

Connie's Corner

Finding Your Purpose—and Giving It Room to Grow

There comes a moment—sometimes loud and undeniable, sometimes quiet and persistent—when we begin to ask ourselves a deeper question: What am I truly meant to do? Not just what fills our schedule or pays the bills, but what fills us.

Purpose isn't always something you stumble upon in a single, magical moment. More often, it reveals itself slowly—through the things that spark your curiosity, the causes that stir your heart, and the moments when you feel most like yourself. It may begin as a whisper: a passion you've set aside, a dream you've postponed, or a calling you've been hesitant to claim.

Finding your purpose requires space—space to reflect, to explore, and to be honest with yourself. In a world that constantly demands more from women—more productivity, more roles, more perfection—it can feel indulgent to pause and ask what you truly want. But it's not indulgent. It's essential.

Once you begin to recognize your purpose, nurturing it becomes just as important as discovering it. Purpose is not a fixed destination; it's something alive that needs attention, care, and commitment. Like a garden, it thrives when you invest in it—and it withers when neglected.

Nurturing your purpose may look like setting boundaries that protect your time and energy. It might mean saying no to what no longer aligns, even when it's uncomfortable. It could involve learning new skills, surrounding yourself with people who uplift and challenge you, or simply giving yourself permission to grow at your own pace.

It's also important to understand that your purpose can evolve. What once fulfilled you may shift as you grow, and that's not failure—it's transformation. Each chapter of your life adds depth to who you are and refines what matters most.

There will be moments of doubt. Times when your purpose feels unclear or distant. In those moments, remember this: your purpose is not something you have to chase endlessly—it's something you build, step by step, through the choices you make every day. It's present in the way you show up, the kindness you extend, and the courage you demonstrate when you choose to honor your authentic self.

You don't have to have it all figured out. You simply have to begin.

Start by listening to what excites you. Pay attention to what energizes you. Follow what feels meaningful, even if it doesn't make sense to anyone else. And most importantly, trust that your purpose is already within you—waiting for you to give it the attention and care it deserves.

Because when a woman lives with purpose, she doesn't just change her own life—she inspires others to do the same.



Hav-A-Sis Women of Distinction

Recognizing outstanding women whose lives and hearts reflect a history of community involvement, philanthropy and volunteerism, have a personal mission of kindness and respect for all humankind, and who are excellent role models for empowering other women. These women are dedicated to helping others achieve their goals in an uplifting, supportive, and sisterly way! In this issue, we'd like you to meet ~ **GINA MURPHY!**

Born in Long Beach, California, Gina spent her early years in Orange County and graduated from Fountain Valley High School in 1980. Life eventually led her to Northern California, where she and her husband, Scott, built not just a successful dental practice, but a life rooted in dedication, partnership, and care for others. While Scott served patients clinically, Gina was the backbone of the practice—managing the business as an Accountant and Practice Manager with both precision and heart.

After many fulfilling years, they sold their practice in 2023 and retired to Lake Havasu City, stepping into a new season of life centered around creativity, family, and community.

Family remains at the center of everything Gina holds dear. Between her and Scott, they share five sons and five grandchildren, each one a source of pride, joy, and inspiration.

Gina is a creator at heart. She finds joy in making something every day, whether it's handcrafted lotions, unique art pieces, custom T-shirts, or something entirely new. For her, creating isn't about the finished product, it is about the love, intention, and purpose behind it.

That purpose became even more meaningful when she attended Heroes in Heels for the first time. She immediately felt the warmth, connection, and authenticity of the women around her—and knew she had found something special.

Through Hav-A-Sis, Gina discovered a new and powerful avenue to live out one of her deepest passions: giving back to the community. What started as attending an event quickly turned into becoming part of a mission—surrounding herself with women who lead with kindness, generosity, and a genuine desire to make a difference.

What she loves most about Hav-A-Sis is the spirit of fellowship—women supporting women, lifting each other up, and working together to create something bigger than themselves. It is a place where open hearts are met with open arms, and where giving back is not just encouraged—it is lived out loud.

