



A SMILE



Some Positive
THOUGHTS TO SHARE
and a wish for



**HAPPY
TRAILS
TO YOU**

From Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer



Rod Sadleir



AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

The Story of Johnny Appleseed

Johnny Appleseed is a folk hero based on the frontier nurseryman, John Chapman, who established orchards throughout the American Midwest. Somehow, he had caught the vision of the wilderness blossoming with apple trees, orchard after orchard of carefully nurtured trees, whose fragrant blossoms gave promise of a fruitful harvest for settlers. Willingly he endured the hardships of his wilderness life as he worked to make his dream come true. His sturdy young trees lightened the hearts and lifted the spirits of many settlers. He preferred to walk with the simplest of camping gear on his back carrying his precious apple seeds in flour sacks. All the time he traveled, Johnny spread his apple seeds. Sometimes he handed out the seeds to travelers he met along the way. Farmers everywhere knew Johnny. Johnny's smile was bright. Wherever he roamed, apple orchards grew up thick and strong. In the Springtime the trees were rich with blossoms. In the autumn their fruit swelled plump and ripe. Before long, people began to call him Johnny Appleseed.

Over the years, Johnny Appleseed made his way as far south as Tennessee and as far west as the Rocky Mountains, but his seeds traveled even farther because Johnny gave them to the pioneers heading west.

So, his seeds were planted over the whole country.

The Story of Johnny Appleseed Continued

When people tried to pay Johnny for his work, he would grin and say, “No thanks, I’m on a mission”.

There is no way to estimate how many millions of seeds he planted in the hundreds of nurseries he created in the territory lying south of the Great Lakes and between the Ohio and Mississippi Rivers. This was his service to mankind. **He is the official folk hero of Massachusetts.**

Since retiring, I decided on a new occupation:

**A Johnny Appleseed of Positive
and Inspirational Thoughts.**

My mission: To plant seeds of positive thoughts that strengthen, uplift and encourage. “A positive thought becomes a seedling of positive action, which if nourished can become a tree of positive habit”.

Our world is a better place when we “eliminate the negative and accentuate the positive”.



I am not a lawyer, but my goal is to **SUE everywhere I go. That is, to **Strengthen, Uplift and Encourage** others with a smile and some positive thoughts or good cheer to brighten, lighten and perhaps even enlighten their day in a positive way. 😊**

HAPPY TRAILS TO YOU



A Poem Written By: Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer

**Happy Trails to you,
Good fortune in whatever you do.
Enjoy life's journey one day at a time.
Face each day with your heart and mind,
To tackle each task that comes your way,
With resolve to make it a productive day.
Though skies may be gray or blue,
Scatter sunshine by the things that you do;
As a smile to others along your way,
Showing love and kindness by things you do and say.
Know this, not all trails lead to happy destinations,
Choose your direction with careful reservation.
Your best guide and mine is to follow the Savior's way,
How we travel His paths will count to make a happy day.**

 **HAPPY TRAILS** 

POSITIVE THOUGHTS TO SHARE ABOUT LIFE

From: Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer

The True Purpose of Life - By David O. Mckay

“The true purpose of life is individual effort under guidance of God’s inspiration. Real life is response to the best within us. To be alive only to appetite, pride, money making, material things and not to goodness and kindness, purity and love, God, stars, and eternal hopes is to deprive oneself of the real joy of living”.

Life is for Living – By Rod Sadleir

Life is for living, life is for fun. Make each day something special for everyone. There will be challenges, some not easy; It’s true. Show love and kindness to others for a happier you.

Our Actions State Our Values – By Rod Sadleir

We can believe something to be true, And express by our words that we know it; But our actions, the things that we do, Impart what we truly believe, they show it. Our values in life are stated, by our actions every day. What really counts is what we do, To show we mean the things we say.

The Value of a Smile – Author Unknown

“Smiling is infectious, you catch it like the flu, When somebody smiled at me today, I started smiling too. I passed around the corner and someone saw my grin. When he smiled I realized I’d passed it on to him. I thought about that smile then I realized its worth, A single smile just like mine could travel round the earth. So, if you feel a smile begin, don’t leave it undetected, Let’s start an epidemic quick, and get the world infected”.

**LIFE IS A GIFT, ENJOY THE PRESENT,
One day at a time; Give to others,
at least, your smile.**



Thoughts to share  From Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer

THE ABC'S FOR SUCCESS

By Thomas S. Monson

ATTITUDE

“So much in life depends on our attitude. The way we choose to see things and respond to others makes all the difference.

Choose to cultivate and have a positive attitude.

We can't direct the wind, but we can adjust the sails.

In other words, we can choose to be happy and positive regardless of what comes our way”.

BELIEVE IN YOURSELF

“To achieve, believe. Have faith, hope and trust. Believe you can and you're halfway there. Believe in yourself and live so as to reach your possibilities. Don't limit yourself and don't let others convince you that you are limited in what you can do”.

COURAGE

“To make wise choices, we need courage; the courage to do the right thing because it is right—the courage to say no, the courage to say yes. Have courage to not only face challenges that inevitably come, but to make a second effort if one is required. Sometimes courage is the little voice that says, I'll try again tomorrow”.

Thoughts to share From Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer

TO FEEL JOY IN LIFE

Be positive - Believe in Yourself - Have Courage

Have A Positive Attitude

“When you think Positive, Good Things Happen”. - Matt Kemp

“A Positive Attitude causes a chain reaction of positive thoughts, events and outcomes”. - Wade Boggs

“Keep your thoughts positive because your thoughts can become your words, your words can become actions, your actions can become habits, your habits can become your values and your values can become your destiny”. - Mahatma Gandhi

*Five reasons to think positive: **1. Happiness** = a lot to do with a positive outlook on life. **2. Motivation**. A positive frame of mind increases your motivation to succeed in whatever you wish to achieve **3. Self-Esteem**. Your attitude and the way you think have much to do with how you feel about yourself. A Positive attitude about yourself enhances your courage, self-confidence and inner strength to overcome negative people and situations. **4. Better Health**. The mind has a strong effect on your body and on your health. When you think positively, your immune system is healthier and your body can recuperate faster. **5. Improved Relations**. People tend to like and gravitate toward positive people and to keep a distance from negative people. Positive people bring joy, happiness and uplifting energy, and are fun to be around”. - Remez Sasson*

Believe in yourself

“Be thankful for who you are and what you have”. - Rod Sadleir

“Believe in yourself and all you are, know there is something inside you that is greater than any obstacle”. - Christian D. Larson

*“No one can make you feel inferior, without your consent”.
- Eleanor Roosevelt*

Have Courage (Choose what you know is right)

“Good Choices are decisions that keep you heading in positive directions”. - Rod Sadleir

Some Positive Inspirational Thoughts



From Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer

*"You don't have to attend a university to attain a **PhD** (a persistency, hard work and determination ethic); that comes from within". - **Rod Sadleir***

