

AU NATUREL

SCHATZI'S DESIGN GALLERY & DAY SPA, LLC

WARMER WEATHER WHEREABOUTS

Community and Salon Updates

My people, my people. Life is good! It's been a brief spell since my last missive. In some ways, I was hibernating in anticipation of the warmer weather. During this period, I've been very reflective, open to the leanings of the universe, diving inward to find self and enraptured in communion with my own most beautiful soul! It has been a most divine experience. Do I sound thankful? I AM. I give thanks for life and discovery and infinite possibilities. Life IS good.

With the advent of Spring, March has greeted me having to retract a bit on my past pronouncements. I alluded to the fact that *Schatzi's* would not be as involved in community happenings as we have been in the past due primarily to my own tight schedule. Well, so much for grand pronouncements! The Mary E. Phillips High School has asked me to host four natural hair care discussions on their 1st annual Cultural Festival on March 27th. I 'm not going to turn down an offer to influence young minds. ☺ In turn, I will be

presenting a lecture at the **NUSOL Natural Hair and Beauty Expo on Saturday, April 12th**. The title of my lecture is **Natural Hair: The Phoenix Rising to Herald our Cultural Renaissance**. There's a mouthful! It's not fully confirmed but it's mostly a done deal... The goal of this lecture is to demonstrate how the rebirth of natural hair is a powerful catalyst to AND indication of our cultural re-awakening. I'm so looking forward to the lecture and the discussion! But, most of all, I'm looking forward to hearing my girl *Chrisette Michele*—the keynote performer for the show!!! I was totally SHOCKED that *chic* is coming to the expo. She is one of my favorites, fi sho! She is probably best known for the hit which launched her career "[If I have my way](#)"—a most beautiful ballad of love and anticipation—one of my favorites. Another favorite is the last song that I sang to my Dad as he lay on his death bed "Your joy." I gave attendants at the NC Natural Hair Care Expo held on Father's Day of 2012 an unexpected surprise by singing this one a

DID YOU KNOW?

Did you know that hair sheds more on a seasonal basis? Well, [Centre-Clauderer](#)—hair loss experts based in Paris, France says: "Like dead leaves, beginning of the season hair loss returns every year, between the end of August and of November. It doesn't last more than 4 to 6 weeks, but that is enough to affect the morale, just as the summer holidays are ending. For many people, beginning of the season hair loss goes unnoticed. For others, it can lead to a hair loss that is 3 to 4 times greater than during the rest of the year... In the summer and spring, sun rays increase the secretion of the hormones that regulate the hair's growth, and cause a reaction similar to plants': accelerated growth during the months when the weather is hot and greater loss in September, for hair that has reached the end of its life cycle. That is however nothing to worry about: after a few weeks, everything should return to normal: the hair should progressively decrease, and then resume to normal."

POETICALLY SPEAKING

GRVTYDFYNG

BY A. EARL HAWTHORNE

GROUNDING ROOTS BEAR
HEALTHY TRUNK,
TRUNK GIVES LIFE TO BRANCH
AND BUD.

I LOOK AT MY HAIR IN
NATURAL STATE,
HOVERING AROUND MY
BROWN, HANDSOME FACE.

ALL HERE BOW TO GRAVITIES'
LAW.
TREES DISOBEY AND HIGHLIGHT
A FLAW.

IT SUDDENLY OCCURS
"NATURAL IS NATURE."
AND MY HEART FEELS JOY FOR A
NATUREAL FUTURE.

cappella in celebration of my Dad, in particular, and father's in general.

