



Note from Joy

Years ago, I decided to make a challenge for myself. I am going to work on my garden. You may think "what? Work, Gardening?" I know some women are born with talent and a love for gardening, but that part is not in my DNA. So I worked out a plan, and little by little each day I talked to my flowers in the morning, and brought their food at night. Gradually my garden grew, and this summer I counted and I had about 30 different flowers in my garden. It looks beautiful, and to a degree, it's become like a magazine picture. I am still working on it and hope next year it can become even more beautiful. The same thing is happening in this newsletter too. First, I tried it out, then fixed it and changed a little bit. I tried this and that, with many good friends' help so we can bring it to you each month. And for the coming year, 2007 we will add lots of new writers. Each one of us just as ordinary as you, having our own issues and struggles, happy and sad but we decided to make a difference in our lives. This difference is currently bringing out all we have inside us and letting God multiply it. We will focus on mental, emotional, physical, financial, and spiritual areas in which to reach excellence. I'd like to encourage you find a partner, to form your own BUTTERFLY group. Next month we will give you more of a guide line. Love you, Joy Wu

--- Ordinary woman doing extraordinary work, what are you going to say? You are Beautiful ---

Winter Hair by Colette



Hair tips:

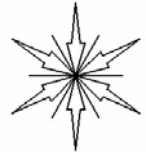
As we are approaching the dry winter months, I can not emphasize enough...**MOISTURE-MOISTURE-MOISTURE.**

LET MOISTURE BE YOUR MAIN SQUEEZE!

Some tips:



* If coloring or chemically altering your hair, make sure you're using a shampoo that is delivering moisture. It will gently soften your hair without flattening it.



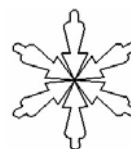
* Always condition your hair every time you wash, even if your hair is fine. You just have to be using the right conditioner for your hair type.

* Always use a leave-in conditioner before styling your hair. A leave-in conditioner is going to protect your hair from extra drying from your blow-dryer, curling iron or flat iron, and not to mention avoiding embarrassing static electricity.

* Deep Condition once a week. That will help the hair become silky, shiny and soft.

* And last but not least, **DON'T WASH YOUR HAIR EVERY DAY.**

Thanks for the honor of serving you, always striving to bless you much!



Expect Compliments!

Colette

Healthy Grocery Shopping on a Budget



-Part 2-



Last month I gave you some tips for getting the most out of your grocery budget. This time I will begin to take you through the various sections of the grocery store and help you make nutritious choices. We need foods from the 5 food groups: Grains, Fruits, Vegetables, Meats/Beans and Dairy. I will start with the fruits/vegetables and meat/beans groups ... On to the grocery store!

Fruits and Vegetables: Foods that are in season tend to be the cheapest. Right now, for instance, the best fruits and vegetables to purchase are apples, pears, and squash. If possible, go to a farmer's market for fresh produce. Fruits and vegetables tend to be cheaper straight from the farmer and are sometimes organically grown. Fresh fruits and vegetables are the most nutritious. When they are out of season, the next best choice is frozen. Lastly, and usually the cheapest are canned. These products still have some nutritional benefit, however some vitamins are inactivated during the canning process, such as Vitamin C. Canned fruits and vegetables are the most useful in the winter season.

Meats: The most expensive foods are found in the meat section. To make the most of your meat purchase, look for sales. Many times, meat in bulk packs are less expensive per pound. When I was single I would go grocery shopping with a friend. We would buy a bulk pack of chicken together and then split it. When you purchase a large pack of meat, split it into serving sizes right when you get home and freeze each serving in a Ziploc baggie. This method allows you to buy meat every other shopping trip, so you can stock up on other foods in the off week. Ground turkey or chicken and turkey sausage are typically less expensive than ground beef and pork sausage and also tend to have less

fat. I also like to buy a whole chicken. Its great for a Sunday afternoon dinner and the carcass can be used to make soup for a second meal. Canned beans, such as Kidney and Black, are very cheap and also a great source of protein, fiber, B vitamins, and some minerals. Dried beans are more economical but require much more time to prepare.

Next month: Grains and Dairy.

-Nicole Kauffman, M.S. Food Science
kauffman.nicole@gmail.com

Christmas in Action 2006

One of our Christmas in action activities for 2006 is to serve our community – Penns Valley area. Our goal is to support the D.A.R.E. program to fund raise a T-shirt for each child in 5th grade. This would require us to raise \$600.00. If 120 mothers donate \$5.00, we can reach our goal! For more information email: joy06@yahoo.com.



Coming Soon....to YAB 2007

- **The Things Every Exercise Program Should Have:** Safe and effective exercise program you can do with *You Are Beautiful*. It is very important for a complete fitness program to include aerobic exercise, muscular strength and endurance conditioning, and flexibility. We will teach you step by step.
- **Every women should know, and be looking for ...** How to handle your emotions in every day life?
- **Are you afraid of computer viruses?** Will your husband's computer be destroyed by one click? Do you know how tell if a file has something wrong?
- **How to find a good website when doing a search ...**
- **Money Talk ...** How money can become your friend not your enemy