*"Whether you think you can or can't, you're right".
- **Henry Ford***

*"There is no substitute for hard work". - **Thomas Edison***

*"If you get tired, learn to rest not quit". - **Rosemarie Gonsales***

*"Yesterday is history, tomorrow is a mystery, and today?
Today is a gift of God. That is why they call it the present".
- **Bill Keane***

*"There is no elevator to success, you have to take the stairs".
- **Zig Ziglar***

*"What we give into the lives of others, comes back into our own". - **Edwin Markham***

*"Happiness is not so much in having as sharing. We make a living by what we get, we make a life by what we give".
- **Norman MacEwan***

*"I am only one, but still I am one. I cannot do everything, but I can do something and because I cannot do everything, I will not refuse to do the something I can do". - **Helen Keller***

*"Nothing is impossible. The word itself says: I'm Possible".
- **Audrey Hepburn***

Continued on page 9

More Positive 😊 Inspirational Thoughts

*"The true meaning of **JOY**: **J**=Jesus Christ, **O**=Obedient, **Y**=you; in reverse; When You are Obedient to the teachings of Jesus Christ, You will have **JOY**". - **Rod Sadleir***

*"A merry heart doeth good like a medicine". - **Proverbs 17:22***

*"Why worry? What we don't get done today, that's why we have tomorrow; but if tomorrow never comes, then we really didn't have to worry anyway- So, why worry?" - **Rod Sadleir***

*"Have faith, hope and charity". - **1 Corinthians 13:13***

*"A lesson I've learned: When you give the kind of love that expects nothing in return, you are never disappointed".
- **Rod Sadleir***

*"If you tell the truth, you don't have to remember anything".
- **Mark Twain***

*"Don't lie, don't cheat, don't make promises you cannot keep".
- **Author Unknown***

*"Your mind is the garden, your thoughts are the seeds, you can grow flowers or you can grow weeds". - **William Wordsworth***

*"You get the best out of others, when you give the best of yourself". - **Harvey S. Firestone***

*"You were not born a winner. You were not born a loser.
You were born a chooser (what you make yourself to be)".
- **Lou Holtz***

*"God gave us two ends, one to think with and one to sit on.
Success depends on which you choose, heads you win and tails you lose". - **Robert Sherriff***

*"If the pressures of life are crushing you down, think of crushed flowers, they produce the best perfume. Let the pressures of life bring out the best in you". - **Faith Nyamukapa***

*"If stressed, just spell stressed backwards and then have one".
- **Loretta LaRoche***

*In each new day, in every way "Tell the people who are special in your life that you love them. Have no regrets, if tomorrow never comes". - **Garth Brooks***

*"Life is a gift. Enjoy the present, one day at a time. Give to others at least your smile". - **Rod Sadleir***

**Life is too short
to be anything
but happy**



Robert Frost Said: *“In three words I can sum up everything I’ve learned about life: It goes on”.*

Steve Mueller said: *“There are some days where being happy simply doesn’t seem possible. No matter what happens, life will always go on. There will be better days”.*

“How we look at things is a choice. We have to choose happiness. We have to learn to be happy from within, choosing to think positive, maintaining a happy attitude while doing the best we can”. - Rod Sadleir

Proverbs 17:22

***“A merry heart doeth good like a medicine;
but a broken spirit drieth the bones”.***



Did you ever have a bad hair day ?

Here is a short positive attitude poem
by Rod Sadleir, titled:

What Really Matters

It doesn't matter if you are fat or thin,
Real beauty is something that comes from within.

It doesn't matter if you are short or tall,
Heavenly Father loves us all.

What really matters is that you know, come what may,
You are someone special, Even on a bad hair day.

HAPPY TRAILS

(BEST WISHES, GOOD HEALTH AND POSITIVE THOUGHTS FOR YOU)



Presented by Rod Sadleir,
Ambassador of Positive Thoughts and Good Cheer

POSITIVE THOUGHTS:

Becoming the best that we can be:

“**Focus on progress**, not perfection. Every small step forward is a victory and contributes to your personal growth”.

“**Embrace challenges** as opportunities for growth and self-improvement”.

“**Remember** that becoming the best version of yourself is a lifelong journey”.

“**Enjoy the process**, celebrate your progress and savor the joy of continuous self-improvement”.

SCRIPTURES TO LIVE BY:

To become the best that we can be:

From the Bible:

Philippians 4:13

“I can do all things through Christ which strengtheneth me”.

Proverbs 3:5-6

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths”.

From the Book of Mormon:

2 Nephi 31:20

“Press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men”.

Moroni 10:32

“Come unto Christ, be perfected in him”.

MESSAGE



The Parable of the Pencil “Become the best you can be”.

“The pencil maker took a pencil aside and just before putting it into a box he said:

There are 5 things you need to know before I send you out into the world. Always remember them and never forget and you will become the best pencil you can be:

One: You will be able to do many great things, but only if you allow yourself to be held in someone’s hand.

Two: You will experience a painful sharpening from time to time, but you will need it to become a better pencil. **Three:** You will be able to correct any mistakes you might make. **Four:** The most important part of you will always be what is inside. **Five:** On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.

The pencil understood and promised to remember and went into the box with purpose in its heart”.

“Now, replacing the pencil with YOU. Always remember and never forget and you will become the best person you can be:

One: You will be able to do many great things, but only if you allow yourself to be held in God’s hand and allow other human beings to access you for the many gifts you possess. **Two:** You will experience a painful sharpening from time to time by going through various problems in life, but you will need it to become a stronger person. **Three:** You will be able to correct any mistakes you might make.

Continued on Page 14

The Parable of the Pencil continued
“Become the best YOU can be”.

Four: The most important part of you will always be what is on the inside. **Five:** On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your very best”.

“Allow this parable of the pencil to encourage you to know that you are a special person and only you can fulfil the purpose to which you were born to accomplish. Never allow yourself to get discouraged and think that your life is insignificant and cannot make a change”.

With this understanding, go forward with purpose in your heart and mind.



Other Thoughts to be the best you can be:

“Have Faith, Hope and Charity”. (1 Corinthians 13:13)

“Develop a positive mindset: Cultivate a positive attitude, practice gratitude. Positive thinking can help to improve your outlook on life and overcome obstacles”.

“Be compassionate to yourself: Treat yourself with kindness and understanding. Don’t be too hard on yourself when facing setbacks or mistakes. Learn from them and move forward”.

LIFE IS A GIFT, ENJOY THE PRESENT,

One day at a time; Give to others,
at least, your smile.





Every problem has a solution.

The first step is found in Proverbs 3:5-6

Thomas S. Monson's ABC's are also helpful:

A = Attitude "think positive"

B = Believe in yourself, "Do your best"

*Christian Larson stated this:
"Know that there is something inside you
that is greater than any obstacle".*

**C = Courage "face your challenges"
with hope for a positive outcome.**

Find encouragement through music.