Gina's personal mission reflects that beautifully: to create, and through that creation, give back to the community. And through Hav-A-Sis, she's doing exactly that—turning her passion into purpose, and her creativity into impact.





FREE

Swim Day

Aquatic Center

sponsored by


Hava Sis

July 12, 2026

12:00 - 4:00 PM

Limited to first
400 swimmers

Hav-A-Sis Thanks Havasu for
your continuing support!

For more info - call 928-830-5566



Celebrate

THE END OF

SUMMER!

AUGUST 20, 2026
LUNCH AT 11:00AM



MONTANA
STEAK HOUSE

3301 MARICOPA AVENUE



RAFFLE
PRIZES!



MEET
NEW PEOPLE!



ENJOY A
DELICIOUS LUNCH!



CELEBRATE
THE END OF
SUMMER!

Good Food. Great People. Amazing Memories!

We can't wait to see you there!

Stronger Together.

SUPPORTING OUR COMMUNITY. SUPPORTING EACH OTHER.

The Hav-A-Sis Wristband Partner Program creates a win-win for everyone.



BENEFITS TO THE COMMUNITY

- ✓ Encourages shopping and dining local
- ✓ Keeps dollars in our community
- ✓ Builds connections and supports local businesses
- ✓ Creates opportunities for fellowship, engagement and giving back



BENEFITS TO OUR PARTNERS

- ✓ Increases visibility and exposure
- ✓ Drives new customers
- ✓ Builds lasting relationships
- ✓ Strengthens your business and our community



BENEFITS TO HAV-A-SIS

- ✓ Supports our mission and events
- ✓ Helps us give back to local causes
- ✓ Creates more opportunities to connect and serve
- ✓ Strengthens our community together



Hav-A-Sis
Lake Havasu City

Neighbors Supporting Neighbors.

When we work together, everyone benefits and our community becomes stronger. 

The Hav-A-Sis Wristband Partner Program is more than a collection of discounts and special offers — it is a community-driven partnership designed to strengthen local connections, support small businesses, and create opportunities for giving back. By bringing together local businesses and community members under one shared mission, the program creates a cycle of support that benefits everyone involved.

For the community, the Wristband Partner Program encourages people to shop local, dine local, and discover the many unique businesses that make our area special. Every time a member visits a participating partner, they are helping keep dollars within the community while building relationships with the people behind those businesses. The program also creates opportunities for fellowship, social engagement, and community involvement, helping people feel more connected and supported.

For the Wristband Partners, the program provides valuable visibility and customer engagement. Participating businesses gain exposure to a loyal and growing network of community-minded members who actively seek out and support local establishments. The partnerships create excitement, increase foot traffic, and help businesses build lasting relationships with new customers in a positive and meaningful way.

For Hav-A-Sis, the Wristband Partner Program helps fulfill its mission of creating fellowship, supporting local causes, and giving back to the community. The success of the partnerships allows the organization to continue hosting events, supporting charitable efforts, and creating opportunities for people to connect through kindness, creativity, and shared experiences.

At its heart, the Hav-A-Sis Wristband Partner Program is about neighbors supporting neighbors. It is a reminder that when local organizations, businesses, and community members work together, everyone benefits and the entire community becomes stronger.

Hav-A-Sis Hav-A-Sis

WRISTBAND PARTNER

LOCATED INSIDE

Grain N' Grains

2187 McCulloch Blvd N

GUY'S NEW-AGED GALLEY

FLASH YOUR WRISTBAND AND ENJOY A

COMPLIMENTARY CHIPS & HOMEMADE QUESO

WITH THE PURCHASE OF ANY SMASHBURGER

THURSDAY & FRIDAY

ANNOUNCING

Wristband PARTNER

Hav-A-Sis Hav-A-Sis

MONTANA'S

3301 MARICOPA AVENUE

FLASH YOUR HAV-A-SIS WRISTBAND

THURSDAY BETWEEN 11-3 AND GET A **1/2 SANDWICH* & CUP OF SOUP** WITH PURCHASE OF ANY LUNCH ENTREE

SANDWICH CHOICE

- GRILLED CHEESE
- HAM & CHEESE
- TURKEY & CHEESE

* WRISTBANDS AVAILABLE AT VENUE

EXCLUSIVE SAVINGS for Wristband Members!

