

In the Hive...

By Sherry Wilson, CEOE, Editor

This is the last issue of *the BuzzLine*. It is appropriate that it arrives in November as we celebrate Thanksgiving and gratitude. For we have enormous gratitude and give thanks for UAEOP. I owe special thanks and appreciation to Danielle Kitchen. Her creativity, talents, and technical skills are unmatched. For over 10 years, she has made *the BuzzLine* a fantastic, award-winning publication! And thanks to all of you for reading and for your contributions. Wishing you a season rich with the blessings of love, warmth, and laughter! Stay in touch and we'll see you at the Time Retreat in March.



UAEOP Mission Statement

Supporting Utah Educational Office Professionals through professional development, networking and recognition.

Mary's Message...

Remarks given by Mary at the UAEOP Celebration



Mary Meyers, CEOE
UAEOP President

The mission statement of UAEOP has been "Supporting Utah Educational Office Professionals through professional development, networking, and recognition. Our tag line is "Learn · Connect · Grow".

We, as the UAEOP board, appreciate your commitment to yourself and to us in your willingness to spend these many years Learning, Connecting, and Growing and Celebrating the Journey.

This great circle of Office Professionals has been a link for each of you. A place to Learn new skills, Connect with other Office Professionals, and Grow in our job and as an individual. As I was reflecting on the past 25 plus years, a poem I wrote in 1998 about GAEOP popped into my head. However, the words can relate to UAEOP and all the officers and members as we have intertwined over the years.

Afghans of Me & You ~ written by Mary C. Meyers

*GAES we use to be, that's Granites Association of Educational Secretaries.
But back in 1989 with National now by our side GAEOP came alive.
Many of our members have worked hard for you.*

*But there is one who stands strong and true.
With threads of red and blue and gold
Helen helped us in ways untold.
Her knitted afghans and there are many-
Have brought together all and any.
Each different in their own beautiful way
Teaching diversity is here to stay.
Intertwining colors was her gift.
She brought us together- stitch by stitch
Hand in hand and Heart to heart
To build a strong organization from the start.
Her afghans represent me and you.
Each of us unique as mauve or ecru,
Working together, We can change the world.
One stitch at a time-as Helen hoped we would.*

I have served on the UAEOP Board in some capacity since 1997. I have served with some absolutely awesome ladies and have had many opportunities to laugh, to learn, to connect, to grow. I have enjoyed meeting new life-long friends across this great state.

Last Christmas, my principal gave all of us a book, "What Do You Do With An Idea?" by Kobi Yamada. I'd like to share the premise of the book with you. "What do you do with an idea? Especially an idea that is different, or daring, or just a little wild? Do you hide it? Walk away from it? Do you pretend it isn't yours? This is a story of one brilliant idea and the child who helps to bring it into the world. As the child's confidence grows, so does the idea itself. And then, one day, something amazing happens. This is a story for anyone, at any age, who's ever had an idea that seemed a little too big, too odd, too difficult. It's a story to inspire you to welcome that idea, to give it some space to grow, and see what happens next. Because your idea isn't going anywhere. In fact, it's just getting started."

Something to think about as we Celebrate the Journey of UAEOP and each of us.

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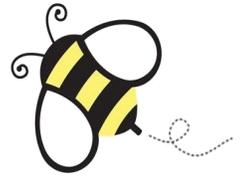
The Buzz Line is the official newsletter of the Utah Association of Educational Office Professionals (UAEOP).

Editor: Sherry Wilson, CEOE
Graphic Artist: Danielle Kitchen



Time Retreat! The VSG visiting The Creamery in Beaver, October 12, 2019. What is VSG? Put March 14, 2020 on your calendar and you'll find out!

Buzzing Around Utah



UAEOP Board Meeting

The final UAEOP Board Meeting was held on March 8, 2019 at the Home2Suites in Murray. President Mary Meyers conducted the meeting as the board discussed last minute details for the celebration the next day and the final issues for dissolving the association. Membership stands at 111 and the checking account balance as of February 28 is \$12,079.45. Funds will cover the celebration expenses and scholarships for members attending the NAEOP conference. Any remaining funds will be donated to the NAEOP Educational Foundation.