*Ace McCloud said this:
"Listening to positive, uplifting music can be
great for your overall mood and well-being".*

*While driving in my car, listening to the radio,
I heard a song that offers an
encouraging message*

The title is: "Everything is going to be alright"

That it will be, is my wish for you.

**You can find the song in a video on YouTube:
"Everything is going to be alright,
by Johnny Lee"**



Thinking of positive thoughts for hitting a target, this is not what I had in mind.

Consider these:

“Whenever you want to achieve something, keep your eyes open, concentrate and make sure it is exactly what you want. No one can hit their target with their eyes closed”.

— Paulo Coelho

“I only want to hit my targets if both the aiming and the hitting feel good”.

— Danielle LaPorte

“Obstacles are those frightful things you see when you take your eyes off your goal”.

— Henry Ford

“When you miss a target, it’s not the target’s fault. You must take responsibility”.

— Larry Winget

These thoughts could make you feel like a cow in tall grass, udderly tickled.



“When stuck in a dilemma or facing a difficult situation, it would be wise to stop and think of the best move before proceeding forward with the intention. Sometimes, recognizing our dilemma, we must rise up to the occasion, back up and reverse our direction, as continuing forward may be to our detriment. In this case, it would be udderly painful”. — Rod Sadleir

SOME POSITIVE THOUGHTS TO SHARE:

“Challenges are what makes life interesting and overcoming them is what makes life meaningful”.

— Joshua J. Marine

“Sometimes you have to take a step back to move forward”.

— Erika Taylor

“Start where you are, use what you have, do what you can”.

— Arthur Ashe

A LITTLE HUMOR “OR NOT” DEPENDING ON YOUR ATTITUDE:

Anyone visiting a doctor has probably had a similar experience. An appointment to see the doctor can result past the designated scheduled time in a waiting area or in a private room. When taken to a private room, you may be told by the doctor’s assistant, “the doctor will be with you shortly” or something like that; however, you may sit there alone for 5, 15 or even 30 minutes before a knock on the door and the doctor comes in to see you.

Day one at a doctor’s appointment. I waited alone in a private room for about 20 minutes before the doctor entered the room. After the initial exam, the doctor said, just one more test and you are good to go; someone will be with you shortly to administer the test. Sitting in a chair, I waited and waited. After 15 minutes, I opened the door and called out to the doctor’s assistant in the hallway. Hello! Hello! just checking to be certain you haven’t forgotten me? The doctor said someone would be in shortly to give me a test. It’s now about 15 minutes past shortly. Oh! she replied, hasn’t someone done that? No, they haven’t! I replied, I could have been here sitting in this empty room for some time if I was the extra patient type. She then attempted some humor saying, “not to worry, I close up tonight and would have found you when I checked the room”.

The next day, I had another doctor’s appointment. After 10 minutes in the waiting area (not bad), my name was called and I was directed to a private room. The doctor’s assistant gathered preliminary information for the doctor, then she gave a common reply: “the doctor will be with you soon”. As I sat by myself in a chair in the room, after 15 minutes, I began to think about my experience the day before; then, I had this positive thought:



*There is within an hour some peace and rest,
unmarred by earthly care, It is when I go to
the doctor’s office, and wait for the doctor,
alone by myself, in a room, in a chair.*



Some Humor, Especially for Older Folks

WHERE DO THE PILLS GO

Author: Anonymous

***A row of bottles on my shelf,
Caused me to analyze myself.
One yellow pill I have to pop,
Goes to my heart so it won't stop.***

***A little white one that I take,
Goes to my hands so they won't shake.
The blue one that I use a lot,
Tells me I'm happy when I'm not.***

***The purple pill goes to my brain,
And tells me that I have not pain.
The capsule tells me not to wheeze,
Or cough or sneeze.***

***The red one, smallest of them all,
Goes to my head so I won't fall.
Such an array of brilliant pills,
Helping cure all kinds of ills.***

***But what I'd really like to know,
Is what tells each pill where to go?***



Nearly every adult and child has known the joy of blowing off the white fluff off a mature Dandelion.

As it ages, this type of Dandelion appears as a delicate white, fluffy puff at the end of a stem and, after a puff of air, it distributes its fuzzy seeds that produce more dandelions.

From this information, here are a few positive thoughts to brighten your day: "Be like a Dandelion. Whenever they fall apart they start again". "Have hope. Make a wish and throw your cares to the wind". "Dandelion floaties blowing through space, Dandelion wishes put a smile on your face". This is a reminder to look on the bright side of life. There are fun-filled things and reasons to smile all around us. Life has so much to offer if we look for it. The way we look at things makes a difference. Having a positive perspective can shape the way we live and think. "A positive perspective is a mental and emotional attitude that focuses on the bright side of life. It is a powerful force for a happier life".



**Think of the Dandelion weed
and adjust your perspective as needed.**

Life is just a bowl of cherries



Something you may say that means life is wonderful, enjoyable or very pleasant. Sometimes it is used in a way that expresses the opposite to comment on an unpleasant or difficult situation. For example, one may say: Life is not exactly a bowl of cherries when (whatever the unpleasant situation) in fact, it's the pits.

😊 On the bright side, it's best to think positive about the wonderful things available to us in our day with gratitude for the blessings we enjoy.

As you eat some, Bing, Santana or Rainier Washington Cherries,



Think of reasons you have to say, "Life is a just a bowl of cherries". Enjoy the tasty fruits of life with positivity and cope with or discard the pits of negativity.

In 1931, Lew Brown wrote these lyrics:

"It's time that we found out we're not here to stay, we're on a short holiday. Life is just a bowl of cherries, Don't take it serious, it's too mysterious. You work, you save, you worry so, but you can't take your dough when you go, go, go. So keep repeating it's the berries, the strongest oak must fall. The sweet things in life to you were just loaned, so how can you lose what you've never owned".

"Life is just a bowl of cherries, so live and laugh at it all".

How to generate a smile

- By Rod Sadleir



Little acts of kindness,
Make a day worthwhile,
For oneself and others,
Can generate a smile 😊

Rod Sadleir



AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

Thoughts About Marriage

A true marriage is based on a happiness which comes from giving, serving, sharing, sacrificing and selflessness. It has been said, "All marriages are happy, it's the living together after the marriage that causes all the trouble". There is also a saying, "Happy Spouse, Happy House". This applies to both husband and wife. This kind of home is described by Gordon B. Hinckley as one, where there is a husband who regards his companion as his greatest joy and treats her accordingly; where there is a wife who looks upon her husband as her anchor and strength, her comfort and security. The cultivation of such a home requires both effort and energy, it requires forgiveness and patience, love, endurance and sacrifice, but it is worth all of these and more.

"Marriage, in its truest sense, is a partnership of equals, with neither having dominion over the other, but rather, with each encouraging and assisting the other in whatever responsibilities and aspirations he or she might have".

