

## FEBRUARY 2025 NEWS-LETTER



From: WDGS Coaching to YOU!!!



**SHOWING LOVE ❤**

WDGS wants to welcome all of our New Board Members, as well as, our Clients. Each of you are a valuable link to our Coaching programs. You are all sweethearts ❤️ and it is a pleasure to have you as a part of our WDGS family and fan club.



**WDGS WELCOME YOU!!!**



As we prepare to share extended love ❤ during the month of February due to Valentine's Day; please see below  some sweet sentiments of activities for you and your mate, from my personal love ❤ treasure of to do's.

**10 Things On Valentine's Day** from simple to sensual. Trust me it is important to show LOVE ❤ to the one 🤝 you LOVE ❤ on February 14th and make them feel truly special.

- ◆ Cook a favorite meal served via candlelight (see inserted recipe)
- ◆ Send a voice card with sweet intimate sayings
- ◆ Plan a surprise getaway or perhaps the weekend before February 14th is on a Tuesday
- ◆ Give your mate a massage or pay to have a couples massage together.
- ◆ Take a few love text messages between the two of you and print out to make your own personalized Valentine's card.
- ◆ Create or purchase a coupon book with things your mate will enjoy redeeming. {Years ago I purchased several at a time during Valentine's season from Barnes & Nobles to avoid looking for them each year}
- ◆ Call your local radio station and dedicate a song {try to make sure they are listening or record and playback for them over your candlelight dinner}.
- ◆ Finding the right diamond or jewelry to express a meaningful memory{most men will embrace their favorite sports team charm}.
- ◆ Schedule a date with other couples to create more shared memories for example: Sip & Paint outing.
- ◆ Take it up a notch ~ladies~wear a nice red lingerie & ~men~ nice print designed boxers with a necktie or bowtie. Do have a line-up of continuous love ❤ making love. Setting the STAGE: Decorate the room by setting the scene in front of the fireplace

(if you have one, if not set-up a low table or stand) and do an indoor uninterrupted😊 picnic with soothing scents.



## ❖ **Skillet Chicken, Potatoes, and Peppers Valentine's Dinner for 2**

- ❖ Click on the link and receive the full recipe and ingredients available to be delivered by Instacart.

### [Skillet Chicken Recipe Dinner](#)



### **Top 8 Ways To Feature Fruits & Veggies At Your indoor Picnic**

1. Sorbet. Keep guests cool with a refreshing fruit-based sorbet featuring lemons, blueberries, mangoes or any of your favorite fruits.
2. Dessert. ...
3. Fruit Kabobs. ...
4. Fruit & Dip. ...
5. Fruit Salads. ...



6. Tangy Salads. ...
7. Veggie Tray. ...

## 8. Side Dishes. . . Peanuts & Mints

In the Month of February we also recognize

AMERICAN HEART ❤ MONTH & BLACK HISTORY MONTH



AMERICAN HEART ❤ MONTH~ Knowing the signs of a Heart attack can possibly aid in protecting your life or someone else. Oftentimes, people affected by a heart attack aren't sure what's wrong and tend to wait too long before getting the proper help.

Below are **3 signs** to consider if, a **heart attack** ❤ might be happening.