Dates to Remember:

- January 15, 2020 PSP Filing Date
- February 7, 2020 National Wear Red Day (www.goredforwomen.org)
- March 14, 2020 Time Retreat, TBD
- April 22, 2020 Administrative Professionals Day
- May 15, 2020 PSP Filing Date
- July 20-24, 2020 NAEOP 86th Annual Conference & Institute Salt Lake City, Utah
- September 15, 2020 PSP Filing Date
- October 16, 2020 Boss's Day
- April 21, 2021 Administrative Professionals Day
- July 13-16, 2021 NAEOP 87th Annual Conference & Institute Pittsburgh, Pennsylvania

NAEOP/Southwest Area News



The 2019-20 NAEOP board members were installed at the annual conference in July.

NAEOP Board

- President – Jill Averyhart, CEOE (SC)
- President Elect – Mary Guest, CEOE (NE)
- Vice President – Paula Rosenberger, CEOE (SC)
- Secretary/Treasurer – Charlotte Zeller, CEOE (KS)
- Immediate Past President – Susan Belliston, CEOE (ID)

Area Directors (2 year term)

- Mid-Atlantic – Georgette Council, CEOE (SC)
- North Central – Dena Hendricks, CEOE (IL)
- Northeast – Bonnie Miller, CEOE (PA)
- Northwest – Amey Tamagni, CEOE (AK)
- South Central – Sharon Mena, CEOE (TX)
- Southeast – Malinda Larey, CEOE (AR)
- Southwest – Teresa Himmelberger, CEOE (UT)

NAEOP Conference



Rhonda Scharf will be the keynote speaker at the NAEOP conference in Salt Lake City, July 20-24, 2020. In Rhonda's humorous presentation, "Sometimes You're the Windshield – Sometimes You're the Bug," she will share how to take control of your own life through realistic, easy, and fun approaches to change. The conference will be held at Little America. Room rates are \$149/night. Hotel reservations and conference registration information is available at www.naeop.org, click on Events.

Celebrating the Journey

On March 9th, UAEOP members and invited guests gathered in "Celebrating the Journey" of UAEOP. The day began with UAEOP tributes, gratitude, and reminiscing. Attendees made blankets to donate to Project Linus. Following recognition of our two student scholars and a delicious lunch, Michelle McCullough shared her wisdom with "Make it Happen – The 4 Choices that Determine Your Future Success & Happiness". The day ended with everyone creating a vision board to spark motivation and a reminder of values, goals, and dreams.



UAEOP Office Professionals "Celebrating the Journey" March 9, 2019. Photo by Jeff Wilson. See additional photos by Cathy Gray at www.uaeop.org.

Committed to Excellence Award



Commitment to excellence means being a leader who is fully dedicated to a cause, activity, or job. Leaders achieve excellence not because of one big thing they do right, but because of many small things they do well day in and day out. Great leaders are also avid life-long learners because they know there are always more lessons to learn, more courses to take, and more skills to develop. A commitment to excellence simply means giving it your all, being all you can be, never settling for second best, and always striving to be a better person.

The board decided that all of the office professionals who attended the celebration embody these qualities and chose to honor each of them with a Committed to Excellence award!

UAEOP PSP Recipients

The following UAEOP members have earned a Professional Standards Program (PSP) certificate from the National AEOP. You may qualify for a certificate and not even know it. If you would like more info about PSP, ask one of the individuals below or contact NAEOP at www.naeop.org or 316.942.4822.

Associate Professional

Danielle Kitchen, Granite
JoAnn Monroe, Granite

Bachelor

Kathy Goodfellow, Granite

CEOE

Judy Anderson, Retired

Paula Bosgieter, Ogden

Gayna Breeze, Granite

Andrea Curtin, USBE

Julianne Hamblin, Granite

Teresa Himmelberger, Granite

Raimee Hunt, Provo

Mary Meyers, Granite

CEOE, cont.