"Men and women are different, but different does not mean superior, just different. The husband generally has strengths where the wife has weaknesses, and the wife generally has strengths where the husband has weaknesses, but together they can compliment each other; together they can make a strong partnership, where each assists the other".

Some good advise:

"Be quick to forgive and forget. Do something every day to lift and encourage each other; Put the interests of the other ahead of your own; Be kind and thoughtful; Demonstrate your love daily".

Remember the significance of your wedding rings.

They symbolize an unbroken circle, a continuous and never-ending commitment of love. Just as the band encircles your finger, may you always feel encircled by each others love. Wear your ring as a sign of your commitment to each other. Look at your rings as a reminder of your never-ending love. It has been said that, "the only words better than I do are the words: I always will".



**“MINDS ARE LIKE PARACHUTES
They only function when they are open”.**
— Thomas Dewar

Being open-minded and why it matters

By Kendra Cherry

“The term “open-minded” is often used as a synonym for being non-prejudiced or tolerant. Open-mindedness refers to being receptive to other ideas and new experiences. It is generally considered a positive quality. The opposite of being open-minded is being closed-minded. Closed-mindedness involves much more rigid thinking and a refusal to consider other possibilities. People who are more closed-minded are usually not receptive to other ideas. They are only willing to consider their own viewpoints. Being open-minded means having the ability to consider other perspectives and trying to be empathetic to other people even when you disagree with them. Being open-minded has a number of benefits. In addition to help you learn new things and grow as a person, it can help you become more optimistic and resilient in the face of life’s challenges. Signs that you are open-minded include feeling empathy for others, wanting to know more about what other people think, and not getting defensive when other people challenge your beliefs. If you are willing to learn new things and change your mind if you are wrong, there is a strong chance that you are an open-minded person”.

Open-mindedness: A positive quality expanding one’s life experience.

 **Rod Sadleir**

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

“THAT’S THE SPIRIT, THE SPIRIT OF 76”

Thomas Jewett wrote: “At the time of the American Revolution, there was an intangible something that is known as the “Spirit of 76”. This spirit was personified by the beliefs and actions of the Founding Fathers, perhaps best exemplified by Thomas Jefferson. This spirit refers to the attitude of self-determination and individual liberty made manifest in the Declaration of Independence. The “Spirit of 76” is also a famous painting that went on display in 1876 to celebrate the 100th anniversary of the United States declaring independence from Great Britain in 1776. It also celebrated the American Revolution and the people’s spirit of independence and love of their country. This painting reminded people of a time when everyone was united and patriotic, or devoted to their country and freedom, instead of fighting against each other”.

“When the group known as the “Founding Fathers” came together in Philadelphia, they shared a way of thinking, feeling and believing which might be called, “the Spirit of 76”. The “Founders” were unified in a basic belief in God. Though they held this common belief in God, the manner in which they worshipped were as diverse as the group itself. Thomas Jefferson believed that the teachings of Jesus Christ would guide humanity on how it should conduct its relations with each other. According to Jefferson, the duty of men toward each other was the most important aspect of morality and Jesus was man’s greatest teacher regarding morality. Jesus’ moral ideas were needed for mankind to progress and ensure liberty, happiness and good government. In Jefferson’s view, duty toward God was a matter of personal experience, not to be dictated by others”.

As members of the Church of Jesus Christ of Latter-Day Saints, we share the beliefs of Thomas Jefferson described above. We as a Church, have a respect for the diverse beliefs and unique contributions of all the world’s faiths as expressed in our 11th Article of Faith, “We claim the privilege of worshipping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where or what they may”. We believe in Jesus Christ, His atonement and eternal life. We believe in the light of Christ and the Holy Ghost from whom one can know what is right and true and feel with confirmation, **“That’s the Spirit”**.



**SOPHIE AND MAX REMIND US
“It’s important to take time to play”**

With Family, Friends and Pets

IN A FAMILY
 **Love**
IS SPELLED
T·I·M·E

Playtime activities with loved-ones and
pets bring fun into our daily routines
making life less stressful,
more fun and enjoyable.

POSITIVE ACTIONS FOR POSITIVE RESULTS

From Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer



The Power of Example

“Being an example is about doing good, doing right, and bringing out the best in people, business, government, etc.”. - **Jon Mertz**

I'd Rather See A Sermon

A Poem By: Edgar A. Guest

“I'd rather see a sermon than hear one any day; I'd rather one should walk with me than merely tell the way. The eye's a better pupil and more willing than the ear, Fine counsel is confusing, but example's always clear. And the best of all the preachers, are the men who live their creeds, For to see goodness in action is what everybody needs. I soon can learn to do it if you'll let me see it done; I can watch your hands in action, but your tongue too fast may run. And the lecture you deliver may be very wise and true, But I'd rather get my lessons by observing what you do; For I might misunderstand you and the high advice you give, But there's no misunderstanding how you act and how you live”.

POSITIVE THOUGHTS

Presented By: Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer



BE THANKFUL

- ◆ That you don't already have everything you desire. If you did, what would there be to look forward to?
- ◆ When you don't know something for it gives you the opportunity to learn.
- ◆ For difficult times. During those times you will grow.
- ◆ For your limitations, they give you opportunities for improvement.
- ◆ For each new challenge because it will build your strength and character.
- ◆ For your mistakes. They teach you valuable lessons.
- ◆ When you are tired and weary because it means you have made a difference.

–Author Unknown

It's easy to be thankful for the good things.

“A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. As we find a way to be thankful for our troubles, they can become our blessings”.

POSITIVE THOUGHTS

Presented By: Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer



OUR ATTITUDE CAN DETERMINE OUR ALTITUDE

- ◆ “Never regret a day in your life. Good days give us happiness, bad days give us experience, worst days give us lessons and best days give us memories”.
- ◆ “You can’t go back and change the beginning, but you can start where you are and change the ending”.
- ◆ “We don’t grow when things are easy, we grow when we face challenges”.
- ◆ “We cannot change the people around us, but we can change the people we choose to be around”.
- ◆ “The past is in your head, the future is in your hands”.
- ◆ “Difficult roads often lead to beautiful destinations”.
- ◆ “The same boiling water that softens the potato hardens the egg. It’s about what we are made of and not the circumstances”.
- ◆ “One day you will thank yourself for never giving up”.
- ◆ “Within each of us is the power to stay the course or get back on track. One ship goes east, one goes west by the self-same wind that blows, it’s the set of the sail and not the gale, that determines the way it goes”.

