



Sistahs' Ca Nect, Inc.

JANUARY, 2012

Volume 1♥ Issue 1

Sistahs' Ca Nect, Inc.

Who run the world.....



Girls... Girls... Girls!



LAKE STEVENS MIDDLE SCHOOL
 "SPARTANS"
 Jakeria, Shawmen, Shalen, Cyara, and Allannah

A Tribute to Sistahs' Ca Nect

When four walls enclosed our path and we scream for a way out
 Or when the raptures of our captivated existence become
 overwhelming, that we plead for a new route
 One place ties the bond and leads us to a new faith
 A sincere place that we await.
 A group where mere girls sprout power from deep inside
 Where a smile greets each face both far and wide
 Determination is not vanquished by hatred and deception
 But courage is a soul depth of our fraction.
 As a blooming pedal created by HIM almighty
 Thy shield is cast upon us together in unity
 Where concerns can be converse and emotions expressed
 Sealed in confidentiality without the rays of stress.
 Words of wisdom inflating in our minds
 Through the pathway of Ms. Hawkins melodious mouth,
 influencing with each line
 A place where your voice can be heard
 Anticipation with every ear on every word
 Joined by hand a love is embraced
 Through Sistahs Ca'Nect there's nothing we cannot face.

Tisha Robinson
 Miami Norland Senior



"FORGIVENESS"

What is forgiveness? Forgiveness is defined as the process of concluding resentment, indignation or anger as a result of a perceived offense, difference or restitution.
 But the real question here is what does forgiveness mean to you? Life is full of hurt, danger and pain. Anything horrible you can ever imagine or think of. How does one forgive someone whom they trusted but were stabbed in the back or someone who kidnapped, raped and murdered their little girl? Both acts are very horrible disturbing acts.

It's vital that we look into forgiveness, if not, one falls into anger, resentment and even thoughts of revenge. The pains of life can leave one with many wounds. The best way for those wounds to heal is God, then the process of forgiving. Through embracing forgiveness one will gain peace, hope, gratitude and joy. Also, healthier relationships, greater spiritual and psychological well-being, less anxiety, stress and hostility, lower blood pressure, fewer symptoms of depression, and lower risk of alcohol and substance abuse. Forgiveness is just a commitment to a process of change. Are you willing to make this commitment today?

Ruth Massillion
 Miami Norland Senior



MIAMI NORLAND SENIOR
 "VIKINGS"
 Tisha, Elacia, Anne, Kierra, Tyler-Ann, Ruth, Essie, Yva,
 Chante, Jameesha, Mia, Diamond, Dawn, Malaysha, Queen



"Happy Birthday"
 Allannah
 Lake Stevens Middle



FRIENDS

Sistahs' Ca Nect is an all girls club where we come together as one. We do lots of different activities while having fun. Some of the activities we do are field trips, vision boards, and sharing in the sharing chair. The sharing chair is one of the activities we really enjoy. Most of the time the girls use the sharing chair to express their feelings about their relationships.

"WE ARE SISTAHS' CA NECT AND WE ARE BEAUTIFUL" is our motto. We pray at the beginning of each meeting and then we start with our activities. We have discussion sessions, and get to express our feelings when we journal. We close the meetings with the PANDORAS BOX; we write our names on a small piece of paper and drop it in the box. Ms. Hawkins, our sponsor, shuffles the names around and pull two names from the box and those persons receive a gift of love.

"WE ARE SISTAHS' CA NECT AND WE ARE BEAUTIFUL".

Marisha Dixon
Westview Middle

"HOLIDAY TREAT"

"A delicious, healthy dessert (especially for diabetics)"

RASBERRY FROZEN YOGURT
8 servings (serving size ½ cup)



Ingredients

- 2 cups vanilla low-fat yogurt
- ½ cup whole milk
- ¼ cup sugar
- 1 (10-ounce) package frozen raspberries in light syrup, thawed

Fresh raspberries (optional)

Preparation

1. Combine first three ingredients in a large bowl; stir until sugar dissolves.
2. Place thawed raspberries in a blender; process until smooth. Strain puree through a fine sieve over a bowl. Discard seeds. Add puree to yogurt mixture.
3. Pour raspberry mixture into the freeze can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze 1 hour or until firm. Garnish with fresh raspberries, if desired.