Joanne Potter, Granite

Dixie Sperry, Retired

Midge Treglown, Retired

Beverly Vowell, Retired

Marlene Wilson, Rich

Sherry Wilson, Granite

UAEOP Tribute

Remarks given by Sherry Wilson, CEOE, at the UAEOP Celebration

"Good Morning Friends!"

"Life is what you celebrate. All of it. Even its end." –
Joanne Harris

It is good to have an end to journey toward, but it is the journey that matters in the end. -Ursula K. Leguin

For the last several months I've been trying to figure out what to say today. I wasn't sure what to call this...should it be an obituary or eulogy? Even though dissolving our association is sad and we've shed some tears over the decision, I didn't want to be morbid or gloomy, so I settled on calling it a tribute. Webster's Dictionary says a tribute is "a gift or service showing respect, gratitude, or affection." So I had a name/title, now what?

As luck would have it, and because of my usual procrastination in preparing, I received inspiration a couple of weeks ago when I read an article by Holly Richardson in the newspaper where she talked about doing a Reverse Bucket List. As you'll remember, having a bucket list of things you want to do before you "kick the bucket" became popular when the movie of the same name came out.

So what is a Reverse Bucket List? Holly says it is simply a look backwards at the things you have already done. At its heart is gratitude and appreciation. It allows us to engage in nostalgia...creating a "Greatest Hits" which can remind us of cherished experiences. It's easy to create a Reverse Bucket List because all you need to do is write down accomplishments, big or small, that you are proud of and voila – you have your list.

I thought this was a perfect way to give a tribute to our volunteer association, the members, and celebrate our accomplishments over the last few decades.

I began by looking through our history books and *the BuzzLines*.

Our first accomplishment was actually founding the association. This can be traced to a group of ladies known as the "lunch bunch". The name originated from one or two Granite District office professionals (who shall remain nameless, but I'm looking at you, Dixie Sperry) extending invitations to other office professionals for a lunch date. After making them pay for their own lunch, the guests were then informed they belonged to a committee of "great ideas". One of these great ideas was the pursuit of organizing a professional association focusing on the needs, challenges, & professional growth of Utah office professionals.

Our first task was to collect names and addresses of over 700 school offices and then type labels. Yes, type...on a typewriter. I think at this point we only had one Atari computer in our office so typewriters were still the norm. Then we photocopied letters, stuffed the envelopes, stamped, and sent them on their way in the U.S. mail.

Fifteen months later, on November 6, 1993, 70 participants from all around the state and seven special guests from Idaho, Washington, and Arizona, gathered at the Shilo Inn to hear speakers, attend workshops, and decide if they would like to start a professional association. Their answer was "Yes! Let's do it!" and at that moment UAEOP was born. Four of the people here today attended that first professional development day - Kathy Goodfellow, Dixie Sperry, Judy Anderson, and me.



UAEOP Tribute continued...

In the ensuing years we've had countless learning opportunities, great experiences, adventures, road and boat trips, sleepless nights, early mornings, treasured friendships and connections, and lots of laughter.

We've been from one end of our state to another...holding conferences in Springdale, Moab, Provo, Bryce Canyon (where it snowed 17 inches), Salt Lake City, and St George...once even renting a school bus to get there.

Some of you will remember that the first few conferences, we were joined by a Wooden Indian ("borrowed" from outside the hotel gift shop who ended up riding the elevator all night and was chained down by management the next time we showed up at that hotel), Barney Fife, a Knight in Shining Armor, and Frankenstein. One year we had a wild turkey chase the national president through Bryce Canyon.

Board meetings were held in those same locations as well as Richfield, Randolph, Ogden, Heber, Price, Glenwood, Hurricane, Delta, Murray, Sandy, Fillmore, Park City, Vernal, and Fish Lake.

We've experienced awesome, bewildering, rapid changes with technology.

Communication used to be by U.S. mail, telephone, or in person. There was no email (in fact, our district didn't even trust the secretaries with internal email).



