

JoAnn Johnson Media, LLC

We are a 501c(3) nonprofit organization

NewsLetter

October, 2022

Good Mood Good Food

The Tipping Point

Empower Your Body Empower Your Mind

SATURDAYS AT 9:30 AM

EMPOWER your body

EMPOWER your mind

LIFE'S CHANGING CROSSING

www.JoAnnJohnsonMedia.com

A 501c3 nonprofit organization

Spotify

TV personality, podcaster, author & Chef, blogger

Check out our YouTube channel



You will find encouraging, funny shows & some great recipes

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Game Changer Spotlight

Lisa & Willi Sanow- Film Producers

Can you talk to me about your career?

We own SeaHawk Productions in Georgia. We are independent filmmakers, so we do it all; write, direct and produce fictional, narrative films. Our company tagline is Independent Films that Make the Spirit Soar, so we make films that are an uplifting commentary on the human condition. We like it best when the protagonist learns and grows to be a better self on their journey throughout the film



Lisa & Willi Sanow

What is it that you love most about your job?

We love the process of creating a story and then seeing it come to life. Being independent filmmakers allows us to maintain the integrity of our vision and stay true to the story we want to tell.



Virtual Workshops

Stay tuned for many virtual workshop offerings. These are coming soon

Be sure to check

www.JoAnnJohnsonMedia.com and our Facebook page for updates



What has your journey been like, getting to this point?

As independent artists, getting our films made is challenging because we don't have access to the resources that the big Hollywood backed films do. Necessity is the mother of invention, so we have stuck to a long term goal to make short films that would build our reputation with the ultimate goal to move into feature films. We have made 15 shorts, winning awards around the world, and ultimately, we sold three of those films into distribution. In 2020, we made our first feature Final 48 and sold it this year into distribution with Random Media/1091 Pictures. It is set for release in November.

Would you say that there have been challenges and if so, how did you overcome those?

The biggest hurdle for us has been the general lack of those in the studio system to take our abilities seriously. It is amazing how closed the doors are to those in the independent arena. The goalposts are constantly being moved and that can be quite discouraging. Fortunately, we have been steadfast in our belief in our vision and each new film has taught us so much that we have been able bring new skills and relationships that we apply to the next project.

What would you tell someone who is struggling right now and considering walking away from their career?

Don't quit before the miracle happens. There are always going to be naysayers that have a no on their lips, but that yes is out there somewhere. Hold on to your dreams and go out there and get it.

What else do you think that people need to know about you?

We have a slate of feature films that we are producing including our next film Putnam County Law. Of course, we are always interested in meeting those who want to Executive Produce independent films to discuss our upcoming projects. Look for our announcement coming soon on our social media about where you can see Final 48 premiering in November 2022.



Contact Lisa and Willi Sanow
www.Seahawkpros.com
Youtube:Chubbichic
Facebook: LisaN Willi Sanow



Do you know someone who is doing something amazing? Please let us know and we may feature them as a Game Changer Spotlight



Fall Activities To Try

- Build a Scarecrow
- Make caramel apples
- Take a walk and search for items to make a centerpiece
- Go on a bike ride
- Explore a new trail
- Create a fire pit
- Visit local produce stands
- Visit an apple orchard
- Make a lattice pie
- Paint pumpkins
- Learn to finger knit
- Sit by a roaring fire & drink cider
- Start a seasonal gratitude journal



Fall Recipe

A Salad in Fall? You bet?

What do you do when just yesterday it felt like summer and today your are dusting off your hoodie trying to make a quick meal?

Well, for those of us who love salads and aren't quite ready for hot soups we make my Spicy Beef Salad. It is light enough to be called a salad and heavy enough to satisfy our appetites.



Method:

Cook beef of choice in a crockpot with Onion powder, garlic Salt, All Spice, Cumin, Black Pepper, pepperoncini

Purple onions, sliced, sauteed in white wine vinegar and sugar
Romaine lettuce, chopped
Goat cheese,
Cherry tomato, sliced
Kiwi, diced
Mango, diced
Oranges, sliced

Health Tip

Drinking water helps:

- Lubricate the joints
- To hydrate the body
- To increase metabolism
- Boost skin health & Beauty
- To deliver oxygen throughout the body

Cooking Tip

Work weeks are hectic Try cooking meats in a crockpot on Sunday and use them to create a variety of dishes throughout the week.

Mental Health Tip

Allow your to do list to roll over

Stop and reflect on 5 things that you are grateful for

Take a nap

Slow down



Self Care Tips



Everyone has become so busy, too busy really. I was having a discussion with my husband a few days ago and were commenting that people seem to run in every different direction these days.

There is not enough day at the end of our schedules. We hear people say all of the time that they are tired. They are tired of being tired and we are too. The time has come to make a change.

Did you know that making one small change in your day can make a huge difference in how you feel? That's right, one small change can actually have an enormous impact on your life. Well, we are willing to give it a try, how about you? Are you willing to try one of the things listed below to positively change your life? If you do it, we want to know. Great luck! :)

- Begin your day with prayer
- Allow yourself to drink your coffee while its still hot
- Eat slowly and sitting down
- Breathe before responding
- Walk more
- Refuse to argue (even for 1 day)
- Watch something funny
- Turn that old music up and remember how you felt
- Dance in your kitchen while cooking
- Reframe your thoughts when offended
- Walk away from the computer every hour
- Journal your thoughts
- Sleep in



Words of Truth

**Say this to yourself
I am:**

**Healthy and well
Perfectly imperfect
Loved above all things
Capable
Able
Special
Admired
Trustworthy
A light in someones darkness**

**You have:
Come so far
Made so much progress
Accomplished so much
Only just begun!**