

Wise and

Wonderful



Good news and information for our friends and families

Achieving the Balance

Separating work and life at important moments is a vital skill that everyone should know, but which can be particularly challenging in a modern age where everyone seems to be connected twenty-four hours a day, seven days a week. However, a healthier balance between work and life can be achieved simply by following a few sensible tips.



Establishing a healthy give and take is one crucial bit of advice. Work sometimes will take priority over other aspects, but then family life should also rightly take priority over work in some instances. In both cases, the shortfall in the other area – personal time or work time – should be corrected when the “busy” time in the opposing aspect of our lives has returned to normal.

It is also a good idea to occasionally unplug altogether. Letting our brains take a break from the constant buzz of work is also of great importance, not just for our quality of life and our families, but for the work itself, as studies show that downtime can actually increase both creativity and productivity.

Tips for Healthier Eating

Healthy eating plays a large part in helping people to live longer and live healthier lifestyles, and just following a few simple tips can help put people on the right track. One good tip is to always read nutritional labels.

Making a habit of doing this will help you to make wiser food choices. Another good tip is to choose dairy products that are low in fat or, if possible, entirely fat-free. Those who drink full-fat whole milk should slowly make the change to reduced fat, low fat, or fat-free varieties instead.



Try to cut down on your cholesterol intake. Common foods with cholesterol include eggs (although egg whites are fine), whole milk, and organ meat products such as liver and shellfish. Cutting down on salt is also a good idea, particularly for people who suffer from high blood pressure, so choose foods described as having “reduced sodium” and limit consumption of foods and condiments high in sodium such as fish sauce, steak sauce, pickles, olives and flavored seasoning salts.

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



A Hard Bargain

A man driving down a country road spotted a beautiful horse in a farmer’s pasture. He got out and knocked on the farmhouse door. When the farmer came out, the man said, “I’d like to buy your horse.”

“Well, he don’t look so good,” the farmer said. “I don’t think you want him.”

But the man was insistent. “I’ll give you \$1,000.”

The farmer hesitated. “I hate to take advantage of you, mister. Like I said, he don’t look so good.”

“I’ll give you \$5,000!”

The farmer agreed, and the man sent a horse van out to the farm later that afternoon.

The next day the man came back. “You cheated me! That horse is blind!”

The farmer shrugged. “I told you he don’t look so good, didn’t I?”

Monthly Quote

“You must learn from your failure and show that you have learnt.”

— Elaine Bissonnette

Learn Horseback Riding

Many people like the idea of learning how to ride a horse, but if you really want to take the plunge and learn how to actually do it, there are a few tips that can get you started on the right path. One good tip is simply to find a good instructor. Any instructor who has made a career out of teaching riders and handling horses knows how to develop a fine equestrian, so ask around, consult with any friends you may have who ride horses, and even use the internet to conduct some research.

Good boots are an essential for new horseback riders. You should always be wearing proper footwear if you intend to go anywhere near a barn. Find a durable riding boot that will guard you against all eventualities, and always wear a helmet.

Once you have begun riding, do not allow yourself to become pigeonholed into one style too soon. Be open to attempting different styles of riding. Accept the fact that you will fall off the horse – even experienced riders do so occasionally – and that the important thing to focus on is getting straight back on again.

February Calendar...

Brain Awareness Week, March 14-20.

A global campaign to increase public awareness of the progress and benefits of brain research, unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities include open days at neuroscience labs, exhibitions about the brain, and more.

Read Across America Day, March 2.

A nationwide celebration of reading that takes place annually on the birthday of Theodor Seuss Geisel—better known as Dr. Seuss.

National Cereal Day, March 7. Fun facts: Of the more than 314 million people in the U.S., 49 percent start their day with a bowl of cereal. Enough boxes of cereal—2.7 billion—are sold every year!

Teachings Kids To Be Lucky People

With Saint Patrick's Day not too far in the future, it is a good time to talk to children about the difference between simply being in the world around them and having the ability to use elements of their world to create positive situations.



You may have heard people talk about being lucky when something good happens, and then being unlucky when something happens that isn't so positive. While there is nothing wrong with wanting to have the luck of the Irish, there is much more to luck than just wishing.

Teaching kids how to have a positive attitude and how to search for creative solutions and think "outside the box" are sure ways to bring about lucky and to change the world around them to be a positive place full of possibilities. To get started, consider the following ways to help your children make their own luck:

- Talk about being positive – while this may seem simple, looking at the past and constantly talking about "what ifs" and "should have beens" can become a problem. Instead, make it a family focus to talk about being positive and looking forward to the future rather than staying stuck in the past.
- Talk about the importance of doing the right thing – this is one that children really do understand. They know about cheating or doing something that is wrong to get what they want, and then feeling bad about it afterwards. By talking about why the choices they make are just as important as the rewards they receive helps them to see life in a more positive way.
- Creativity – encourage creativity in children. Games where kids have to solve a unique problem or use their creative side to come to a unique solutions help create a child that look at what is available and how to use it to achieve their goals. Those old games of giving the kids random items and asking them to make something you have never seen before, to complete the endings on stories about a challenge and other ideas all contribute to creating lucky problem solvers.