Local care you can trust. Savings you'll love. Thank you for supporting our community!

Gems Assisted Living Home

GEMS ASSISTED LIVING HOME
A PLACE TO CALL HOME

GEMS IN-HOME CARE
CARE YOU CAN TRUST. COMFORT THEY DESERVE.

WRISTBAND MEMBER OFFER

\$500 OFF YOUR FIRST MONTH'S RENT!

That's real savings on exceptional care and a beautiful place to call home.

WRISTBAND MEMBER OFFER

BUY 4 HOURS, GET 1 HOUR FREE! (\$35 VALUE)

Quality care that brings peace of mind right to your loved one's home.

PLUS! FREE CARE ASSESSMENT & PERSONALIZED PLAN with every tour!

PLUS! FREE IN-HOME ASSESSMENT (\$100 VALUE) to create a care plan just for you!

SCHEDULE YOUR TOUR OR CONSULTATION TODAY!
Mention your wristband to redeem these exclusive offers.

928-453-5251 | gemsliving@gmail.com

WE'RE HERE FOR YOU!

FAMILY OWNED. COMMUNITY FOCUSED.

Wristband Members Only. Must mention wristband. Limited Time Offer. Expires 30 days. New Clients Only. Offers not valid with any other promotional code.

Thank you for supporting local!

BOW WOW'S PET CLIPS

PROUD HAV-A-SIS PARTNER

Show us your Wristband and let us pamper your pet with love, care & kindness!

2110 MCCULLOCH BLVD SUITE 4

PET GROOMING • BATHS • NAIL TRIMS • AND MORE!

10% OFF ALL SERVICES!

NEED A WRISTBAND. ASK US!

501c3 nonprofit

NEW WRISTBAND PARTNER ♥



15%
OFF

Modern Western Fashion

Bold • Trendy • Effortlessly You

**15% OFF FOR HAV-A-SIS
WRISTBAND HOLDERS**

Use Code: **HAVASIS**

- Online purchases
- In-person at popup events

When you shop, you give back ♥

SHOP LOCAL. SUPPORT LOCAL. GIVE BACK.

Follow The Feisty Bull Boutique for updates & popups

WWW.THEFEISTYBULLBOUTIQUE.COM

Hav-A-Sis

NEW WRISTBAND *Partner!*



We're excited to welcome
Superior Vein Finders
as a proud Hav-A-Sis Wristband
Partner! Superior Vein Finders
provides mobile phlebotomy
services delivered with care,
comfort, and compassion.



Supporting children and families
through every bracelet worn



Helping spread awareness
one wristband at a time



Making a difference together
with every purchase

10%
OFF

**BLOOD DRAWS,
GENDER REVEALS, &
DNA TESTS**

Thank you, Superior Vein Finders,
for joining us in supporting Hav-A-Sis!



Call Donna
for appointment
815-210-8388

MAKE IT & TAKE IT CRAFTS *Is Excited to Announce...*

WE ARE A NEW
**HAV-A-SIS
WRISTBAND
PARTNER!**

**GET 10% OFF ANY CLASS
WITH YOUR HAV-A-SIS WRISTBAND**



VISIT US AT: 1990 MCCULLOCH BLVD N #106

FOLLOW US @MAKEITANDTAKEITCRAFTS

PHONE: 928-466-6408

WEBSITE: MAKEITANDTAKEIT.COM



AN EXCLUSIVE PARTNERSHIP
Waters Edge WINERY is honored to present with HAV-A-SIS



UNVEILING AN EXCLUSIVE OFFER
COMPLIMENTARY* WINE TASTING

OR
FINEST BISTRO APPETIZER

SHOW YOUR HAV-A-SIS WRISTBAND
TO EXPERIENCE A COMPLIMENTARY OFFER:
TASTING OR APPETIZER!