Chrisette is one of those truly gifted artists who studies genres and co-mingles styles to create her own signature sound. Sometimes while listening to her, I hear the characteristic drag of Billie Holiday's latter day sound, as performed in "Mr. Radio." Other times, I hear Ella Fitzgerald's clear, crisp and angelic sound (copied and matched by Doris Day back in the day—though chic can't scat so it don't count!!) as in "Like a Dream." And then other times, it's just simply [Chrisette](#)—a beautiful mélange of neo-soul and classical mastery that belies her years HANDS DOWN! I saw her at a local club in Raleigh some years back and she was phenomenal! I would venture to say that she has the most beautiful and the most expressive eyes in entertainment! And [she's a](#)

[powerful love lyricist](#), so you know she's on MY A-list. I can't WAIT to see and hear her perform. Check out the rest of the write-up about the NUSOL Show on page 4.

Well, I will then be heading out to Haiti from April 13-18th, returning to the salon on Saturday, the 19th. So, it will be a pretty tight schedule indeed. I give thanks for health and strength and beautiful people. And speaking of "Strength and Beauty," check out the next article which features a new non-profit targeting services to single mothers. The founder has a "Strength and Beauty Revealed" Photo Shoot scheduled for Sunday, April 27th so read-up if you know someone who needs some pampering and fits the bill! **Through April, we will run our free deep condition special.** So come on in, and "ask and it shall be given." We hope to see you at some of the month's events! With much LOVE, Schatzi.

FINDING THE STRENGTH AND BEAUTY FROM WITHIN

A Conversation with Danielle Lewis, Founder of *Strength and Beauty*—a non-profit for single women

I am pleased to present a recent interview that I did with Danielle Lewis, Founder of "Strength and Beauty." In a previous life, Danielle and I worked together for a non-profit serving women and families globally. She has since expanded upward and outward

to create a new women-centered non-profit built from the calling on her own life...

Schatzi: Today, I am talking with Danielle Lewis of Strength and Beauty--"a new and dynamic organization with the mission to be an advocate for single mothers

transitioning through separation or divorce. The goal is that where lacking, these women will gain the courage to rediscover and reclaim their self-esteem, self-confidence, spirituality, and to tap into their leadership abilities." That is surely no small task to achieve. So Danielle, tell us about your

organization. How did you get started with this idea?

Danielle: Well, it all began when my relationship and marriage with the same man of almost 16 years ended. This transition created many new and difficult challenges, and emotional highs and lows. As a working mother with 2 boys, I knew that giving up was not an option. While it did cross my mind, I knew it just wasn't an option that I could imagine myself taking. I was married for 7 years and it took 4 years for my divorce to become final. The first 2 and half years of my separation were extremely difficult; but through a renewed relationship with God, I gained strength and wisdom. I began to realize that I needed to get 'me' together. Getting 'me' together meant taking an honest look at myself and getting focused on healing from the wounds of my childhood and marriage and moving towards forgiveness of myself and others. Ongoing counseling through a DivorceCare support group, being planted in a good church ministry, sisterhood and most importantly my relationship with God are: how I made it through the hardest days; and how I am currently able to move forward.

Single parenting has made me the woman I am now and it definitely has given me "strength over time". Through my own transition to divorce and single parenting, **strength** and **beauty**

were birthed in me. I also want to point out that when I say separation, this also speaks to those mothers that have been in long term relationships that have ended. Even though not married, the effects of the relationship ending are often just as devastating as a marriage ending. Through *Strength and Beauty*, single mothers will gain resources, life skills and experiences to help them realize that their current situation or their past does not have to determine their future.

Schatzi: Interesting. It is indeed amazing how the greatest challenges in our lives can re-focus our hearts and energy on what's most important--God and love—of self and others. So with the powerful imagery of "Strength and Beauty," what do you want women to "take home" as the core offering of your non-profit?

Danielle: You know as women we all have great strength. However, your strength is not my strength and my strength is not your strength. God gives us each what we can handle and so we are all different. Through my transition of separation and divorce not only did I birth an organization but my *authentic self* emerged out of the darkness--a beautiful *me*, a *me* that I had not known or seen before! Women are soo beautiful and we come in different shades, sizes, hair textures, personalities and etc. I want these mothers,

these women to know that their transition does not define who they are but who they can and will become!

