

Volume 1, Issue 9

Newsletter Date:
June 2005

Sisters Enhancing Sisters



Networking Fellowship, Inc.

SPECIAL POINTS OF INTEREST:

- MESSAGE FROM THE VICE PRESIDENT
- UPCOMING EVENTS
- BUSINESSES
- PARTNERSHIP INFORMATION

DISCIPLINE: HOW FAR IS TOO FAR?

On May 14, 2005 at the Greenbelt Library the *Virtuous Moms* of Sisters Enhancing Sisters had the opportunity to receive professional guidance on a passionate topic regarding our children; Discipline - how far is too far? The speaker, Michelle Tornabene, Licensed Social Worker for Child and Family Services of Washington, DC provided great insight and valuable information to the attendees. Literature and resource materials were provided to reinforce the information shared.

Key tips that were identified and should be remembered ...

For Effective Discipline:

- Provide a positive, supportive and loving relationships
- Use positive reinforcement;
- If punishment is necessary, use time-outs and other alternatives to spanking or physical punishment.

General Parenting Tips:

- Remember to keep the rules simple.
- After you set the rules, be consistent and enforce them.
- Be a good role model because children learn by your example.
- Show that you can deal with frustration and anger without resorting to violence.

Use time-outs so a child can learn that they've misbehaved. Emphasize rewards for good behavior instead of always punishing a child for bad behavior.

SES AT THE BOWIEFEST

Sisters Enhancing Sisters (SES) participated in Bowiefest 2005 on Saturday, June 4th at Allen Pond Park. Bowiefest is sponsored by the Greater Bowie Chamber of Commerce (GBCC) as an annual marketing opportunity for area businesses. SES is a proud member of the GBCC and enjoyed the opportunity to meet close to 10,000 attendees.

On a hot summer day, the SES staff enjoyed an indoor booth where they were able to meet women from all walks of life. We informed lots of folks about our organization and told them about the events we have upcoming. We were pleased to find that, in addition to the people that happened by our booth, there were also others who came to the festival specifically for SES! What a pleasure! All our visitors left with brochures, business cards, and good cheer as we spread the word about our organization. The partners of SES were also highlighted as we distributed information about their businesses as well.

Finally, SES offered a free drawing to win a complimentary pedicure from Lee's Nail and Day Spa. One Maryland woman gladly claimed the prize at the end of the festival. We find great joy in making other women feel significant and special.

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FROM THE VICE PRESIDENT ~ JUANITA GLENN

Dear Fellow Sisters,

Through our various past conferences, prayer breakfasts and workshops, we have had the opportunity to meet wonderful women who are poised with character, grace and integrity. We are thankful for the opportunity that we've had to interact with women from different organizations, races and backgrounds. We are all one in the body of Christ and are equally important. It is not by chance that we have met through family, friends or acquaintances, but it was ordained by God that our paths cross. Everyone has a special gift designed by God that can be utilized to help others. SES thrives to enhance, edify and educate women to fulfill their God given purpose and goal.

ARE YOU READY FOR SUMMER?

Contributed by Cheryl Clark

Ladies, our responsibilities keep us constantly on the go. Whether you have the title of Wife, Mother, Guardian, Grandmother, Aunt, Sister, Daughter or Friend you have a large role to play in the life of someone else. Don't allow the stress and anxiety that comes with every day activities to hold you down this summer. Make sure you enjoy the 3 R's. Yes, you deserve to **Relate**, **Relax** and **Release**, but make a focused impact over the next couple of months to **Rekindle**, **Receive**, and **Reward**.

