



Message From The National President



Dear Carat Sisters,

With joy, pleasure, and happiness I greet you! I think of you all the time. I am desirous of making this a personal note, so I have to say initially, "How are You Doing?" Not a day passes without memories of Carat experiences or a thought of you!

It is my hope that you have kept in mind our vision for the next two years.

Embracing Dimensional Friendships *Be Thankful - Be Committed - Be Authentic*

Be Thankful - An offering of gratitude is something you probably do daily and some of us express thanksgiving multiple times during the day. I just hope you include CARATS, Inc. on your list. If not, I hope that you will consider amending your list to include Carats. CARATS, Inc. is a rare and an exclusive privilege that permits you to have an incredibly good time and the support of nice friends who reside outside of your local community. These friends possess most of your values and ideals and hail from a similar culture as yours. What a Blessing!

Be Committed - I want to ask for your perpetual support, but I suppose I should limit my request for the next two years. Being committed infers that you are all in; you love CARATS Inc., you want CARATS, Inc. for now to maintain its present stance, and that you will work to ensure that we get better and better. Thus, we can hand CARATS to our daughters as a viable, superb, and respected organization.

Be Authentic - There is no one like YOU! Absolutely, no one can do it the way you do it, and no one can love, laugh, or think as you do. You've got the gift to gab and the gift to strut. When you come to CARAT gatherings you put it on. You've got it ALL!

I wish to thank the Past National Presidents, National Board of Directors, Committee Chairs, Chapter Presidents and every CARAT for supporting this administration. I look forward to working with you!

This first newsletter *Embrace* is incredible! I am so very elated, thrilled, overjoyed and happy over this first edition during my tenure. Hopefully, when you read it, you will experience the same sentiment. We would love to know what you think. There are various articles that should interest you. Certainly, it is designed to enhance our lifestyles, provide relevant information, and give us the incentive to make some adjustments.

Kudos to our contributors! The articles were written by our talented, knowledgeable, intellectual, and beautiful Carat Sisters. I really want to call them out; but I am going to make it a mystical venture for you. So, with a cup of your favorite tea, sitting in your favorite chair, I hope you will be enlightened. I deeply appreciate the exceptional work of the Communications Committee!

Sincerely,

Carat Norma Givens

23rd National President

CARATS, Incorporated

National First Vice President

The Program Committee will be sending out a questionnaire to each chapter after the New Year to help us plan our next project. We are requesting that each chapter please review the CD on the CARAT'S Shuffle so that we can all dance together in Cleveland.

CARATS who have been members for 25 years will be honored as "Silver CARATS" at our annual Luncheon and certificates will be given to those who have attended the Conclave for 5, 10 and 15 consecutive years. Yellow ribbons will be given to our new CARAT Sisters during the General Meeting as well.

Members of the Program Committee: CARAT Deborah Bibbs of Cleveland, CARAT Evelyn Chatmon of Baltimore, CARAT Cynthia Webb of Baltimore, CARAT Rosa Nesbitt of Miami and CARAT Dee Dee Macer of Baltimore, Chair Stay tuned.

Carat Dee Dee Macer



National Second Vice President

As 2nd Vice President of Membership, I would like to introduce and welcome the committee members - Carats Antoinette McAllister (Chicago), Deborah Thornton (Washington DC) and Barbara Palmer (Macon), National Corresponding Secretary. Our objective is to review existing Constitution and Bylaws and Policy Guidelines as it relates to the role and function of the membership committee. We are excited to entertain new ideas from our CARAT Sisters that will enhance the growth of CARATS, Inc. Stay tuned... CARAT Sisters!

Carat Darlene R. Britford



Stress Free Life

Our Focus - Achieving a state of complete physical, mental and social well-being. What's the number one threat to our health, wellness and overall well-being? It's an ugly six letter word – STRESS. Some sources of stress are unavoidable and just a part of life – family, jobs, finances, illness and unexpected life crisis. While we can't control life, we can find ways to help us deal with these day-to-day situations. Exercise is a great stress reliever but there are other ways you can de-stress. Consider these:

- Minimize Caffeine & Alcohol and Avoid Nicotine
- Get More Sleep
- Try Relaxation Techniques
- Talk to Someone. ... Like a trusted Carat Sister
- Keep a Stress Diary
- Take Control
- Manage Your Time
- Learn to Say "No"
- Rest if you feel ill

The Holidays are just around the corner. Many people experience more stress due to the social demands of the season and trying to meet the expectations of loved ones. Consider planning your time in advance, keeping a list, delegating tasks to other family members and self-care such as massages for those tired (shopping) feet, breathing techniques and an afternoon siesta.

