength and ability to take life by the horns and move forward to brighter days and a brighter path.

When we read their stories and/or hear their revelatory testimonials, how can we not awe at their transparency that breathes life and hope

into others confronting such an ordeal. These tenacious women are also heroes living among us! Take time to love, encourage, and appreciate them.

Time and space will not allow to tell of the many heartfelt and devastating experiences women confront in life--rape, divorce, loss of a child-but I rejoice to be a woman capable of facing and overcoming the trials and problems that beset my path.

One of the greatest aspects that empower women through the storms of life is the support "women give to women". The support we give to each other, in the face of life's difficulties, is invaluable,



priceless, and life-changing! Who understands a woman better than another woman? Our support, compassion, love and prayers for each other can turn around any situation. I continue to learn the power of "women helping women!" It has amazing results!

Most recently I hosted a women's reception at a charming Bed and Breakfast in Flint, Michigan, and I invited two great women from Women 2 Women Michigan Magazine--Inspiring Women for the Good. Publisher Debra Collins and Executive Assistant Rebecca De Hate not only made the magazine's presence known among my guests, they brought their warm, friendly, embracing personalities with them that helped to create a "women helping women" atmosphere. We had a great fellowship--something derived from the strength of being "Created and Crowned" WOMAN.

▶ Burnie Nelson is an author, motivational speaker, creator of a women's journal and leadership periodical, and founder of the women's organization "Where Words and Heart Meet" and the women's network "I'm Not Built to Break".



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HOPE. HELP. HEALING

o one ever thinks they will find themselves walking through the doors of a "charity" in need of help. It's a difficult, humbling experience to realize that you are in trouble and don't know how to get out of it. But from the minute you enter Catholic Charities' Center for Hope you know that the staff are going to do their best to get you back on your feet.

Redonna Riggs, also known as Rae, is the Community Closet Coordinator where she works part time and volunteers the rest of the time helping those in need. She gives people shampoo and toilet paper, clothes and furniture. She juggles the hundreds of volunteers who help make the Center run like a well-oiled machine. She provides all that she can so that she can help others rebuild their lives.

"Just when I think I'm going through something, I talk to visitors in the closet and hear how they are really going through something," says Riggs. "I meet a lot of good people, everybody has a story."



But Riggs has a story too.

She first came to Catholic Charities six years ago and learned firsthand how the agency changes lives. In 2013 she buried a son...for the second time. He had been a victim of street violence and her heart was broken. Only a few weeks

later her mother died. She had sold everything to bury her son and had nothing left.

For weeks Rae would not leave her bedroom. Her remaining children, a son and two daughters, would send her text messages of encouragement and drag her out of the house. "They would push me, literally pull me out the bed," said Riggs.

She was suffering from severe depression prompted by grief and loss. There were days, she recalls when she didn't eat so that her children and grandchildren (now fatherless) would have enough. Her only income was disability because two vertebrae in her back had been shattered as a result of domestic violence.

Her first encounter with Catholic Charities was in the Soup Kitchen when a friend finally convinced her to accept help. "Sometimes, it just takes realizing that someone actually cares, to begin getting better", says Riggs, "I don't know what I would have done without Catholic Charities, they saved me from a very deep, dark place."

At Catholic Charities, Riggs was able to get the counseling she needed to deal with the grief which was causing her debilitating depression and she began



volunteering at the Center for Hope. Just over two years ago, Riggs became the Community Closet Coordinator—a paid position.

These days, mental and physical health remain important to Riggs. She works with her daughter on physical therapy ≤ to reduce the pain she experiences on a daily basis from her \bar{a} injury. "If I'm not working, I'll volunteer. Sitting at home gets 💆 the best of me. It lets my mind run," she says.

Catholic Charities of Shiawassee and Genesee Counties, Catholic Charities of Shiawassee and Genesee Counties, ξ founded in 1941, provides services to more than 30,000 people \mathbb{Q} annually. In 2018, they served 193,745 meals, gave 316,243 \mathbb{Z} articles of clothing, helped more than 15 children find their forever homes through their adoption services and, welcomed 16,677 overnight stays, and counseled nearly 2,369 people. To learn more or to donate visit www.CatholicCharitiesFlint.org. $\stackrel{>}{\bigcirc}$



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For more information on how you can sponsor the event or purchase tickets visit our website or contact Kellie Pardi on 810.232.9950 ext. 709/email kpardi@ccsgc.org.