POSITIVE ACTIONS FOR POSITIVE RESULTS

Presented by: Rod Sadleir

Self-proclaimed Ambassador of Positive Thoughts



THE SIX B'S BY GORDON B. HINCKLEY

- 1. BE GRATEFUL**
- 2. BE SMART**
- 3. BE CLEAN**
- 4. BE TRUE**
- 5. BE HUMBLE**
- 6. BE PRAYERFUL**

SIX WAYS TO FIND JOY IN LIFE

POSITIVE ACTIONS FOR POSITIVE RESULTS

THE SIX B'S BY GORDON B. HINCKLEY

1. BE GRATEFUL

The habit of saying thank you is the mark of an educated man or woman. Walk with gratitude in your heart. Be thankful for the blessings which are yours. Express appreciation to everyone who does you a favor or assists you in any way. Give thanks to God for his goodness and for Jesus Christ who has done what no one else in this world has done for you. Be thankful for his teachings his example, and the meaning of his atonement. Let a spirit of thanksgiving guide and bless your days and nights.

2. BE SMART

We are in the most competitive age the world has ever known. All around you is competition. You need all the education you can get. Seek the best schooling. Educate your minds and your hands in whatever you choose to do. Education pays. Don't short-circuit your life. Your worth will increase as you gain education and proficiency in your chosen field.

3. BE CLEAN

There is evil all around us. It is on television, in the movies, in popular literature, on the internet, etc. You can't afford to listen to and watch degrading things. Avoid them. Avoid evil talk. Do not take the name of the Lord in vain as taught in the Ten Commandments. Choose friends carefully. They can lead you on destructive paths or they can be your safeguard in situations where you may vacillate between choices. Stay away from pornography. It is lewd and filthy. It is enticing and habit forming. It will warp your senses. Stay away from it. Stay away from illegal drugs. They can utterly destroy those who become addicted to them. Number 7 of the Ten Commandments states, "Thou shalt not commit adultery". Keep yourself clean of sexual transgression. In matters of sex, you know what is right .. Be careful to stand safely back from the cliff of sin over which it is so easy to fall. Keep yourself clean from the dark and disappointing evil of sexual transgression. Walk in the sunlight of that peace which comes from obedience to the commandments of the Lord. Now, if there be any who have stepped over the line, who may have already transgressed, is there any hope for you? Ofcourse there is. Where there is true repentance, there will be forgiveness. The Lord has said, "He who has repented of his sins, the same is forgiven, and I the Lord, remember them no more".

4. BE TRUE

Shakespear said, "to thine own self be true, and it must follow, as the night the day, Thou cans't not then be false to any man". You know what is right and what is wrong. You know when you are doing the proper thing. Stand firm against evil. Strength comes from obedience to the commandments of God. As noted in the Bible, Galatians 5:1, "Stand fast in the liberty wherewith Christ hath made us free, and be not entangled with the yoke of bondage". Walk in faith, be loyal, be true.

5. BE HUMBLE

The Lord has said, be thou humble and the Lord, thy God shall lead thee by the hand and give thee answers to thy prayers. If we are without conceit, pride and arrogance, if we are humble and obedient; then, the Lord will lead us by the hand and answer our prayers. The Lord declared in the sermon on the mount, blessed are the meek for they shall inherit the earth •• I believe the meek and the humble are those that are teachable. They are willing to learn, they are willing to listen to the whisperings of the still small voice for guidance in their lives.

6. BE PRAYERFUL

You cannot do it alone. Our Heavenly Father is the source of all wisdom. Pray to Him to express gratitude for your blessings, for strength to do what you ought to do, for comfort and consolation. Get on your knees and pray, then get on your feet and work. Walk according to his precepts and commandments. You can have a good time, have fun, enjoy life, be cheerful, sing and dance, laugh and be happy, but in so doing be humble and prayerful and the smiles of heaven will fall upon you.

POSITIVE ACTIONS FOR POSITIVE RESULTS



BE SMART

By: Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer

- S** = Stay close to your family.
Stay away from harmful substances.
- M** = Make wise choices.
Make good decisions.
- A** = Act to deserve things you are given.
Achieve worthwhile goals.
- R** = Realize your potential.
Replace bad habits with good ones.
- T** = Trust those who love you.
Thank those who help you.

SMART WAYS TO FIND JOY IN LIFE

POSITIVE ACTIONS FOR POSITIVE RESULTS

By Rod Sadleir

Self-Proclaimed Ambassador of Positive Thoughts and Good Cheer

BE SMART

Thoughts I Shared With Our Grandchildren

In life there is no greater resource than the love and support of family. No family is perfect, no individual is perfect; but, good things happen when we show love toward each family member.

It is important to treat our physical bodies with respect. Stay away from illegal drugs, alcohol and other harmful substances that can endanger your life and the lives of others.

Make wise choices as each decision we make can affect our future in a positive or a negative way. Accentuate the positive.

Think of things you are freely given: free food, free shelter, free clothes and all the things your parents do for you. Show some appreciation by helping out around the house and by being respectful and obedient to home rules. Be grateful, Be thankful. Don't just think it. Express it.

Achieve worthwhile goals as graduating from high school, college or university, make time for serving others, serving a mission, etc. -whatever is worthwhile that will benefit you and others you will serve. Realize your potential. Always be thankful for who you are and what you have. Let your light shine. Be kind and thoughtful. Develop good habits; for like bad habits, good habits are hard to break and will help you rather than hinder your progress. Trust the people in your life who care about you and want the best for you. Say thank you or write a note of appreciation when someone does something nice for you. Treat others as you would like to be treated. Bring honor to your family name, exemplifying what is good and true.

Always remember: Your Grandpa and Grandma  you!!

POSITIVE THOUGHTS

Presented By: Rod Sadleir

Ambassador of Positive Thoughts and Good Cheer



Two Poems Of Encouragement

By: Emily Matthews

Whatever the goal we're pursuing, no matter how rugged the climb, you are certain to get there by trying your best, taking one day at a time.

Forever is hard to imagine, the future may seem far away, but every new dawn brings a wonderful chance, to do what we can on that day.

To be the best that you can be, to trust your own ability, to live the way you want to live, to take what each new day can give, to have what means the most to you, to do the things you want to do, to welcome change, to learn and grow, to build on what you think and know, to have a dream you are reaching for, to look ahead to what's in store, Life can be all this and more.

HAPPY TRAILS  THINK POSITIVE

MORE POSITIVE THOUGHTS

BLOOD TYPE AND ATTITUDE

By: Rod Sadleir

With regard to our blood type, we have no choice; It is due to our parents.

There are eight different basic human blood types; A, B, AB and O each of which can be positive or negative. Most popular in the general population are the positives.

With regard to our attitude, every one has a choice to be positive or negative.

I recommend “BE POSITIVE”.

THREE STRIKES

By: Rod Sadleir

There are positives and negatives all around us. In baseball, three strikes and you're out. In the game of bowling, three strikes are awesome, a winning combination that increases your score. In baseball, your attitude has a lot to do with how you recover from a strike out. In bowling attitude is also important. Someone said, “it's not how you bowl, it's how you roll“ and, “don't let your score affect your attitude, let your attitude affect your score”. **Attitude can = Altitude**

MEMORIAL DAY

A DAY OF REMEMBRANCE FOR THE MEN AND WOMEN WHO GAVE THE ULTIMATE SACRIFICE WHILE SERVING IN THE U.S. MILITARY; IT IS A DAY TO HONOR THEM.