One Last Note - Although October is Breast Cancer Awareness Month, if you haven't gotten your yearly mammogram, make an appointment soon before year's end.

Carat Kisha Cheek's



Living In The Moment



Do you find that there are times when you are not completely in the moment? This may be due to distractions, thinking of what you need to do, or what has happened in the past. There is a growing body of research, called Mindfulness, that speaks to the importance of living in the moment and the affect that it has on joy and happiness in our lives. According to Psychology Today, “Mindfulness is a state of active, open attention on the present.”

Mindfulness is carefully paying attention to thoughts and feelings. It is when we focus on the present rather than what “will be” or “has been”. It is active and alive, allowing for your being to embrace thoughts and feeling associated with an activity. The advantages can be significant for overall physical, mental, and spiritual health. It allows for resilience and the ability to manage challenges that come our way. It can open pathways for creativity and inspiration.

A recent study by psychologists at Harvard University collected information on the daily activities, thoughts and feelings of 2,250 volunteers to find out how often they were focused on what they were doing, and what made them most happy. They found that people were happiest when having sex, exercising, or in conversation. This is particularly interesting given all these activities involve interaction with others. Although individual self-care is an essential aspect of life, it seems that interaction and awareness of others also brings contentment.

One way to stay present in our minds and with others is a daily regimen of finding peace through prayer and meditation. This allows for effortful focus for what is at hand, so we do not miss the joy and beauty right before us. It can help with reducing anxiety and depression or other types of mood dysregulation. Another way it to set aside time during the day to turn off your phone, social media, or other distractors. Use that time to relish in a direct, in-person uninterrupted conversation or interaction with someone you care about. Consider the importance of enjoying every moment recognizing once a moment is gone, we cannot get reclaim it. There are several apps that might help with practicing Mindfulness. Headspace: Meditation & Mindfulness or Simple Habit Meditation both can be downloaded in app stores. As we approach the hustle and bustle of the holiday season, be sure to take time to slow down and pay attention to your here and now. Take in the full enjoyment and pleasure of conversations, relationships, and the presence of others and LIVE IN THE MOMENT.

Carat Dr. Monique N. Coleman
Clinical & Forensic Psychologist
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Clutter In Our Closets - 90 min fix



We all sit in our room and say, "I have nothing to wear!" While our husbands or boyfriends look at us in disbelief. The truth is we have nothing we WANT to wear, but we have a lot of clothes in our closets, draws, storage bins, etc. Now is a great time to start going through all our clothes to see what we want and what still fits. Evaluate when you last wore the item first and start the decluttering process.

How do you start? Well, you start with a bottle of sparkling wine or still water and a very nice glass. Then you find a few shopping bags that you have stored away, a trash bag, set a clock for 90 minutes, turn on some dance music and pull everything out of one drawer. Examine each item and create three piles:

- a) Love it!
- b) Could you live without it?
- c) Seen better days.

While the drawer is empty make sure that the hardware is on securely, all scrap paper, receipts, buttons, etc. have been removed.

- a) Lovingly fold up the items you love and place them back in the drawer.
- b) The items you can live without place in a shopping bag to take to a local organization that needs women's clothing.
- c) And the Seen better days... say goodbye to and place in the trash bin. Repeat the process for each drawer while taking time to dance to the music and sip on your sparkling wine.

Check the clock to see how you're doing on time. Before you head to the closet, go through your jewelry box and use the same criteria. Bless someone else with a few pieces of jewelry that you haven't worn in ages.

After 90 minutes is up and you feel a sense of accomplishment, check in with yourself to see if you're ready to move to a closet. If it isn't the day or time to continue, take the bag of clothes that you are donating to the car immediately. Your Honey Doo can do this while taking the bag that is going in the trash. You MUST donate the items and please do not leave them in the car for months.

Now don't forget to schedule 90 minutes for each closet and shoe collection, then follow the same process.

Once you've decluttered all the drawers and closets, have a private fashion show for your Honey Doo with a few of the pieces that you absolutely love and that make you sparkle! Be sure that you surprise him with something that he's never seen on you before. Please don't forget the champagne or sparkling water when you are ready to celebrate!



Carat Johanna Daye

Fashion Trends 2018-2019



Ladies, the fashion trend for fall and winter consist of state of the art pieces. Remember one of the 1970's Fashions? Bell Bottoms; the flair is back; your dark jeans and traditional white blouse is still a winner! High fashion looks include not only the leopard print but all animal prints-this will give you a twist on the wild side. Patterns of tweeds, plaids, checks, bold colors, bold accents, shoulder pads and layering of clothing are a hit. Throw an oversized jacket or cape over that little black dress and add a structured handbag. Take your ensemble up a notch, wear white from head to toe; as you're approaching, heads will turn in the right direction. Add extra touches with fringing, glossy wear, white boots, colorful faux fur, classic pearls, which you'll see on about everything, and sunglasses. If you're on a budget, or have everything imaginable in your closet, indulge the accessories for the hot trendy looks.