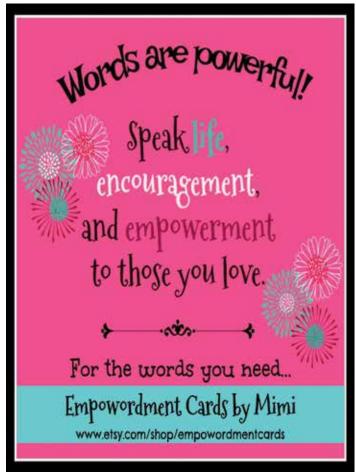














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SIPPING ON SWEET AND SPICY

Take your brunch the extra mile with a twist on the traditional mid-morning beverage. By adding jalapeno and horseradish to this Watermelon Bloody Mary, you'll have a spicy, tasty version of a traditional brunch drink ready for your guests.

With watermelon balancing out the jalapeno, it's an ideal balance of spicy and sweet with just the right amount of kick. Find more brunch recipes at watermelon.org.

Watermelon Bloody Mary
Recipe courtesy of the Nation
Board
Yield: 4 cocktails

2 cups seedless watermel
1 medium jalapeno pepper
2 limes, juice only
6 ounces low-sodium tom
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon fish sauce
1 teaspoon horseradish h
1/3 cup vodka Recipe courtesy of the National Watermelon Promotion

- cups seedless watermelon, cubed
- medium jalapeno pepper, stem removed, chopped
- ounces low-sodium tomato juice

- teaspoon horseradish hot sauce, to taste

lime wedges chili lime salt

bamboo skewers (6 inches long)

watermelon wedges (optional) prosciutto (optional) cucumber slices (optional) jalapeno slices (optional) green olives (optional)

In blender, blend watermelon cubes and jalapeno pepper until completely smooth. Pour mixture through fine sieve set over pitcher.

Add lime juice, salt, pepper, fish sauce, horseradish and hot sauce, to taste, to pitcher; stir to combine. Taste and adjust seasoning as needed. Add vodka and stir.

Line rims of four glasses with lime juice from lime wedges; dip in chili lime salt poured on plate. Carefully put ice in each glass and divide Watermelon Bloody Mary mixture evenly.

Add garnishes, as desired, by skewering watermelon wedges, prosciutto, cucumber, jalapeno and green olives. Place garnishes in glasses and serve.

(Family Features) Building out a full menu to please your brunch guests with simple, tasty recipes can help create a fun, flavorful atmosphere when it's time for a morning bite.

By making a variety of dishes to accommodate an array of personal tastes, you can give friends and family the flavors they desire. Apple Strudel Pancakes, you can fulfill a multitude of food groups from grains and fruits to dairy and meat.

Find more brunch recipes at Culinary.net.

Add Apples to Your Brunch Buffet

As part of a balanced brunch, these Apple Strudel Pancakes feature whole grains rich in fiber, minerals and vitamins to provide energy for you and your guests. With a rich, nutty flavor, buckwheat flour complements the sweet taste of apples and maple syrup for a twist on traditional pancakes. Find more nutritious recipes at aicr.org.

APPLE STRUDEL PANCAKES

Reprinted with permission from the American Institute for Cancer Research

Servings: 8

Apple Strudel Mixture:

- 1 cup water
- ¼ cup raisins
- 1 tablespoon butter
- 2 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¹/₃ cup thoroughly chopped walnuts
- 1 large apple, peeled, cored and chopped

Batter:

- 1 cup buckwheat flour
- 1 cup unbleached all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs
- 2 cups 1 percent buttermilk
- ½ cup safflower oil
- ½ teaspoon vanilla extract nonstick cooking spray maple syrup

To make apple strudel mixture: Boil water; add raisins. Remove from heat and let steep until raisins are plump and reconstituted, about 10 minutes. Drain and set aside.

In shallow pan over medium heat, add butter. Once butter melts and is bubbling, stir in brown sugar and cinnamon. Cook about 3 minutes until sugar starts to dissolve. Add walnuts, apples and raisins. Cook apples until just tender when pierced with fork, about 4 minutes. Set aside to cool completely.

To make batter: In large bowl, mix flours, sugar, cinnamon, baking soda and salt. In separate bowl, beat eggs lightly and mix with buttermilk, oil and vanilla extract.

Pour wet ingredients into dry, mixing as little as possible. Add apple strudel mixture and fold all ingredients together. Set aside.

Heat nonstick pan or griddle over medium heat. Grease pan lightly with nonstick cooking spray. Once pan is hot, ladle about 1/4 cup batter per pancake taking care not to overcrowd pan. After 2-3 minutes, flip pancakes once.

Serve pancakes warm with syrup.







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