It is also essential as adults to talk about how we planned, organized and did the work to achieve our goals. By focusing on the possibilities available through applying ourselves, we help children understand that luck is a self-made gift.

Remember that children model what is important for Mom and Dad. By making healthy food a part of the daily lifestyle of the family, children will incorporate this into their lives as they grow.



Planning an Overseas Family Vacation

If you are planning to go on an overseas vacation with your family, there are a number of tips you might want to take under consideration that can help you to make the trip as stress-free and successful as it can possibly be.

One good tip is to avoid the more Americanized aspects in your destination and try to go a bit more local.



It might be an idea to – if at all possible – take your vacation during the off-season so that there will be fewer other tourists, and it is also a good idea to use local transportation whenever possible and chat with local shopkeepers.

Another good tip is to check with the State Department, your family doctor, and the CDC for health tips specific to the region you are traveling to, as well as advisories and vaccinations or medications you might require.

Gather information about safety precautions you can take if you are traveling to countries with health considerations.

You should also pack light and leave the gadgets at home so you have more time to appreciate the overseas experience.

Take The Perfect Family Portrait

Portraits of your children as they grow up can become a treasured memory, but getting them taken can sometimes be a struggle. If you're determined to take just the right picture, try these for tips for portrait photography without tears:



- **Take the picture early.** A photo session first thing in the morning is easier on everyone. You can dress your kids appropriately and let them change into “play clothes” afterward instead of forcing them to get cleaned up and changed later in the day, when they're more apt to be tired and cranky.

- **Have some variety.** If you have more than one child, restrain the urge to dress them in matching outfits. A more picturesque option: Dress them in different outfits of the same color.

- **Don't overdo things.** Keep clothes and accessories simple. Remember that your focus should be on the child's face.

- **Plan ahead of time.** Get your child a haircut a few days before the portrait session, not that morning. If the cut turns out to be too short or severe, time will relax the look.

- **Smile!** Try to avoid a forced, insincere smile on your subject's face. Relax and let your child's personality shine through.

Help Your Kids Deal With The Real World

Sex. Drugs. Relationships. These can be tough issues to discuss with your children, but these days you can't afford to neglect them. Here are some principles to guide you in keeping the lines of communication open and flourishing:

- **Create an open environment.** Let your children know that you are available to listen whenever they have questions or just want to talk. Live up to your commitment.

- **Give your undivided attention.** Drop everything to listen when your child approaches you, no matter what you're doing. One-on-one attention will show that you take children's concerns seriously.

- **Be proactive with important or sensitive topics.** Don't just wait for kids to come to you. Talk about your own expectations and concerns so children know you're thinking about these topics. Children need to hear from their parents.

- **Respect their intelligence.** Don't condescend or go into long speeches that begin, “When I was your age ...” Seek to understand their point of view so you can address topics and questions that they need help with.

- **Talk often.** Don't expect a one-time explanation or lecture to answer all their questions. Ask kids about their daily lives, and make important topics part of an ongoing conversation.

- **Be authentic.** Answer kids' questions as honestly as you can. Most children can spot doubletalk a mile away, and any attempt to mislead them will shut down communication.

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Good news and information for our friends and families

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GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

MARCH 2016

Laurel and Hardy Trivia

For one thing, Oliver Hardy's real name was actually Norvell Hardy; Oliver was his father's name, which he decided to make use of when he became a stage singer. "D'oh!" – the popular catchphrase used by Homer Simpson "The Simpsons" – was actually first popularized by Scottish actor James Finlayson who made thirty-three films with Laurel and Hardy and uttered the line every single time.

Stan Laurel had been in more than fifty films, and Hardy over 250 motion pictures prior to them becoming an onscreen team. They made 107 movies together, including twenty-three full-length films, forty sound shorts, and thirty-two silent shorts.

Picture box for
photo or
company logo

From the desk of

[sender's name]

text box for client's personal message

Bold Headline for Monthly Offer

Bold text for details of monthly offer

Amazing Science Facts

Science helps to explain the universe, but it can also succeed in making our problems and dramas seem petty in comparison to what is going on "out there." Warning: The following facts may just blow your mind:

The deepest part of the entire ocean is the Mariana Trench, which is in the Pacific Ocean. The Trench is almost seven whole miles down – a barely comprehensible 12,067 yards deep.

People often complain about the weather, but Earth's most extreme climatic moods seem tame in comparison to the weather in the rest of the universe. The wind on Neptune, for example, blows at a rate of 1,600 miles per hour; you would also be out of luck if you are one of those people that prefer some seasons to others in a year, given that the average season on Neptune lasts for over four decades.

The weather is no better on Mercury either, with temperatures reaching 788 degrees Fahrenheit on the side of the planet that is closest to the sun.