EXPERIENCE THE DIFFERENCE!



2200 MESQUITE AVENUE · LAKE HAVASU CITY

* with minimum food or beverage purchase



501c3 nonprofit

WELCOME
Wristband Partner

HEART AND SOLE FITNESS & WELLNESS

HEART AND SOLE FITNESS & WELLNESS

10% OFF monthly class rates
15% OFF any group program or conference
50% OFF 12-week Fall Prevention Program
Contact Stephanie@HeartandSoleFit.com or Text 602-621-3392

Hav-A-Sis
Hav-A-Sis
Hav-A-Sis

WELCOME

FOUNDRY
PLATES AND SPIRITS

Wristband Partner

10% OFF ENTIRE BILL WITH
HAV-A-SIS WRISTBAND
VALID 11AM - 3PM
TUESDAYS

Hav-A-Sis
Hav-A-Sis

210 Swanson Avenue

Hav-A-Sis
501c3 nonprofit

WELCOME
Wristband Partner

Heating

FOUR SEASONS

928-486-3012
EST. 2025

Cooling

Comfort All Year Long!

Your Comfort. Our Promise.

FREE SERVICE CALL WITH ANY REPAIR
\$200 OFF ANY SYSTEM REPLACEMENT
(\$200 DONATION BY FOUR SEASONS TO HAV-A-SIS FOR EVERY SYSTEM INSTALLED)

Thank you for Supporting Hav-A-Sis!

Hav-A-Sis
Hav-A-Sis

HEATING PROFESSIONALS
COOLING SPECIALISTS
REPAIRS & MAINTENANCE
HONEST RELIABLE • LOCAL

Hav-A-Sis
501c3 nonprofit

P2D
PERFECTION 2 DETAIL

Lake Havasu CITY, AZ

PREMIUM DETAILING FOR LAND & LAKE

OUR SERVICES

- FULL DETAIL
- CERAMIC COAT
- CARS, BOATS, RVs, SXs
- PICK UP & DROP OFF SERVICE AVAILABLE
- CUSTOMER SERVICE IS OUR #1 PRIORITY

20% OFF WITH WRISTBAND

928-412-8558

1525 INDUSTRIAL BLVD
LAKE HAVASU CITY, AZ

HAVASU P2D
HAVASU P2D

★ ASK REPRESENTATIVE FOR DETAILS

PURELY BALANCED BEAUTY
PREMIER MED SPA & BEAUTY BAR

Purely Balanced Beauty IS PROUD TO PARTNER IN THE Hav-A-Sis Wristband Program

AN EXCLUSIVE OFFER FOR
HAV-A-SIS WRISTBAND HOLDERS

FLASH YOUR WRISTBAND FOR
10% OFF ANY SPA TREATMENT!

- Injectables & Fillers
- Advanced Facials
- Laser Treatments
- Beauty Bar Services

LOCATED AT:
344 LONDON BRIDGE ROAD, SUITE 1
Call for Appointment
928-846-1545



Summe Ray
Wine Bar & Local Eatery
2097 MCCULLOCH BLVD



10% OFF
bottles

FRIDAY & SATURDAY
*WITH WRISTBAND



501c3 nonprofit



WRISTBAND WEDNESDAY

Show us your Hav-A-Sis wristband on Wednesday and get a 10% discount on the best meats in Lake Havasu City.

OUR BEST MENU

- ✓ Fresh Meats
- ✓ Premium Cuts
- ✓ Excellent Customer Service

CONTACT US

928-302-3419
34 N. Lake Havasu Ave #7

JUST MEATS
LHC AZ
928-302-3419
10% OFF



501c3 nonprofit

SCOOPS HOME MADE

2014 McCulloch Blvd N

ICE CREAM TUESDAY

Get a FREE scoop of ice cream with purchase & Havasis wristband on Tuesday!



