

October 2011



**WARNING:** This weekend can seriously de-rail your plans for a slim and svelte body heading into autumn!!! Among other things, Thanksgiving is known to be a time of feasting with family and friends. You say to yourself, 'just one more bit of turkey, maybe a little more ice cream on that large piece of pumpkin pie . . .' (I speak from personal experience)! Remember what I've been teaching you about wisdom: Will you like the long-term consequences of the actions you take this weekend? Or as one actress was quoted as saying "Two minutes on your lips . . . FOREVER on your hips!"

We do live in the greatest country in the world, and we have much to be thankful for. At least for this weekend, let's put aside the 'complaints of life' and really focus on what we can be thankful for in any and every situation. Look for the silver lining in the rainclouds.

Take one of your most precious commodities (your time) and 'invest' a little in some friends and family. It is amazing the changes you see in a person when they are greeted with a warm smile, a genuine compliment, a friendly hug . . . although there is no monetary cost to you, the value of these things is priceless. For everything else - there is Mastercard!

The diversity of your personalities and experiences adds such a fullness to our lives. We truly want to express our thankfulness for having the opportunity to serve you. So, have a very Happy Thanksgiving from all of us!



Warmest regards,

A handwritten signature in black ink that reads "Derek Smith".

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**As always, a few quotes!**

**George Carlin**

We're having something a little different this year for Thanksgiving. Instead of a turkey, we're having a swan. You get more stuffing.

**Anonymous**

Some complain that roses have thorns... others rejoice that thorns have roses!

**Dietrich Bonhoeffer**

In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

**Gerald Good**

If you want to turn your life around, try thankfulness. It will change your life mightily.

**2 Samuel 7:18**

[ *David's Thanksgiving to God* ] Then King David went in and sat before the LORD; and he said: "Who am I, O Lord GOD? And what is my house, that You have brought me this far?"

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