**“THEY GAVE THEIR TOMORROWS,
SO WE COULD HAVE OUR TODAY”.**

Excerpts from a poem by Bronwyn:

“Soldiers had to go to war, wives and children were so sad. They watched their men all leave. Mothers had to go to work. When men were lost they grieved. We know there could be peace for all if everyone could agree. Our father’s fathers fought for us, so we could all be free”.





The Significance and Tradition of the Poppy

The tradition of red poppies on Memorial Day was inspired by a 1915 poem, "In Flanders Fields" by John McCrea. Poppies were the first flower to grow in the former blood stained battlefields in Belgium and France where many soldiers are buried. The poppy as a memorial flower to the war dead can be traced to Moina Michael. She was so moved by Lt. Col. McCrae's poem that she wrote this response, "the blood of heroes never dies, but lends a luster to the red of the flower that blooms above the dead in Flanders Fields". Through her efforts the poppy has become an international symbol of tribute and remembrance in the United States, England, France, Australia and more than 50 other countries. On Memorial Day, wearing a red crepe paper poppy is a symbol to pay tribute and honor to men and women who have died fighting for our country.

On Memorial Day, as we honor the memory of those who made the ultimate sacrifice in service to our country, it is also important that throughout the year we acknowledge and show appreciation for the living veterans and their families who support them. At every opportunity, let's express gratitude, respect and admiration for them who serve our nation to safeguard the freedoms we enjoy. A sincere "Thank you for your service" would be appropriate and appreciated.

God bless America and those who serve to keep us free.

 **Rod Sadleir**

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

THOUGHTS ABOUT DEATH

At the death of a loved one, we experience sadness and sorrow. With time to mourn our loss, there is a healing influence that brings comfort, peace, hope and strength to carry on.

That healing influence is our belief and faith in Jesus Christ. In the Holy Bible, as we search the scriptures regarding death and resurrection, Jesus Christ said this in John 11, verses 25 and 26: "I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: And whosoever liveth and believeth in me shall never die".

Just before he said this, the account is recorded of Martha and Mary, who were saddened by their brother's death. Imagine the joy they felt, when Jesus promised them in John 11, verse 23: "Thy brother shall rise again".

A prophet on the American Continent, named Abinadi, taught: "The grave hath no victory, and the sting of death is swallowed up in Christ. He is the light and life of the world; yea, a light that is endless, that can never be darkened; yea, and also a life which is endless, that there can be no more death". (Mosiah 16:8-9)

The greatest of all the gifts of God is eternal life through Jesus Christ, our Lord. (D&C 14:7) John 3:16 says: "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him shall not perish, but have eternal life".

Death is a necessary part of our mortal experience and a step in our eternal progression. The scriptures teach: "For as in Adam all die, even so in Christ shall all be made alive". (1 Corinthians 15:22) Death is but our birthdate into eternity. Through the atonement and resurrection of Jesus Christ the way has been provided for all to overcome death and to find comfort in the hope for eternal life and faith that one day we will be reunited with our loved-ones.

CHEERS (BEST WISHES, GOOD HEALTH AND POSITIVE THOUGHTS FOR YOU)

THOUGHTS TO SHARE

By Rod Sadleir

ANOTHER MEANING OF ALOHA

While on vacation in Hawaii in the year 2017,
I had this thought:

In the friendly paradise Hawaii,
Aloha is a greeting of hello and farewell.
The spirit of Aloha is friendship and love.

A special meaning can also be this:

The word **ALOHA** can remind us of the love of the Savior, His sacrifice and promise that living our Heavenly Father's commandments will bless our lives.

A = Atonement

L = Love for us all

O = Obedience

H = Here

A = After

Through His ***atonement***, showing his ***love for us all***, and our ***obedience***, showing our love for Him, we will receive God's blessings ***here*** and ***after***, for, He has promised the faithful the greatest of all the gifts of God, eternal life".

Scripture References:

Bible: 1 John 2:25, John 3:16, Romans 6:23, John 17:3,
Book of Mormon: 3 Nephi 15:9, Doctrine and Covenants
14:7, Moses 1:39

I believe in Jesus Christ.

As an ambassador of positive thoughts and good cheer, it is my testimony that the master of positive thoughts and good cheer is, Jesus Christ.

The scriptures are filled with His positive thoughts and promises, **as this one:**

“I am the resurrection and the life, He that believeth in me, though he were dead, yet shall he live”. (Bible: John 11:25)

And this one: “these things I have spoken unto you that in me ye might have peace; in the world ye shall have tribulation, but be of good cheer, I have overcome the world”. (Bible: John 16:33)

It is my testimony that,

Nothing could be more positive than the messages of good news found in His gospel.

I believe that through repentance and the gift of the atonement of Jesus Christ, all mankind may be saved by obedience to the laws and ordinances of His gospel. A beautiful verse of scripture states: “Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more”. Peace comes by turning to the Savior and by living His Gospel. As we follow Him, we will realize what He has promised us in the Bible, 1 John 2:25, “even, eternal life”.

He lives, He loves us and He wants us to follow Him to experience the greatest joys in this life and even receive the greatest of all the gifts of God, eternal life that is only possible through Him, Jesus Christ.

He is the main part of what I know to be true.

In the Book Of Mormon, a second witness of Jesus Christ, the prophet Nephi says: “Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father: Ye shall have eternal life”. (2 Nephi 31:20)



Rod Sadleir

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

Jesus Christ, The Savior of the World

For believers, Jesus Christ is the Savior of the world and as the Bible scripture states in John 14:6, only through Him can one return to the Father and have eternal life. One of the true purposes of our life is to learn about His ministry on earth, His atoning sacrifice for all mankind, and for His teachings for the sole purpose of blessing our lives that we might have joy and prosperity along life's journey. To learn more about Him, we have the scriptures. But like anything knowledge does not come without effort. We must study and pray to find out what is true; as we do this, the truth will be manifest unto us personally by the power of the Holy Ghost. Scriptures teach us that If you pray with a sincere heart and with real intent, by the power of the Holy Ghost, one can personally know the truth of all things".

When one is sincere in learning about Jesus Christ, he or she will make an effort to find out what the scriptures tell us. Someone once said, an atheist (one who doesn't believe in God) is like a thief who cannot find a policeman. (Why? Because he is not looking for him). Ralph Waldo Emerson (1803-1882) a famous American Poet and Philosopher, wrote "All I have seen teaches me to trust the creator for all I have not seen". "As one looks at the world around us, it is amazing to behold all of the things that tell us there is something more to life than our mere existence. All we see, sunrise to sunset, variety in the plants and animals, the beauty of nature, the miracle of birth", etc., etc. If one looks thoughtfully he or she can feel as Emerson, that there must be a creator of the universe in which we live. There are so many signs all around us.