Carat Lily Leslie

Are you Financially Healthy?

What does this question mean? If you asked 10 different people, then I am sure you would get 15 different answers. Why, because it means something different to all of us and it can be dynamic depending upon one's current situation. All of us know Pareto's Law and how it applies to us in work and community situations. Have you ever given a thought as to how it could apply to your financial health?

My personal favorite definition of financial health is: "The dynamic relationship of one's financial and economic resources as they are applied to or impact the state of physical, mental and social well-being." Simply put financial health and physical/mental well-being go hand in hand. So how does the 80/20 rules come into play? Take the resources you have and use them wisely. For example, take a hard look at all your discretionary expenses, look at the monetary value compared to the utilization. The biggest house, the fanciest cars, the latest and greatest in electronic devices are not financial health. What's most important, is to define what will make you happy, what is enough and how do you reach your goal. Stress, anxiety, insomnia, elevated blood pressure, depression are but just a few of the health conditions/silent killers that develop from financial concerns. One suggestion is to draw up a budget – but be honest with yourself about everything and employ the 80/20 rule.

Approach the holidays with caution, do not try and please everybody, a few meaningful gifts go a long way.



Carat Gayle Walthall

Finding Fall Fun

Fall is upon us and with the approach of the Holidays, it is easy to get overwhelmed with family obligations, year-end work responsibilities, and the ever daunting task of decorating your home. This is the perfect time to inject a little fun for a well-deserved rejuvenation. I have three suggestions for a Fall date night with your significant other or catching up with your good girlfriends.

There is an explosion of Paint and Sip Studios popping up all over the country from Miami to New York. The evening consists of painting lessons in a group setting accompanied by enjoying your favorite wine. The lessons are led by a professional artist who will present a painting followed by step by step instructions on recreating the artwork. Often the teacher will give you personal attention if needed. They provide all your needs including a blank canvas, paint and brushes, a smock, and clean area to get your Picasso on. Note most companies ask you to bring your preferred beverage, and they will provide the glasses. Also, don't wear your designer best as paint tends to splatter especially while sipping wine.

Next, I will suggest a jazz night at the museum. Local Art Institutions in our chapter cities including Detroit, Philadelphia, Columbus and more offer an evening to enjoy live music and access to the art exhibitions. Some museums provide small bites and desserts. A perfect evening to stimulate your creative energy.

Lastly, one of my favorite activities in the fall is apple picking at the nearest orchard. That is one event where you can bring small children, but I recently found that some farms offer cider and wine tastings in cozy farm inspired lounges. Most orchards are about an hour away, so you can make it a getaway by adding a night at a local Bed and Breakfast complete with dinner reservations. Enjoy!



Carat Cannon Kent-Grant

The Presidential Photo Gallery



Carat Norma Givens attending the President's Brunch during homecoming at Morehouse College on October 27, 2018. The Morehouse Men stopped to chat with Carat Norma, however, Ft. Valley State won the game! Good Times!



Carat Gwen Williams (Chattanooga), Carat Norma Givens, National President, Carat Jea Delsarte (Atlanta) gather for the Morehouse Homecoming Game on October 27, 2018 for some CARAT fun!

On behalf of the NATIONAL CARATS COMMUNICATIONS Committee, we wish to thank CARAT Norma Givens for appointing this committee to work on behalf of CARATS, Incorporated. This newsletter is for each CARAT to enjoy. If you have something of interest for us to share, please send it to jeadelsarte9@gmail.com for consideration. Our goal is to share our authentic personalities with CARATS, Inc. in a way that uplifts your spirits and energize your passions.

– CARAT Jea Delsarte, ATL, Editor

National Carats Communications Committee



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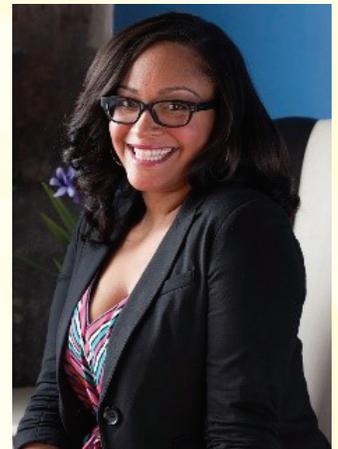
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