Schatzi: Preach, my sister! I feel you. I want to say that indeed you were always beautiful. You had only to awaken to the truth of your "authentic self" that you refer to. So with your strength and beauty message, you're in essence saying that you want to point women towards looking inward for self-discovery. There, they will find strength, beauty, grace, love, compassion, forgiveness—the list goes on. I embrace your mission FULLY, my sister!! So, why do you believe single mothers are the primary recipients of this message? I think all Black women could use this message.

Danielle: You are absolutely right, all black women could use this message. I focus on single mothers because our plight is different, our needs are different and we often are mis-understood. I am passionate about helping single mothers succeed because we are plentiful in our communities and we often struggle silently and invisibly through the transition of separation and divorce. It takes a whole lot of strength (from God) to get through this process, and I want to encourage single mothers through it. I want there to be a community of single mothers in which we support each other. It's time for us to get past the jealousy

and pettiness and get back to strengthening the sisterhood. My tag line is 'You too can Recover.' I believe that because I have recovered, other women can too.

Schatzi: That's awesome! And so needed... God indeed will allow life to drag us through the most difficult trials imaginable so that we can be a testament and a testimony to others. Hardship is the stuff upon which passion and conviction are built! I give thanks for your willingness to share your teachings. So, tell us how people can get involved or what events you've planned to launch this non-profit's message to the public?

Danielle: We have a photo shoot called "**Strength and Beauty Revealed**" coming up April 27, 2014; however, this is not your average photo shoot. This is a non-profit photo shoot geared toward inspiring women and helping them to build

their confidence especially after a life changing event. I really want women who are in the transition of separation or divorce, who have suffered the loss of a loved one, who are dealing with an illness or who life has just gotten in the way of them putting their best foot forward in 2014 to participate in this event. "**Strength and Beauty Revealed**" is inspired by my first photo shoot that I took in July 2013. It was a new and refreshing experience. Through the hair, makeup, and actual shoot, I felt the personal transformation and a new confidence. I witnessed and felt a side of me that I had never experienced, and I want more women to share and benefit from my experience. So, I am extremely excited about this shoot because I know it will be life changing for the women that participate. I am still looking for a few more hairstylists, make-up artists and photographers to participate to help make this event amazing! I will have an

official Strength and Beauty launch later on in the year. I will keep you posted on the details of that event.

Schatzi: Great! So Danielle, if people want to get in contact with you to learn more about your organization and/or assist with the "**Strength and Beauty Revealed**" photo shoot, how can they go about doing that?

Danielle: For more information on the photo shoot, please contact me as soon as possible at dleslielewis@gmail.com. I am also on Facebook at www.facebook.com/YouTooCanRecover and Twitter @DanielleLLewis. Please act quickly, as time is of the essence and spots are filling up quickly!

Schatzi: Thanks for sharing, Danielle! I wish you all the best in this important work. And thanks for being a blessing to others.
i embrace the beauty of you.

NUSOL NATURAL HAIR EXPO COMING SOON!

Keynote Speaker and Performer: Chrisette Michele

On Saturday, April 12, 2014, the NUSOL Hair and Beauty Expo will hit the Raleigh/Durham area. Last year's debut was an awesome introduction that was very well attended and very informative. Even with the strong showing and the non-stop, wonderful entertainment, the organizers are working very hard

to make this year's show even better than the last!! They have refined the program to create a show-stopper that aims to please all who attend—including a Parlor tailored specifically to the brothers! There's a twist! With a keynote speaker and performer like Chrisette Michele, the show can be nothing other than

fantabulous! Check out the [NUSOL Facebook page](#) to get up-to-the-minute updates on show highlights. There are way too many for me to mention here. But let me warn you, once you visit the page, you WILL go to the show. At only \$15.00 advance purchase (\$20 online), you can't lose! See you there!

NUSOL BEAUTY HAIR AND EXPO PRESENTS

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CHRISSETTE MICHELE

April 12, 2014

AND FEATURED SPEAKER AND PERFORMER

LISA MCCLENDON

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