For those who have received personal revelation, through study and prayer and observation of the world around them and hearing the testimonies and seeing the examples of those who believe in God, our Heavenly Father and Jesus Christ, there is great hope that life does not end at death, but it continues beyond the grave. For those who believe this, death is but our birthdate into eternity. As one of those believers what a wonderful feeling it is to know that this life is our time to prepare to meet God, to learn and follow the teachings of Jesus Christ, that we can receive His promised blessings now and forever. Emulating His attributes in our daily life brings peace, love and a fulness of joy.

The Greatest Skill One Can Achieve In Life

😊 By Rod Sadleir

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

S = Seek the Spirit	[Desire]
K = Know the Spirit	[Study]
I = Invite the Spirit	[Prayer]
L = Listen to the Spirit	[Answer]
L = Live by the Spirit	[Action]

“It is the Spirit which giveth life. It is through the Spirit that all truth can be made known. It is the Spirit who encourages us to do good. It is the Spirit that brings comfort in time of sorrow. It is the Spirit who fosters glad tidings and joy. The Spirit is a God given gift to help all mankind”.

To **seek** means to desire or want.

To **know** means to learn. A study of the scriptures, as the Bible and Book of Mormon, are excellent resources.

To **invite** means to ask. It can be accomplished through prayer. (“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him”. - Bible: James 1:5)

To **listen** means to be receptive to the answers that come through prayer.

To **live** by the Spirit means to follow the feelings or promptings of the Spirit that inspire us to do good.

The Greatest Skill One Can Achieve In Life

😊 By Rod Sadleir

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

Receiving Direction Via “The Spirit”

The Holy Ghost is the third member of the Godhead. Through this Spirit we can receive positive personal direction in our daily lives. Often referred to as the Comforter or the Spirit of truth, the Holy Ghost has been described as a still, small voice and a gentle whisper that can unfailingly point us towards truth and righteousness. To have this guidance is what I believe is the greatest skill we can achieve in this mortal life. The definition of a skill is “a talent and ability that comes from training or practice.” Direction via the Spirit is developed and accomplished as we **S**eek, **K**now, **I**nvoke, **L**isten and **L**ive by the Spirit.

Scriptures that teach us about the Holy Ghost:

John 14:26,

The Holy Ghost can comfort us and teach us all things.

John 15:26,

The Comforter, even the Spirit of truth, who was sent by our Heavenly Father will testify of Jesus Christ.

John 16:13,

The Spirit of truth will guide you into all truth.

Acts 2:38,

Repent, be baptized and receive the gift of the Holy Ghost.

Galatians 5:22,

The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith.

SHARING HIS GOSPEL 😊 MAKES US HAPPY



Elders: Taylor, Oligschlaeger and Dixon

A MISSIONARY'S GIFT

A Poem by: LUELLA S. BARNES

A rare and costly gift I bring,
Like a diamond, hard and polished
To points of perfection piercing men's souls
With its facets of light.

A treasured gift I bring, Like a perfume
So penetrating its aroma of love turns
The hearts of men to deeds of kindness.

A memorable gift I bring,
Like a ruby whose blood red image of
Gethsemane's split drops reminds mankind
Of the sacrifice supreme.

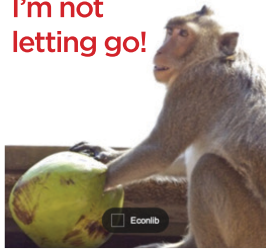
An unforgettable gift I bring,
Like a masterpiece painted on the canvas
Of life- Christ's pattern for man's living.

This gift I gladly and humbly bring,
Handsomely wrapped in faith and hope and
Tied with ribbons of repentance and love.

My gift? The Gospel of Jesus Christ.

AN INSPIRATIONAL STORY WITH A TAKE-A-WAY AND MORAL

I'm not
letting go!



HOW TO HUNT A MONKEY

A Story about letting go.

Hunters used this trick to trap monkeys. Rather than chasing them up a tree or shooting arrows from below, they would place a heavy glass jar with a narrow neck or a prepared coconut with a hole just big enough for the monkey to put his hand inside but not big enough to allow the monkey to pull it out with a clinched fist. With the monkey's favorite food inside, the hunter would step back and hide waiting for an unsuspecting monkey to approach. When it did the monkey would reach inside, clench a fist around the food, and try to pull it out; however, the narrow neck of the coconut or jar would stop the monkey from getting its hand out. As the hunter approached, the monkey would pull and pull, harder and harder, but to no avail. There was simply no way to get its hand out of the narrow hole without releasing its grip on the food. Rather than letting go, the monkey would persevere, refusing to let go of the food. The hunter would then approach and capture the monkey.

All it had to do was open its hand to let go of the food and it could have been free, but the monkey's attachment is so strong that he sacrifices his life for it. **Here is a take-a-way:** Don't be like that monkey. In life, to fight another day and grow as a person, we must know when to quit, when to move on, and when to let go of what is holding us back. **What are we holding onto that is trapping us?** Think about it: Money, Ideas of happiness, anger, forgiving someone? Whatever! **What might it be that letting go would set us free.** **A moral of the story:**

Sometimes you have to let go, for a better life experience.

The Pomelo is a large citrus fruit closely related to the grapefruit. The taste is similar, but sweeter. It is native to Southeast Asia. Available October-February.



It provides a good example of getting through the bitter to enjoy the sweet. It requires a little effort to get through the thick, bitter rind on the outside; plus, additional work to strip off and remove the thin, bitter membrane on the inside that separates each individual segment. But the effort is all worthwhile to get through the bitter to enjoy the nutritious, low calorie, delicious fruit on the inside.

From this experience, here are some positive thoughts:

"Every bitter moment has the potential to lead us to something sweet".
"Bitter and sweet are two flavors of life". As with the Pomelo, they both hold lessons as: "the bitter moments in life, make the sweet moments even sweeter"; also, "the bitter and the sweet are intertwined, making life a beautiful journey".

A BEAUTIFUL GARDEN

 By Rod Sadleir

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

November 20, 1995, I composed this positive thought and sent it to my son, Ryan, who was serving a two year mission in Paraguay. **“A beautiful garden doesn’t just happen”**. I heard this said on a talk radio program and from this statement a thought began to develop in my mind. To be the best that it can be, something like a garden requires effort. It takes work to see the fruits of your labors and, in the process, the beauty that results has greater value because you were the caretaker and the promoter of its development or final result. In my creative moment, I thought what can the letters of the word **GARDEN** symbolize and I sat down at my computer and composed a thought for each letter in the word garden that would combine to form a meaningful explanation for success in gardening or another worthwhile ambition.

In my opinion, recognition of these facts will bring forth the positive result:

G = God has given us everything. All that is good comes from Him, according to the scriptures. Therefore, we should first be thankful to God for our many blessings, including a beautiful garden.


A = Attitude. “Our attitude is what determines our altitude”. Our attitude to want something special is a great part of our success. “Desire is the greatest force leading one to accomplishment”.