We've moved from typewriters to word processors to desktop computers to laptops. Landline phones to mobile phones. Fax machines to email attachments to shared drives. Floppy disks to USB drives to cloud storage. In 1995, Jo Potter presented a workshop on the "new & exciting" internet. We used to Ask Jeeves, now we Google. We instant message, Skype, text, tweet, and like people on Facebook. We have apps, websites, social media, and many other things that make our jobs easier, but also connect us to the office 24/7.

UAEOP has led the way in providing professional development and leadership to its members. The keynote speakers, workshops, website, and newsletters have offered solutions and provided the tools and knowledge needed to be successful office employees. Networking gave

us a chance to meet and connect with new people, renew friendships, and replenish our working souls. Holding an office or serving on a committee developed leadership skills.

We've led the way in providing professional development and leadership on a national level as well. We've hosted successful national events – 1995 Snowbird Institute, 2001 National Conference & Institute, 2013 SLC Institute, and helped with three other national conferences – Boston, Colorado, and California.

UAEOP members have been elected or appointed to the NAEOP, NAREOP, and Educational Foundation Boards or committees. We've won several newsletter awards for *the BuzzLine* and had numerous student scholarship recipients.

For the last several years, we have faced many of the challenges other professional associations have also experienced. Our membership numbers fluctuated creating recruitment, retention, and engagement issues. We had challenges with having enough people to participate on the board and committees. We recognize people have limited time, energy, and resources to commit to a volunteer position and have tried several strategies to create engagement, build membership, and find new officers, but it wasn't enough.

UAEOP Tribute continued...

Dissolving the association was an extremely difficult decision, however, it is time to let go. As NAEOP Keynote Speaker, Paul Wesselmann expressed last year, "Change is hard, but also growth". Our intent is to make this a positive change, celebrate our association, find a way to keep the personal connections we have made, and share professional development opportunities.

So how will we do that?

Today we are celebrating...On the whiteboard, feel free to post memories of UAEOP or thoughts about what UAEOP has done for you. We've started the board with the comments people made when registering.

Stay in touch...While our formal journey has ended, this doesn't have to be the end of our friendships. We're headed to Boise this summer for the national conference. What could be more fun than a road trip with girlfriends? (There are scholarships for those attending...talk to Mary if you are interested in going).

A couple of years ago in the You Can Do It workshop, I mentioned creating "Time Retreats" for yourself. This is doing something out of the ordinary that allows you to shift into a different rhythm. So on one Saturday in both March & October, we'll pick something to do and send out an announcement...if you can come, great, if not, hopefully the next time. It may be a visit to a museum or just gathering together, bringing a long forgotten project you want to finish and chatting. Like a sewing circle (except I will not be sewing). Our first date is set for October 12th so mark that on your calendar and watch your email for more info.

We'll also keep our UEN email list to send out professional development announcements. If you see something you think should be passed along, let us know.

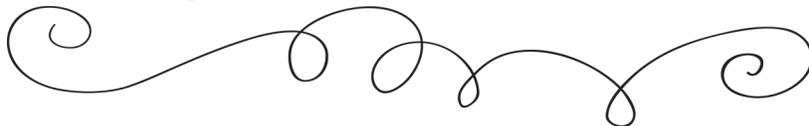
We will publish a final *BuzzLine* after we return from Boise. In the meantime, we'll post things on the website, blog, and social media sites.

We encourage everyone to keep upskilling – take advantage of any learning opportunities, sign up for classes, workshops, newsletters, websites. Find a mentor / Be a mentor. Share your knowledge.

When we look back at our journey, our Reverse Bucket List is full. UAEOP has allowed us to learn, connect & grow as we have expanded our horizons, skills, possibilities and reached new heights in our personal, professional, and association lives. At the heart is gratitude and appreciation. Thank you for all you have done to make UAEOP a success!

I'll end with this quote by an unknown author...while it refers to life...I think it expresses how we feel about our experience with UAEOP...

"Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out and loudly proclaiming, WOW – What a Ride!"



If you would like feedback from other office professionals regarding a certain topic, send an email to uaeop@lists.uen.org. We will keep this list active to pass along professional development opportunities.