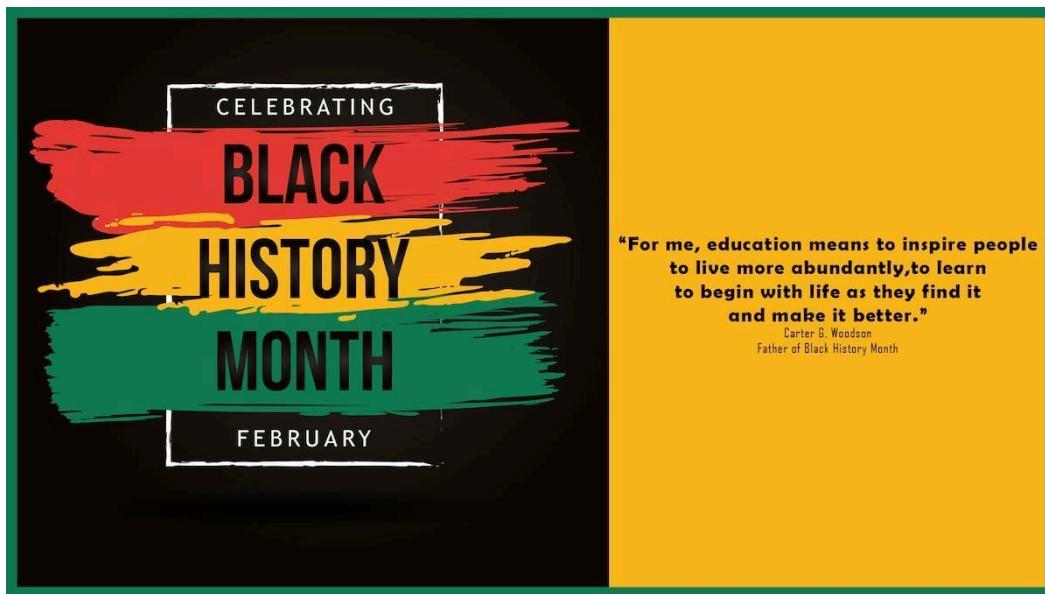
1. Chest Discomfort in the center of the chest that is an uncomfortable pressure, tightening or fullness of heavy or sharp pain.
2. Shortness of breath with or without a discomfort with signs that might include breaking out in a cold sweat, nausea or lightheadedness.
3. Discomfort in other areas of the upper body that can include pain or discomfort in one or both arms, your back, neck, jaw or stomach.

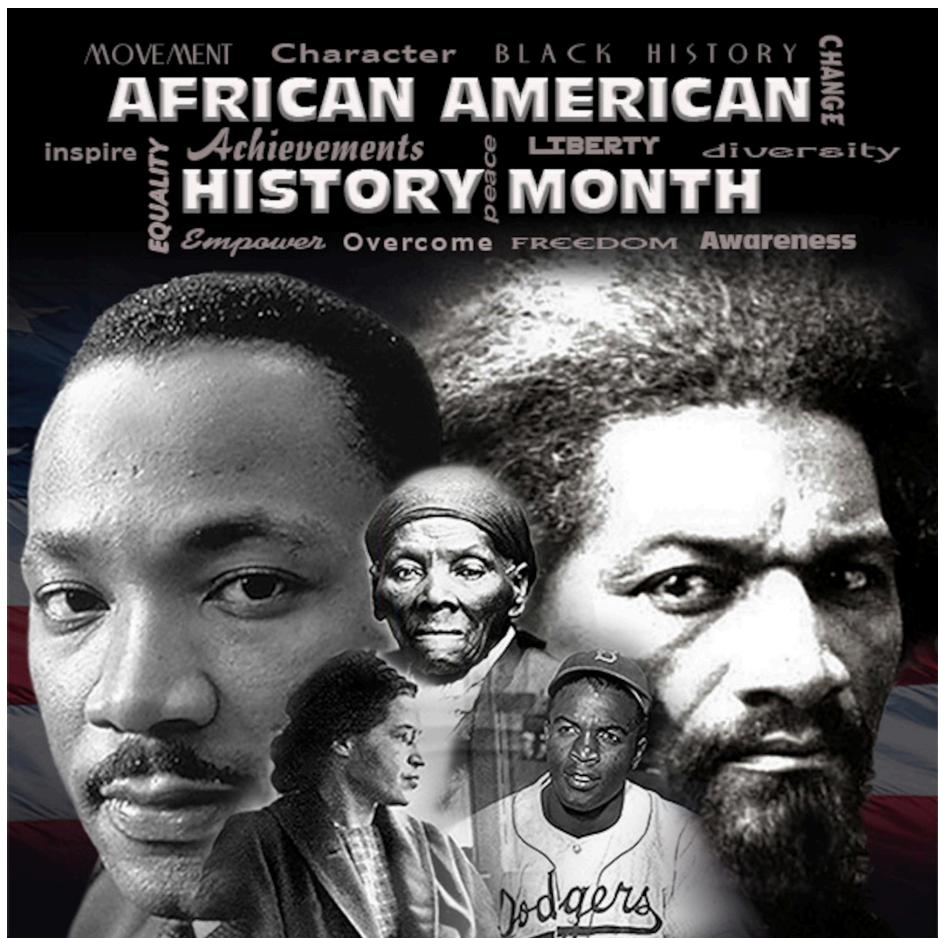
Learn the signs and remember if you're not sure it's a heart attack have yourself medically checked out, MINUTES of delay does MATTER. It is recommended to not take more than 5 minutes to call 9-1-1, because quick actions can possibly save your life or the life of someone else.