R = Responsibility. For something good to happen in our care, we must take responsibility to see that necessary action is taken to ensure the outcome of our desires. For example, in the case of a garden, if we notice it needs watering or weeding do we take the initiative and water it and remove the weeds or do we rely on someone else.

D = Doing. We can know something; however, the problem is usually not in knowing what to do, it is doing that which we know. “Nothing works unless you do”. In the song, “I Am A Child of God” President David O. McKay had the words changed from “teach me all that I must know” to “teach me all that I must do,” for the very reason that we can know something, but we don’t always do it.

E = Excellence. Excellence is a goal to strive for. Good books, for example, are a source of knowledge that help us achieve excellence in gardening; also, in other ambitions.

N = Never say never if the goal is worthwhile. “Where there is a will, there is a way”. A beautiful garden as other of our life’s achievements does not just happen. Attitude, hard work, sacrifice and prayer are keys to our success.

Wishing you the attitude, preparation, planting and cultivating skills for producing a beautiful garden in the soil, in your mind, or in some other worthwhile ambition. 



I'M THINKING

**“A cloudy day is no match,
for a sunny disposition”**

**Without sun to warm my fur,
the thought just came to me:**

**It's a “purrfect” day to curl up in a
cozy spot and take a catnap.
Hopefully, the dogs next door will
stop barking so I can have a quiet,
peaceful rest before it's time for dinner.**

Something To Share

From Sue Sadleir's Kitchen

Cream of Wheat Pancakes & Syrup Recipe

YIELD: 10 Pancakes using 1/3 cup portions

DRY INGREDIENTS

*1 1/4 cups of all-purpose flour
1/3 cup of INSTANT CREAM OF WHEAT
(= a 1 ounce packet from box of 12)
1 teaspoon of baking soda
1 teaspoon of baking powder
1/2 teaspoon of salt
1/3 cup of white granulated sugar*



WET INGREDIENTS

*1 egg, 1 teaspoon of pure vanilla, 1 1/4 cups of milk,
1/2 cup of sour cream, 1/4 cup of vegetable oil*

INSTRUCTIONS:

*In a LARGE mixing bowl, stir or whisk together the dry ingredients:
(Flour, Cream of Wheat, Baking Soda, Baking Powder, Salt & Sugar)*

*In a MEDIUM SIZE bowl, Whisk together the wet ingredients:
(The egg, pure vanilla extract, milk, sour cream and vegetable oil.)*

Make a well in the center of the dry ingredients and, stir in the wet ingredients. Do not over mix the batter; a few lumps are okay.

Heat a non-stick pan or griddle on medium heat. For best pancake appearance, apply a little Virgin Olive or Coconut Oil on the cooking surface and wipe it clean with a paper towel; then, Pour a 1/4 or a 1/3 cup of batter onto the cooking surface. Cook until bubbles appear; then, Flip with a spatula and cook until browned on the other side. Suggestion: Serve with butter and maple syrup or fruit preserves and for a special treat, make Sue's homemade syrup.

Great Option: Serve with Sue's Homemade Syrup

INGREDIENTS: YIELD: 12 ounces (= 1 1/2 cups)

1 cup of white sugar, 1/2 cup of buttermilk (or 1/2 cup of milk with 1 teaspoon of vinegar), 3/4 cup of butter, 1 tablespoon of white Karo Syrup, 1/2 teaspoon of baking soda and 1 teaspoon of vanilla.

DIRECTIONS:

Put all the ingredients, except the vanilla, into an large sauce pan (3 quart minimum) on medium heat. Stir together and bring to a boil. Let boil for 5 minutes stirring occasionally. After 5 minutes, take off heat and stir in the vanilla. Great on pancakes and waffles.

Something To Share

From Sue Sadleir's Kitchen

Sprinkle Sugar Cookies Recipe

YIELD: 22 cookies using a 1 ½ inch diameter scoop

WET INGREDIENTS:

- 1 cup salted butter at room temperature
- 1 ½ cups of granulated white sugar
- 1 large egg at room temperature
- 2 teaspoons of pure vanilla extract
- ½ teaspoon of pure almond extract



DRY INGREDIENTS:

- 2 ½ cups of all-purpose flour, ½ teaspoon of baking powder,
- 1 teaspoon of baking soda, ½ teaspoon of salt

ADDITIONS:

- ½ cup sprinkles to incorporate in the dough mix.
- ¼ cup of white sugar for rolling the dough balls in.

INSTRUCTIONS: Preheat oven to 375 F.

Line 1 or 2 cookie sheet pans with parchment paper. In a medium size bowl, whisk together the dry ingredients (flour, baking powder, baking soda and salt); then, set the bowl aside. In a larger bowl, put the butter which has softened at room temperature plus the sugar. Mix them together until light and fluffy using a Danish Dough Whisk by hand or using a stand mixer fitted with a paddle attachment on medium speed for the same result. Next, add the egg, vanilla and almond extract. Mix by hand or on low speed until smooth. Slowly mix in the dry ingredients.

Be careful not to over mix. Fold in the sprinkles to incorporate them throughout the mix. Using a cookie scoop for the size cookie desired, scoop, then gently form dough balls. Roll them in a bowl with the sugar; then, place the dough balls 3 inches apart onto a cookie sheet pan lined with parchment paper. Bake for 10-12 minutes until a light golden brown along the edges, and some cracking on top. **Do not over bake** or you'll lose the chewy effect.



SMILE AND ENJOY THE DAY

Remember:

It's not how you bowl, It's how you roll !

POSITIVE THOUGHTS

There are positives and negatives all around us. In baseball, three strikes and you're out !!!

In the game of bowling, three strikes are awesome; a winning combination that increases your score.

In baseball, your attitude has a lot to do with how you recover from a strike out; In bowling, attitude is also important, we might say: It's not how you bowl, It's how you roll. Someone said, "Don't let your score affect your attitude, let your attitude affect your score". A professional bowler, Don Carter, said this: "One advantage bowling has over golf is this: You seldom lose a bowling ball".

Smile 😊 and enjoy the day!

😊 Happy Trails!

WEARING 😊 A SMILE

Represents “HAPPY”



Wearing a smile pin is a good reminder to

Be Happy

It gives a cheerful expression to others

A smile is a symbol of friendship

When people see a smile, it can make them feel happier

A smile 😊 is a free gift that everyone can give.

Nothing you wear is more important than your smile 😊.

A smile 😊 gives a positive countenance that reflects kindness.

You can brighten the lives of people who see your smile 😊.

**Without a smile 😊 pin, better yet,
you can display your natural smile.**

😊 Rod Sadleir

AMBASSADOR OF POSITIVE THOUGHTS AND GOOD CHEER

Happy Trails to You

😊 Wishing you a “whole” lot of happiness 😊



😊 Today, Throughout the year and Always 😊

“May you have smiles in your day,
Love in your world,
and Happiness in your heart”