Our website, www.uaeop.org is still active with past issues of the *BuzzLine*, past state and national conferences, and other professional development information.

NAEOP Conference 2019



UAEOP members at the NAEOP Conference in Boise, ID July 2019.
Photos by Tracy Scoville, Trinity Studios
Additional photos can be found @ www.uaeop.org

UAEOP Memories ~ What UAEOP has done for me...

"I have always loved the sisterhood and friendships that have formed because of UAEOP. I will miss the annual conferences, but more I will miss the people I have associated with. All the hard work that people have put into the conferences has not gone unnoticed. The workshops and keynote speakers have always been a great advantage in helping with different aspects of my life and job. We have used several of the keynote speakers, workshops, and ideas at our Regional "Secretaries Only" day throughout the years. That alone is going to be hard not being able to have that information to bring to our region secretaries. Good luck to all of you and hope to be able to keep the friendships we have made." – Diane Bybee

"I have learned to unite together and help others that have questions and to ask others for help. Networking is the best way to learn new things and expand our knowledge. Thanks for everything you have taught me UAEOP." – Michelle Foster

"Many wonderful friendships have been forged through learning, sharing and serving together in UAEOP!" – Vicki Coon

"Being a part of the UAEOP board and getting to know others from around the state." – Vanessa Park

"My first conference I attended was in St. George. Olene Walker was the keynote speaker. She and her daughter sat at our table along with Sandy Memales and Vicki Burrow. The conversation was amazing and I just remember being in awe of those ladies. I was so blessed to have known and worked with Vicki. That all began with a UAEOP conference. I made some great and lasting friendships during my time on the UAEOP board that I will cherish." – Natalie Yates

"UAEOP has made me a better person, human, co-worker, & office pro. Belonging to and being involved has been a great experience. My personal & professional life has been enriched by my dear friends." – Sherry Wilson

"The lifelong friendships and networking with other office professionals across the state has made doing my job easier." – Mary Meyers

"Networking is important with our jobs. Gratitude!" – Lafo Tonga

"I have loved working and getting to know other administrative professionals from around the state. I loved attending a training in rural Utah. I have made some good friends." – Andrea Curtin

"I have enjoyed the ride from St. George every year to be with all of my great friends throughout the state." – Lyla Tuttle

"Don't sweat the small stuff. It is what it is and remember it could be worse, so look on the bright side! I love many things I have learned over the years and the positive influence these things have had on my life." – Ronnie Ellingson

"We are much more than secretaries. We are professionals that are vital to our schools. We are the heartbeat of the education system." – Raimee Hunt

"It's been a pleasure being part of an amazing group of women!" – Alma Candido

"That I'm not alone! Others are out there working on the same things and have the same struggles as me." – Dawnette Dial

"Loved making new friends and lifelong learning." – Teresa Himmelberger

"Lifelong friendships." – Heidi Brooks

"Hotel security was called one evening because the four of us in our room were being a bit loud, but Mavis Madsen took care of him. She also was dancing in the aisle of the Macaroni Grill restaurant that we went to for dinner. What a fun trip." – Lyla Tuttle

"Never did win a basket in all the years I have attended, but just being with great women was a prize unto itself." – Lyla Tuttle *(editor's note: a few months after Lyla wrote this, she won two baskets and the 50/50 at the NAEOP conference!)*

"I just enjoyed getting to know other people from different districts. I met a lot of great people." – Kim Dixon

UAEOP Memories ~ What UAEOP has done for me... continued

"I have met many people and have become good friends through networking from UAEOP conferences. I learned so much from a presenter at the conference last year, like how to more easily deal with tough situations in life. It was also through UAEOP that I figured out my retirement. One of my favorite classes was an excel class that I took at a UAEOP conference. I LOVE UAEOP."

– Michelle Raymond

"Making great friends throughout the state. Earned PSP, attended numerous National Conferences & networked with people all over the nation. Even though I have fallen inactive, I really hate to see the demise of this organization." – Judy Anderson

"Lots of support, encouragement, training and desires to help one another. I've loved the positivity that has been encouraged and demonstrated."