Nutritional Information:

Amount per serving

Calories	100
Fat	1.3g
Saturated Fat	0.8g
Protein	3.8g
Carbohydrate	18.6g
Fiber	0.5g
Cholesterol	5mg
Sodium	47mg



E F E R B G I E N G D L E H S
 R L R V N E A R N E C U X O M
 P Q B I I M S I R I V F C N Y
 X O V A X T V T T U K T I E I
 U O S H D I A S I Z F C T S L
 L T N J G N A E N E Z E I T O
 Y U O R Y T E U R Y S P N L Y
 N E O M N J F P L C C S G P A
 N F E A P R H D E C D E G H L
 U B F N S I N D D D L R K F G
 F J E L D E C P R E C I O U S
 F D U G I V A L U A B L E T U
 N K K R K B Y O C V D M Y M U
 F C F M U G X K F W U Y J I U
 P I T Y K Q T G X I T O J X H

BESTIES	FUN	VALUABLE
CREATIVE	FUNNY	
DEPENDABLE	HONEST	
EXCITING	LOVING	
FANTASTIC	LOYAL	
FORGIVING	PRECIOUS	
FRIENDLY	RESPECTFUL	



WESTVIEW MIDDLE
"Wildcats"

Jessica, Janeil, Kursten, Camisha, Paris, Va Chariya, Elizabeth, Destiny, Lisette, Tyanna, Jakeisha, D'airrea, Asia, Cliff Anyce, Stephanie, Keneisha, Ashley, Vanessa, Rebecca, Deedrea, Myrna, Rachel, Rhonda, Laela, Kenya, Marisha.

UP COMING EVENTS IN 2012



"Meet the Parents"
 Vision Board
 1ST Book Club
 Fundraisers

Honorary Luncheon (Grade Incentive)
 Finance and Budget Workshop
 Legal Proceedings Workshop
 Women's Detention Center (Fieldtrip)

Sistahs' Ca Nect 1st Book Club,



So, So Hood by L. Divine

For Jayd Jackson, a new school takes the drama to a new level. . .

With her senior year just beginning, Jayd's drama is going nowhere anytime soon. Although she's graduated to the next level with her powers, she's also going head-to-head with her former best friend, Misty. Jayd's also got to deal with the aftermath of the debutante ball, her boyfriend's cheating, and her ex-boyfriend/best guy friend Rah's continuing baby mama drama. Luckily, when her crew gets to be too much, Jayd can turn to her new crush Keenan, a UCLA first draft football pick, for a time out. Jayd's got to keep a cool head now more than ever because there's a new enemy waiting to pounce if she lets down her guard.



**BROWARD COUNTY COURTHOUSE FIELD TRIP
Miami Norland Senior**

Since you were able to make your own decisions, you always had the choice to either do the right thing or the wrong thing. Sometimes the right thing is not always the easiest thing to do, so many just decide to take the easier way out and forget to take a second to think about their future or the consequences. On December 7, 2011, if I wasn't aware before that day my eyes were opened and my mind was expand. To see so many young people throw their life away due to stealing, robbing, shooting, peer pressure, or just simply to fit in, it was heart breaking. Also, being that 95% of the people in there were African American it really bothered me like they were my own kind. Not only the African American but every race, color, or ethnicity **WE HAVE TO DO BETTER YOUNG PEOPLE.** This was a life changing experience, I'm really glad I had the opportunity to take this trip because it made me see the other side of the world I never seen close up. Thanks again, and if you have a chance to visit any criminal court house take the chance it would be worth it...

Jameesha Toomer
Miami Norland Senior



**BROWARD COUNTY COURTHOUSE FIELD TRIP
Westview Middle**

MESSAGE FROM OUR FOUNDER.....

FIRST,

I WOULD LIKE TO THANK GOD FOR EVERYTHING!!



And GOD called the light Day, and the darkness he called Night, and the evening and the morning were the **FIRST day. (Gen 1:5)**

AND THEN HE CALLED SISTAHS' CA NECT, INC.

But seek ye **FIRST the kingdom of GOD, and his righteousness; and all these things shall be added unto you. (Mat 6:33)**

Our **FIRST year as a non-profit, our **FIRST** school, our **FIRST** group of girls (Westview Middle), and our very **FIRST** Newsletter.**

That thou shalt take of the **FIRST of all fruit of the earth, which thou shalt bring of thy land that the LORD thy GOD giveth thee, (Deu 26:2)**

I would like to thank ALL my girls (Westview Middle, Norland Senior, Lake Stevens Middle and Carol City Middle) for being a willing vessel for GOD to use. Thank you for your honesty, commitment, creativity, talent and respect. Most of all, I thank you for your love and the opportunity to be part of your journey into womanhood.

I hope something will be said or done that will impact your life in a positive and miraculously way.

Thank you for allowing me to enter the hallways of your heart and loving you ALL un-conditionally.

Remember, thou shalt love the Lord thy GOD with all thy heart, and with all thy soul, and with all thy mind. (Mat 22:37)

This is the **FIRST and great commandment. (Mat 22:38)**

**Gratefully,
Sandra Hawkins**