Do you know  
YOUR numbers?



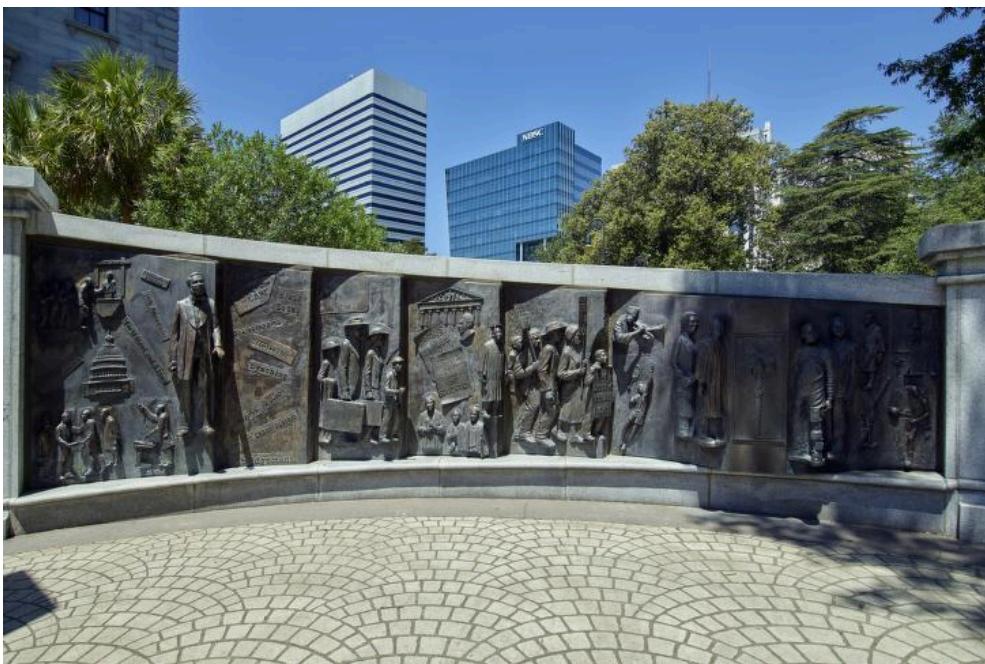
BLACK  HISTORY MONTH





## Black History Overview

National Black History Month has its origins in 1915, when historian and author Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History. This organization is now known as the [Association for the Study of African American Life and History External](#) (ASALH). Through this organization, Dr. Woodson initiated the first Negro History Week in February 1926. Dr. Woodson selected the week in February that included the birthdays of Abraham Lincoln and Frederick Douglass, two key figures in the history of Black Americans.



Carol M. Highsmith, photographer. *The African American History Monument, completed in 2001 on the state capitol grounds in Columbia, the capital city of South Carolina.* 2007. Library of Congress Prints & Photographs Division.

In 1975, President Ford issued a [Message on the Observance of Black History Week External](#) urging all Americans to "recognize the important contribution made to our nation's life and culture by black citizens." In 1976, ASALH expanded this commemoration of Black history in the United States from a week-long observance to Black History Month, which also has been known as African American History Month. In the same year, President Ford issued a [Message on the Observance of Black History Month External](#) In subsequent years, presidents continued to issue messages