– Gayna Breeze

"I have been attending these conferences for 19 years and have made many friends thru this association. I have loved the different locations we have been, the MOAB one was one of my favorites. (Diane had her first experience on a treadmill here and it wasn't good! I still smile about it). We have had great speakers and many ideas shared with us. UAEOP helped us with ideas for our regional secretary training we had to plan each year. It's been a great journey and I'm sad to see it end, but truly understand why it is." – Patsy Nielson

"By being involved with UAEOP for the past 20-ish years, I have enjoyed meeting other office professionals from around the state."

– Danielle Kitchen

"The seminars have great knowledge. Getting to know more people on a work and personal basis." – Anna Fay Montoya

"I learned how to be more Positive!" – Tracy Silcott

"So Glad to have been a part of this Amazing Association." – Lyla Tuttle

"I have learned so much from all the members. New ideas and the networking of sharing these ideas with the members has been the most helpful thing ever. Appreciate all the ladies on the board and all their help." – Debbie Burtenshaw

"Have always loved the love and support I have been given from this organization." – Amy Torres

"I will never forget my first pajama party while at the UAEOP Conference in St. George (many years ago). Those ladies are still among my closest of friends!"

– Angela Montague

"Being able to connect with the different schools."

– Dale O'Grady

"UAEOP has given me opportunities for growth and leadership in my administrative professional career over the years. I also treasure the friendships I've made and I will miss our organization. Best of luck to everyone in the future!" – Paula Bosgieter

The best thing about

Memories

...is making them

"Let's obsess over how much we can give with our time rather than how little of our time we can give. In the long run, it's a better bet for making those good things happen for yourself."

~ Sam Parker | The Two-Twelve Guy | www.InspireYourPeople.com

Judy Anderson Student Scholarship Recipients

UAEOP has selected two scholarship recipients for 2019. Katelynn Eskelson, a senior at Riverton High School, and Alejandra Garcia, a senior at Provo High School.



Alejandra has been active on the volleyball and swim teams and is involved with DECA. She plans to attend Utah Valley University and major in computer programming. She has been fascinated with the idea of working in business and with computers since she was a little girl. Alejandra has taken several business classes and discovered she is interested in coding and computer programming. She is also a leader and has had leadership roles in DECA and in Latinos in Action. Congratulations to Alejandra Garcia!



Katelynn is active in FBLA, serving as the Treasurer Officer, National Honor Society and A'Cappella Choir. She was selected as the Business Sterling Scholar Recipient and has received an Outstanding Academic Achievement in Accounting award and second place award in Accounting 1 at the FBLA Region Competition. She plans to attend University of Utah, majoring in Accounting. Katelynn will be a first generation college student in her household and she is looking forward to this challenge. She is hard working and committed; she knows where she is going and is dedicated to obtaining that goal. Congratulations to Katelynn Eskelson!

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results."

~ Wade Boggs

"Plunge boldly into the thick of life, and seize it where you will. It is always interesting."

~ Johann Wolfgang von Goethe

Interesting Links

The Five Days of Privacy from common sense education

<https://www.common sense.org/education/privacy/blog/five-days-of-privacy-2016-summary-and-simple-steps>



Gigantic List of Awesome Websites for Administrative Assistants

www.tipsforassistants.com

What is Privilege?

<https://www.youtube.com/watch?v=hD5f8GuNuGQ>

Cracking the Codes: Joy DeGruy, A Trip to the Grocery Store

<https://www.youtube.com/watch?v=GTvU7uUgjUI>

Bits and Pieces

Organizing tip from AllThingsAdmin's Organize Your Workspace 5-Day Challenge

Shawn shared a great tip: "My system for purging file folders is writing the date the folder was created on the inside of the folder and writing the date of the next time I get in the folder. I use this system mostly for handouts and class related items. During the down time in summer, I go back through the files and check the dates. If I have not been in the folders in two years the item gets recycled."