Has it been a while since you have spoken with someone who is very special to you? Have you stopped to buy that card that would encourage your sister? Don't miss the opportunity. Be a blessing to others by blessing them with YOU— your time, a listening ear or a helping hand. **Rekindle** the relationship that is lacking the most. To **Receive** ... don't get so involved with doing for others that you forget about yourself. Look in the mirror. What would help give you that spark? A body massage, a new hair cut, or just a day to do what you want to do? Don't think about it — do it! Receive what you are in need of. You deserve to be blessed too. And to conclude the summer reflect and make sure you **Reward** someone. Plan a brief (non-stressful) getaway or complete the scrapbook you have worked on recently. To ensure it is rewarding for all involved do something you may not have done before — talk about how the activity will bless you and/or others. The moments we enjoy today are the memories we will treasure tomorrow.

Don't just exist ... LIVE. Live your life to the fullest in Jesus name.

BUSINESS SPOTLIGHT

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“Creation Fueled by Imagination”

Sabrina Hilliard, President

www.basketsandbodies.com

Baskets & Bodies (B&B) is the online gift basket company that offers a variety of themed gifts with the convenience of online ordering. B&B gifts are great for giving to family, friends, clients, or any person on any occasion.

Because we value your time, Baskets & Bodies offers the ease of online ordering. Simply visit www.basketsandbodies.com 24 hours a day, 7 days a week. Then select the gift you like, pay by credit card, and you're done! We'll follow up by creating and shipping your gift. Now your loved one is happy, and you're looking very good! As an added benefit, we can include a personalized note card with each gift at no extra cost!

To view our current selections, visit Baskets & Bodies online at www.basketsandbodies.com and click on the “Signature Creations” page. There are additional gifts for men that are not featured on our site, so contact us for more information.

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B&B President E-mail: SHilliard@basketsandbodies.com

B&B Office Hours: Monday through Friday, 9:00 a.m. to 5:00 p.m. EST

ATTENTION BUSINESS OWNERS!

Sign up for the free business newsletter from Baskets & Bodies! B&B distributes a monthly electronic newsletter with features such as "The Business-Boosting Article of the Month," "The Featured Entrepreneur of the Month," and a listing of business workshops and conferences being held during the month.

To start receiving the free newsletter, send an e-mail to Sales@basketsandbodies.com with “Join the Newsletter” in the Subject field. Please be sure to send your e-mail from the account where you wish to receive the newsletters.

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UPCOMING EVENTS

July 2005

July 23, 2005

Ordination Service for Phillip & Jacqueline Duncan
Solid Rock Full Gospel Baptist Church International
7711 Walker Mill Drive, Capital Heights, MD

July 23, 2005

Car Wash, Bowie Wal-Mart: 8 am—12 pm

July 30, 2005

Women's Health Fair, Greenbelt Library: 1-4 pm

Please register at

<http://sistersenhancing.org/registrationform.htm>

August 2005

August 20, 2005

Car Wash, Bowie Wal-Mart: 9 am—1 pm

August 30, 2005

CEO Phillip Duncan retires from US Marine Corp

August 27, 2005

Domestic Violence

Beltsville Library, 1-4 pm

October 2005

Leading Ladies of Integrity Conference

"Issues of the Heart"

Scripture: Proverbs 4:23

Tyson's Corner Double Tree Hotel

7801 Leesburg Pike, Falls Church, VA

October 14 - 15, 2005

7:30 pm Friday, All-day Saturday

November 2005

2nd Phenomenal Woman of the Year

November 12, 6-10 pm, Calvary Chapel Church,
Waldorf, MD

SES BUSINESS PARTNERS

Rose Longmire, Long & Foster Realtor

www.homesdatabase.com

Sabrina Hilliard

The Professional Documents Service

<http://www.thepdservice.com>

Wanda L. Childs

Blessed 24:7

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<http://www.marykay.com/cjohnson20648>

Cyndi Green

XanGo, LLC

www.goxango.com/rhema

Valerie Patterson

YTB Travel & Cruises

www.mydreamtravelbiz.com

Nadine Maye

Spiritworks Unlimited, Inc.

301-735-3463

Doris Cutler

Divine Images Network, Inc.

www.divineimagesnetwork.org

If you are interested in being a SES partner, please visit www.sistersenhancing.org