

From the President –

Thankfulness

November has begun and with it comes all the postings on Facebook of things people are thankful for. Being thankful comes in many forms from expressing appreciation, to extending grace, praising a job well done, recognizing something extra, having a sense of obligation, and saying thank you. A well-known speaker once stated, "One of the main reasons that we lost our enthusiasm in life is because we become ungrateful ... we let what was once a miracle become common to us. We get so accustomed ... it becomes a routine."

Thankfulness is an attitude. It's so easy to adopt a critical spirit and forget that sometimes the simplest task was very hard for someone to complete. Studies have shown that being thankful boosts our immune system and increases blood supply to our heart. People who describe themselves as feeling grateful tend to suffer less stress and depression than the rest of the population. Having a spirit of thankfulness honors God and strengthens our faith. It also strengthens our relationships with other people.

The month of October brought on some very stressful and tear-filled days and nights. But, in spite of the heartbreaking issues we dealt with, Eddie and I remained thankful that we have each other and our love. And when I look back, I remember close hugs from my sweetheart and the grandkids, I remember laughing with dear friends and



I remember watching the grandkids carve pumpkins and dress up in scary costumes. Life does bring sorrow, but it also brings opportunity for joy, laughter and love.

I hope this season of thanksgiving will continue in your hearts for the entire year - that you will focus daily on being grateful for the good things in our lives and what makes our heart and soul so full of joy. Enjoy your Thanksgiving season and the preparations for Christmas. And always keep this year's theme close to your heart and mind: Living Every Moment, Loving Beyond Words and Laughing Every Day. By doing so you will keep your life focused on the important things.

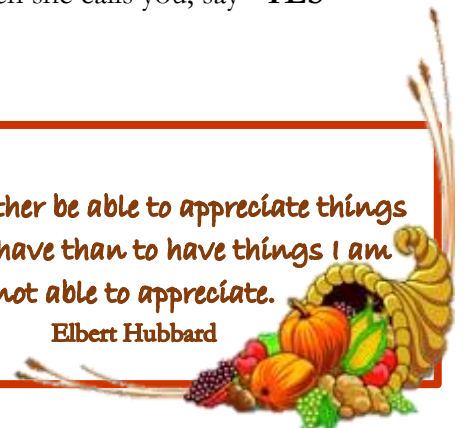
Hugs and smiles to each of you! Happy Thanksgiving!
Becky

Things to Remember –

- The next **BEAM** issue is in the works
Please submit your requested articles
- Becky is looking for **"GOOD"** folks to work with her in 2016-2017
If/when she calls you, say **"YES"**

I would rather be able to appreciate things I cannot have than to have things I am not able to appreciate.

Elbert Hubbard



TRIVIA

Lobster, rabbit, chicken, fish, squashes, beans, chestnuts, hickory nuts, onions, leeks, dried fruits, maple syrup and honey, radishes, cabbage, carrots, eggs, and goat cheese are thought to have made up the first Thanksgiving feast.



A Special Belated Birthday Wish for **CONNIE VAN HOESEN!**

Sorry we missed your day on

November 2

12 - **SUSIE MARTINEZ**

14 - **LOIS JORDAN**

HAPPY BIRTHDAY!



gobble 'til you wobble



TRADITIONAL Thanksgiving Dinner Recipe

INGREDIENTS:

- Heaps of family - Assorted Aunts, Uncles, Mothers, Fathers, Sisters, Brothers, etc.
- Grandchildren - Picked at peak of Sweetness
- *Highly Recommended* - Macy's Thanksgiving Day Parade
- *OPTIONAL*: may substitute Holiday Music
- Turkey & Fixins'

DIRECTIONS:

1. Greet Warmly / or Kisses
2. Cover with Hugs / or Kisses
3. Bring to Kitchen and Begin Cooking
4. Add DASHES of Laughter and LOVE while simmering.
5. SERVE with sides of pride, Joy and Thankfulness.

Enjoy!

Happy Thanksgiving