Positivity Jar - From Life Vest Inside

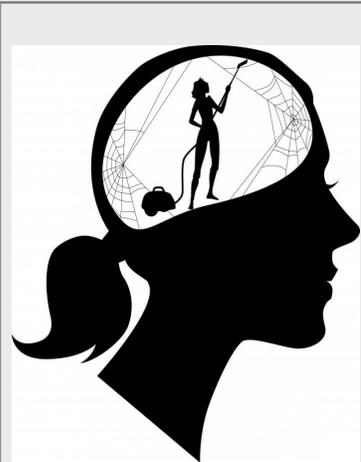
Start a positivity jar to keep by your bedside. Fill it with positive messages, events or memories that make you feel good. Anytime you need some inspiration, here's your source!

My Name, My Identity

By pronouncing students' names correctly, you can foster a sense of belonging and build positive relationships, which are crucial for healthy social, psychological, and educational outcomes. Find more information and resources at www.mynamemyidentity.org.

Pomodoro Technique – From Spry Living August 2018

This popular time-management system encourages bursts of productivity separated by short breaks. Developed by Francesco Cirillo when he was a student, the name comes from the pomodoro (Italian for tomato) kitchen timer he used to measure intervals. Have a project that's hanging over your head, like a presentation or an overstuffed closet? Set a timer and commit to focusing on a task for 25 minutes followed by a 5-minute break. Repeat until your task is done. Learn more in Cirillo's new book, *The Pomodoro Technique*.



Clear Clutter to Clear Your Mind - from

www.organizedforefficiency.com

Dr. Jackie Gilbert says, "Having fewer things and fewer places to look for them speeds 'find time' and facilitates the maximum usage of your possessions. It goes without saying that information is of no value if it's unreachable. Havoc induces a lackadaisical attitude. Slovenliness on the job can slowly result in missed meetings, late arrivals, projects left unfinished and lost opportunities. The end result can be a tarnished image."

Guidebooks for

Special Needs Students

Teacher Brett Bigham has created Ability Guidebooks to support special needs students by providing clear direction on "what is expected on outings, how to deal with crowds, where to go when they feel stressed or get lost, and how they should behave at a particular place – all in a picture book format." Find the guidebooks at www.mrbsclassroom.com.

The Keys to Longevity – from Parade Magazine

Friends ~ Diet & Exercise ~ Brain Games ~ Love ~ Know Your Genes

"An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you do know and what you don't." ~ Anatole France

"Recapturing your childlike curiosity for all things natural and untamed, you can recharge and reinvigorate yourself in the very next moment."

~ Donald Altman

"Unlearning old habits and developing new ones takes patient effort. It helps to meditate each day, whether the weather of our mind is bright or gloomy."

~ Ed Halliwell

"Too often we hold fast to the clichés of our forebears. We subject all facts to a prefabricated set of interpretations. We enjoy the comfort of opinion without the discomfort of thought."

~ John F. Kennedy

"We would proof our pages like they were going to the Smithsonian. We would check every detail on a set...it doesn't matter if it's a school play or a dumb TV show. It's your work. You should care about it so much that people get annoyed with you."

~ Tina Fey

"As much as we need a prosperous economy, we also need a prosperity of kindness and decency."

~ Caroline Kennedy Schlossburg

"The only people with whom you should try to get even are those who have helped you."

~ John E. Southard

"Our brightest blazes of gladness are commonly kindled by unexpected sparks."

~ Samuel Johnson, The Idler

"It has been said that feeling gratitude and not expressing it is like wrapping a gift and not giving it. While Thanksgiving reminds us to express appreciation for the many blessings and opportunities we enjoy, let's keep in mind gratitude should be daily, not just seasonal. We should take time each day to recall the people, opportunities and struggles that enhance our life. Even though it is not as easy to be thankful for the difficult experiences in life, we should remember they develop character, build strength, increase knowledge and often promote stronger personal relationships. Gratitude should not just be a verbal exchange of words, but should also include using our energy in making a positive difference in the world. The true measure of our thanks is not what we say about our blessings, but how we use them to help others. As President Kennedy said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

~ From Brighton Bank's newsletter



Happy Thanksgiving!