501c3 nonprofit

Majik Bistro & Milkshakes

MENU

HAVASIS MONDAY

10% OFF YOUR ORDER WITH **WRISTBAND** (EXCLUDES ALCOHOL)

★ 1960 Mesquite Suite B ★

Serving "deliciousness"
10:30AM - 2:00PM

only at Majik Bistro & Milkshakes

THE BEST OF Havasu 2024

Tuna Tower

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

GOLF N' BREWS
LAKE HAVASU CITY, AZ

presents

TEE TIME TUESDAY

- 1 hour Simulator
- \$15 per person
- Minimum 4 people
- First beverage \$1
- Reserve online www.golfnbrews.com
- Call 928-732-2905 for more info
- *with Hav-A-Sis Wristband (ask bartender for details)

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

501C3 NONPROFIT - ALL PROCEEDS TO BENEFIT VETERANS

GringoT's Salsa

fresh

Call **714-726-0252** to order

Hav-A-Sis members with wristband get \$1 off

501c3 nonprofit

Welcome Wristband Partner R BAR

3185 Maricopa Avenue

15% off food & \$1 off drinks on Monday

★ ★ ★

15% off Breakfast & \$1 off drink specials Saturday from 9AM-Noon

★ ★ ★

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

Hav-A-Sis

501c3 nonprofit

HAVASU HEROES

COUNTRY MUSIC FESTIVAL

*** FEATURING ***

MATT FARRIS

SPONSORED BY



TYLER HALSEY

BRIANA MARIE

FOOD TRUCKS • VENDORS • GREAT MUSIC

Nov 6th, 2026

GATES OPEN 3:00PM

TICKETS



PROCEEDS BENEFIT LOCAL VETERANS

Lake Havasu Golf Club 2400 Clubhouse Dr

HAVASU HEROES

COUNTRY MUSIC FESTIVAL

FEATURING

MATT FARRIS

★★★ SPONSOR PACKAGES ★★★

\$150

Includes Sign Displayed at both the concert and golf tournament.

\$300

Includes 2 GA Tickets into the concert, Sponsor Sign displayed at both the concert and golf tournament, and Company Logo added to sponsors page for media.

\$1,800

★★★★ **\$1,800 - HEROES TABLE** ★★★★★

Includes Table with 8 Seats in private HEROES SECTION, Sponsor Sign Displayed at concert & golf tournament, company logo on social media event pages for both Concert & Golf Tournament, one (1) team of 4 players at 11/7 golf tournament.

PROCEEDS BENEFIT LOCAL VETERANS

FOOD TRUCKS • VENDORS • GREAT MUSIC

Nov 6th, 2026
GATES OPEN 3:00PM

Lake Havasu Golf Club 2400 Clubhouse Dr

NAME: _____

PHONE: _____

EMAIL: _____

Sponsorship Level:

____ \$150 ____ \$300 ____ \$1800

MAKE PAYMENT PAYABLE TO:

HAVASIS
2649 PLAZA HERMOSA
LAKE HAVASU CITY, AZ 86406

QUESTIONS??? EMAIL HAVASISLHC@GMAIL.COM OR CALL 928-830-5566

HAVASU HEROES

GOLF TOURNAMENT - A MEMORIAL TRIBUTE TO SSGT WILLIAM "BILLY" HARRELL

All proceeds to benefit local veterans

Hole in One Sponsors



Saturday, November 7, 2026

REGISTRATION: 6:30AM
SHOTGUN: 8:00AM

REGISTRATION INCLUDES:

18 HOLES
GOLF CART
CATERED LUNCH
RAFFLES
LIVE AUCTION
MULLIGANS & MAGIC PUTTS

**PREMIER
MEMBER**
\$100

NON MEMBER
\$125



SPONSORSHIPS AVAILABLE

Registration Deadline 11/1/2026

**CASH OR CHECK ONLY
MAKE CHECKS PAYABLE TO
HAVASIS**

Questions: HavasisLHC@gmail.com

4 person scramble sign up:

Team Name: _____

Premier Member Check Here

Players 1: _____ ☐
2: _____ ☐
3: _____ ☐
4: _____ ☐

Phone: _____

To Register Mail Form & Payment to:



HAVASIS
2649 Plaza Hermosa
LHC, AZ 86406
928-830-5566



SANDALS-STYLE
JAMAICAN RUM PUNCH

A tropical classic with the perfect blend of rum, fruit juices, and a touch of sweetness.

