

GROW

Golfers Recognizing Opportunities for Women



Women on the GROW

November 30, 2009

Featuring Kathy Davis



Kathy Davis has been playing golf since 2004, when she took lessons to play on her wedding anniversary while enjoying a trip to Hawaii with her husband, who is an avid golfer. "Since I don't play often, I've not mastered the game to even be a strong intermediate player, but I'm a very strong beginner." However, Kathy is no beginner in general to Health & Fitness. Her part-time career in fitness began when she began teaching aerobics at YMCA's across Metro Atlanta. She also has her national certification in personal training from ACE (American Council on Exercise) and has trained and successfully competed as an amateur bodybuilder. She's an avid tennis player and rides her road bike. One of Kathy's greatest motivations is being able to educate people of all ages on the benefits of being physically fit. It gives her tremendous satisfaction to see people reach their fitness goals.

Kathy Davis has over 24 years of government service. She is currently a Lead Public Affairs Specialist for the Internal Revenue Service. In this position, Kathy serves in a leadership role responsible for overseeing internal and external communication activities in the Wage and Investment (W&I) Division advising all levels in the organization on communication issues. Why is Kathy interested in GROW? "I enjoy meeting and networking with other ladies that are interested in the game of golf. I also like the organized lessons that are planned and offered for the group."



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Growing Golfers One Stroke at a Time!

A Message from President Tracy Painter www.growtwoday.com

Hello ladies! As we're in the transition from Thanksgiving to Christmas, it is timely to honor Thanks. The past week was full of joy, excitement, great food and much more! I started the week off visiting a church where I know at least two GROW members worship: Tameika and Rachel. I witnessed both of them sing praises in His name. I must say that when Rachel sent the invitation, my thought process was that often we find time to attend special events, community outings, parties, etc. and planning to visit with our like-minded friends in God's house is also more than appropriate! I am thankful for friendships and was uplifted by the music, dance ministry and message on Sunday.

This past Thursday was wonderful! I labored in the kitchen for 6 hours preparing the entire meal, with the exception of the turkey, which Patrick deep-fried. The menu consisted of the typical items: greens, my grandmother's dressing recipe, sweet potatoes, mac and cheese, corn pudding, deviled eggs, etc. My kitchen was full of pecans, egg shells, and a sink of dishwasher filled at least 6 times. It was approx. 5 minutes before we were to be seated at the table that my daughter had so carefully and proudly set and my son said, "Mommy I know you've cooked all this food. Can you cook one more thing?" Interesting, I thought. He was hiding something behind his back and said, "It's healthy too!" He then presented a can of carrots! How could I say no to that? Like many a mom/cook would do. I without hesitation prepared them: in seconds mixed some butter, a dash of vanilla, and sugar, nooked it in the microwave and honored his request. The carrots too were among the colorful feast. All for a serving of 5, some may say that is atypical — only 5 at the table, but it is worthy to be reminded, whether the Thanksgiving table is for 2, 5, 14 or 20 + that it is for the blessings that we want to give THANKS. Thank you for my family, my health, God's love, and for the vision and mission of GROW! Seed you soon!



Questions or comments or to add or be removed from the mail list info@growtwoday.com
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