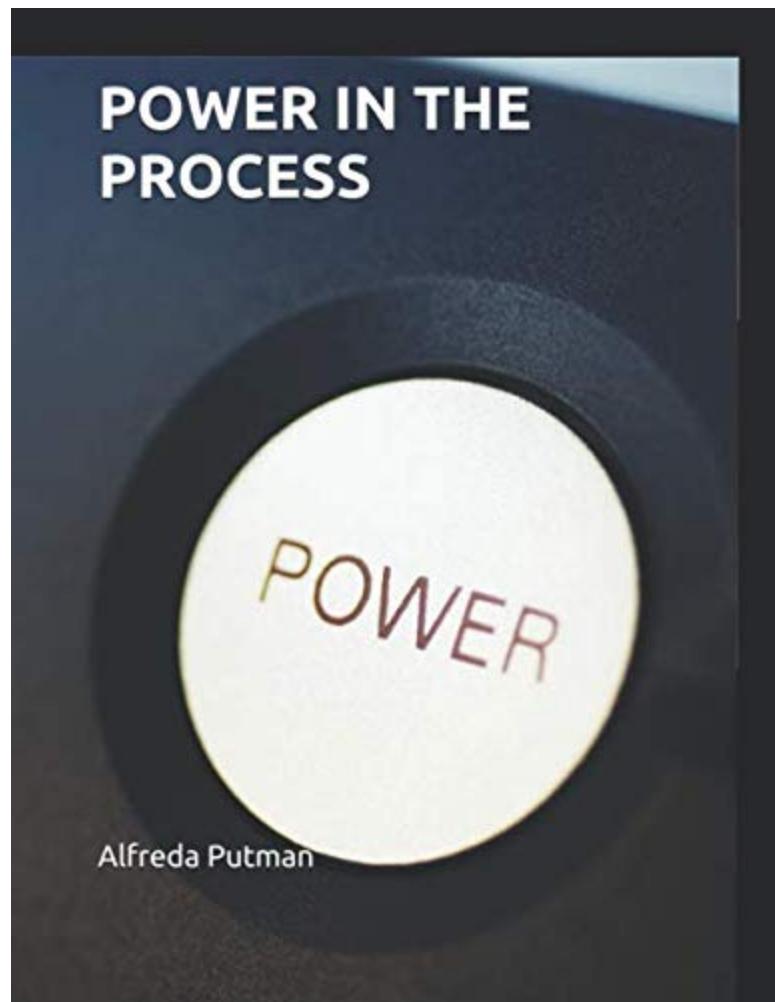
[External](#) honoring Black History Month. In 1986, Congress passed [Public Law 99-244](#), which designated February 1986 as "National Black (Afro-American) History Month." This law noted that February 1, 1986 would "mark the beginning of the sixtieth annual public and private salute to Black History." The law further directed the president to issue a proclamation calling on the people of the United States to observe February 1986 as Black History Month with the appropriate ceremonies and activities. President Reagan issued [Presidential Proclamation 5443 External](#), which proclaimed that "the foremost purpose of Black History Month is to make all Americans aware of this struggle for freedom and equal opportunity." This proclamation stated further that this month was a time "to celebrate the many achievements of African Americans in every field from science and the arts to politics and religion."

Since 1996, presidents have issued annual proclamations for National Black History Month. In January 1996, President Clinton issued [Presidential Proclamation 6863 External](#) for "National African American History Month." The proclamation emphasized the theme for that year, the achievements of Black women from Sojourner Truth to Mary McLeod Bethune and Toni Morrison. Since 1996, Congress has regularly passed resolutions honoring Black History Month. In February 1996, the Senate passed [Senate Resolution 229](#) commemorating Black History Month and the contributions of Black American U.S. Senators.



Discovering a NEW LEVEL to PROCESS POWER can assist in any relationship and well as a better relationship with self. This 2023 year striving to stay committed to redefine a NEW YOU! (Suggestions on Page 21 for selecting) Please double click on the link below [↓ to get your copy today for \\$10 \(paperback book\) Check this out!](#)

[POWER in the PROCESS Book](#)



Be willing to open up in 2023 and explore NEW CONNECTIONS 

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Hello! I am happy to know we have created our Newsletter as a sharing connection tool; thank you for our connection. Coaching can be a great way to reach out and receive **guidance, advice & create bonding relationships. WDGS is here to assist you in reaching your goals for renewing a NEW YOU in 2023.** Please  visit our variety Coaching services available for your review online at our website. Tap on the link below 

\*\*\* <http://www.WDGS.org>

**\*\*\*Creating\*\*\* Valentine's for the Single-Self**



**Creating an atmosphere for your solo-self is as important as maintaining Valentine's Day as if it were for ~~2~~  people.**