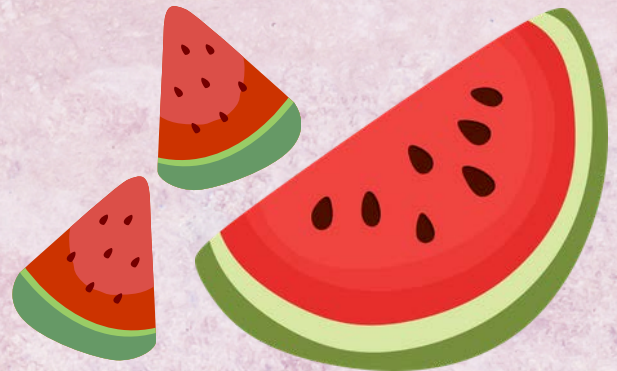
INGREDIENTS • 1 oz light rum • 1 oz dark rum • 2 oz pineapple juice • 1 oz orange juice • ½ oz fresh lime juice • ½ oz grenadine • ½ oz simple syrup (<i>adjust to taste</i>) • 2–3 dashes Angostura bitters (<i>optional, but authentic</i>) • Ice GARNISH • Orange slice • Maraschino cherry	INSTRUCTIONS  Fill a cocktail shaker with ice.  Add both rums, pineapple juice, orange juice, lime juice, grenadine, and simple syrup.  Shake well until chilled.  Pour into a tall glass filled with ice.  Add a couple dashes of bitters on top.  Garnish with an orange slice and cherry.
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★ **PRO TIP:** For an extra layer of flavor, float a little dark rum on top before serving.

Summer is all about sunshine, laughter, and finding little ways to stay cool while making memories with the people you love.

Whether you're packing your bags for a tropical getaway or simply relaxing close to home, you can still capture those vacation vibes with a refreshing Sandal's Rum Punch in hand. Bright flavors, icy sips, and good company are sometimes all you need to turn an ordinary day into a mini escape.

Check out the attached recipe and bring a taste of island fun to your summer!



Watermelon Cucumber Summer Salad

Ingredients

- 4 cups watermelon, cubed
- 1 cucumber, sliced or chopped
- ½ cup crumbled feta cheese
- Fresh mint leaves, chopped
- Juice of 1 lime
- 1–2 tablespoons olive oil
- Salt & pepper to taste

Directions

- Combine watermelon, cucumber, and feta in a large bowl.
- Add chopped mint leaves.
- Drizzle with lime juice and olive oil.
- Lightly season with salt and pepper.
- Chill for 15–20 minutes before serving.

This salad works beautifully for pool parties, backyard barbecues, lake days, or a light lunch when it's too hot to cook. Get creative and add chicken or onions! Enjoy!



Hava *Sis*
Happenings



HAVASIS Inc
@HAVASIS



venmo

Scan in your banking app to pay
HAVASIS INC.

928-830-5566



zelle®

Become a...
Sponsor
Volunteer
Partner



•A sisterhood of women committed to providing a friendly, safe social environment free of judgment, drama and negativity. A place where friendships are formed and positive energy is channeled into a “Mission of Giving”.

•A 501(c)3 non-profit charity

•Powered 100% by volunteers

•An Arizona Qualified Charitable Organization (QCO)

OUR CORE “MISSION OF GIVING” includes
•financial assistance to needy families in Lake Havasu City with children at risk of hunger or in need of safe, structured after-school care, essentials to our homeless veterans, those veterans in need of camaraderie and Mohave County K9.



Havasis Inc
55 Lake Havasu Avenue South
Suite F-867
Lake Havasu City, AZ 86403
Email Girlfriend@Havasis.org