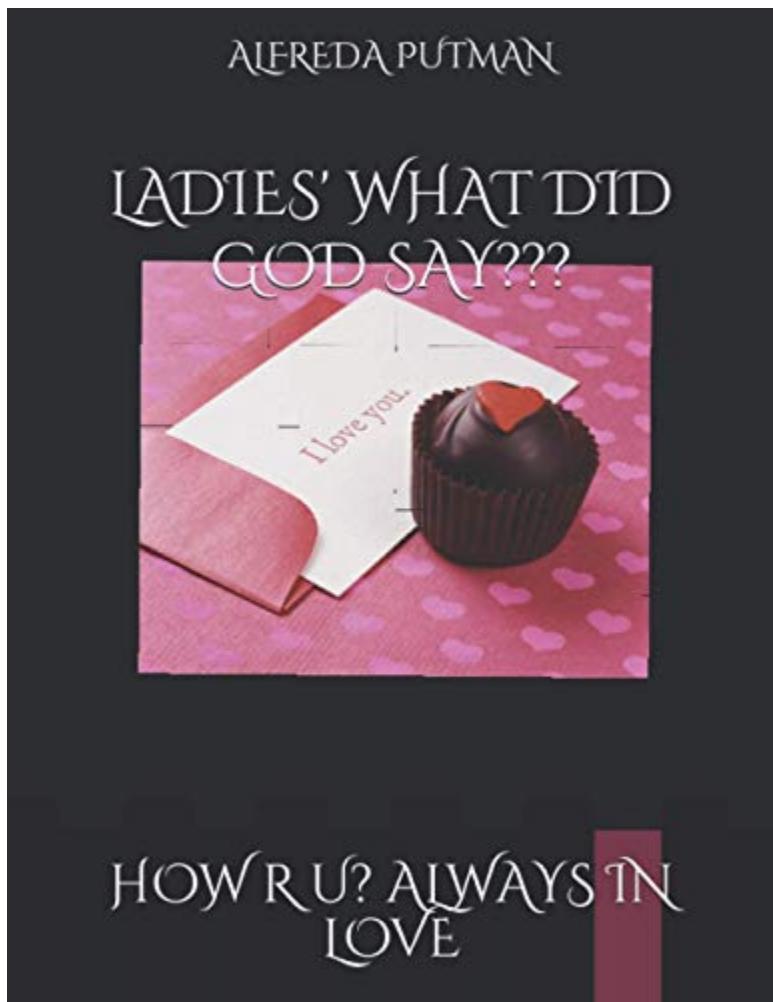


### **PICNIC for YOU & YOURSELF**

**PLEASE NOTE:** It is important to realize, when we are accustomed to loving a mate, it is also equally as important to show LOVE for ourselves, without a mate. Do not forget to spend time or make time investing in LOVING  YOU! Although, you may be Single and Solo on Valentine's  Day do not forget, you deserve to LOVE  yourself and TREAT yourself. Knowing how to treat one self

as a single person can assist with building skills of encouragement and keeping your self-esteem up. It does not take having a Sweetheart to LOVE ❤ ONE SELF; once we truly master HOW R U ALWAYS in LOVE ❤

How R U ALWAYS in LOVE? [CLICK here to review and/or order](#)  



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MORNING TO YA!!!

## WDGS PODCAST

THE PODCAST STATION  
COMMITTED TO PROVIDING  
YOU WITH FAITH-BASED  
TRUTH COMBINED WITH REAL  
LIFE ISSUES



MORNINGS



Try it! Here's a PODCAST Presentation link [⬇](#) below. You can click on and listen to today's message. Now double tap on the link below to listen: **"HOW to WAIT"**

Tap [RECENT PODCAST](#)

**Remember: Waiting for the right person is better than having a person who is not right for you!!!**

\*\*\* **ADDITIONAL TOOL** \*\*\* Please click on the link below to order and receive information about ways you can make simply personal changes and generate additional ways to monetize your life. Check this out! [⬇](#)

[How to Personally Promote Prosperity](#)

**CONTINUE to CELEBRATE A NEW YOU!!!**

**Remember to ALWAYS Reward YOURSELF!**~ Make a habit to not allow more than 14 Days to occur in your life without treating yourself for all your achievements big or small or none at all. I make a habit of taking myself an ALFREDA DAY each FRIDAY! I do the things that bring me joy and relaxation.

**Please:** Simply click the Share button on your mobile device, and invite anyone who you think would also enjoy this Newsletter to receive the same enjoyment. Please SHARE on your FACEBOOK & MESSENGER as well. You can also share feedback with our team by placing comments or suggestions in our section to contact us through our Website. [WDGS.org](#)

**Please, Contact WDGS today and let's schedule a Purpose & Plan with Infinite fun getting to know the NEW 2023 YOU!**



**God continuous Blessings for a GREAT 😊 & PROSPEROUS YEAR**  
🎉🎊!

**The WDGS Team♥ Thanks & Humbly Appreciate You Always!!!**