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“Despite the forecast, live like it’s spring.” — Lilly Pulitzer

Another season, and another time we think the weather should be better. I think we are all feeling a shift in our moods, and my hope is the sunshine brings on new joy, new schedule and new plans. Enjoy the sounds and savor in special spring memories.

~Laci Graham, Executive Director

Sharing a Moment

If you love me, let me go.

~Source Unknown

I don’t know whom to ascribe this quotation. It came to me as a variant of a current popular song several months after my daughter’s death. It has been my experience over many years that the songs that go through my head are usually telling me something. In this case the tune was for a song with which I was only marginally familiar: “If you love me, let me know.” But for me the words were, “If you love me, let me go.”

If there is a way, which some have suggested, that the spirits of the dead continue to hover close until they see we are going to be all right, until they feel freed to go, then perhaps, through some flash implant in my spirit, my daughter was telling me something. At the time, I thought of the message in those terms.

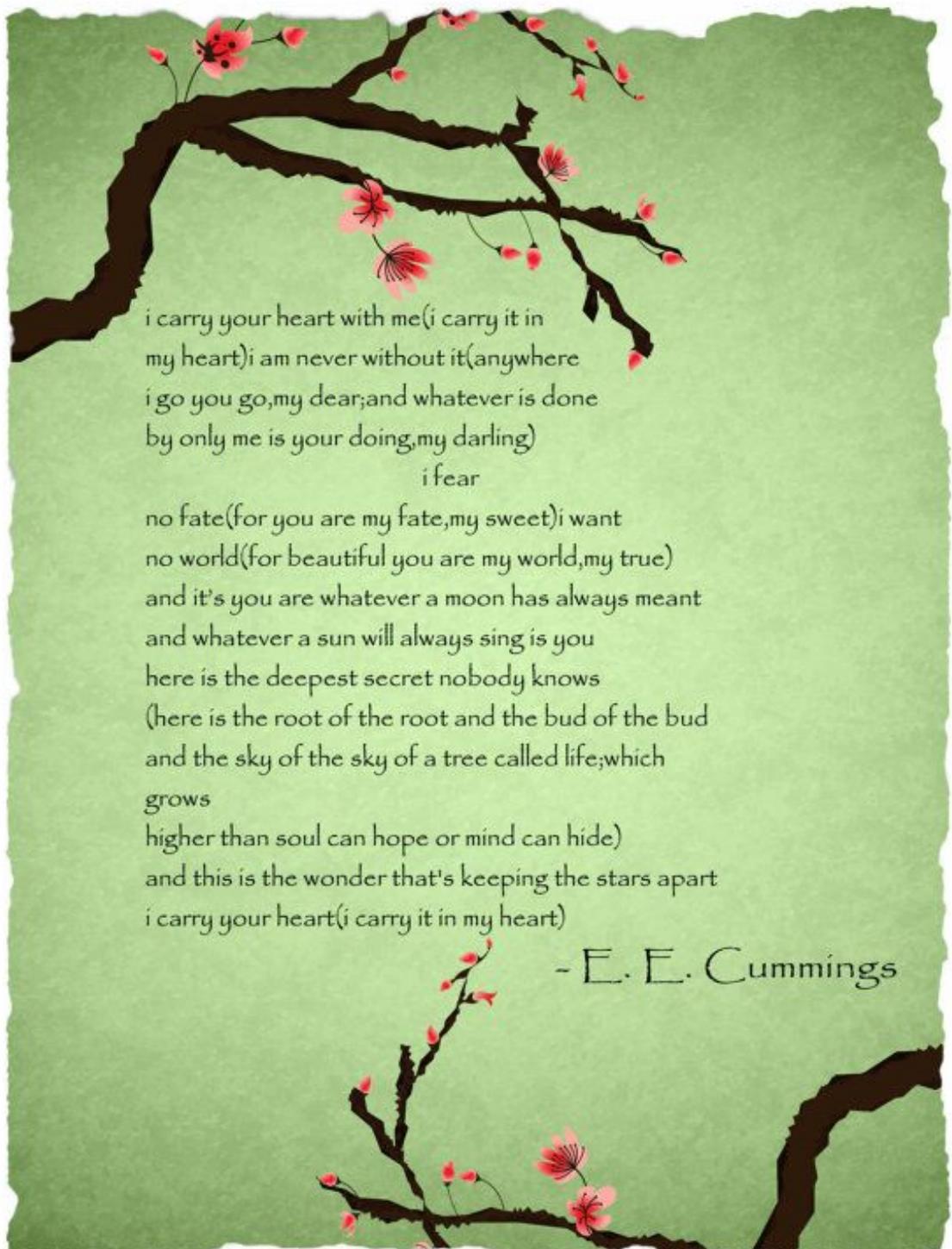
It is all conjecture, of course, and who knows whether we are projecting our own needs in these images of What Happens Next or whether we are intuitively onto some truth.

But from whatever source, with whatever corroboration or lack of it, this was a good message for me to hear just then.

~~

Blessings on you, dear departed. I’m hoping to catch up with you one of these days

~~An excerpt from *Healing After Loss* by Martha Hickman/Daily meditations for working through grief



i carry your heart with me(i carry it in
my heart)i am never without it(anywhere
i go you go,my dear;and whatever is done
by only me is your doing,my darling)

i fear

no fate(for you are my fate,my sweet)i want
no world(for beautiful you are my world,my true)
and it's you are whatever a moon has always meant
and whatever a sun will always sing is you
here is the deepest secret nobody knows
(here is the root of the root and the bud of the bud
and the sky of the sky of a tree called life;which
grows
higher than soul can hope or mind can hide)
and this is the wonder that's keeping the stars apart
i carry your heart(i carry it in my heart)

- E. E. Cummings

APRIL

In April fleecy clouds float by

Like cotton candy in the sky

April is tip-toeing into the land

Touching each leaf with her
delicate hand.

Author unknown

Golden Rules for Living

If you open it, close it.

If you turn it on, turn it off.

If you unlock it, lock it up.

If you break it, admit it.

If you can't fix it, call in someone who can.

If you borrow, return it.

If you value it, take care of it.

If you make a mess, clean it up.

If you move it, put it back.

If it belongs to someone else, get permission to use it.

If you don't know how to operate it, leave it alone.

If it's none of your business, don't ask questions.



Timely Tips

Anger is on the Increase-So Sad to Note

One of the most unfortunate residues of the Covid years, as we've now come to see them continue on and on, is: **ANGER IS EVERYWHERE AND ON THE RISE.**

Seems like half the people we talk to, at the least, are noting they are alarmed at how cranky they are feeling these days. Road rage is up an alarming bump. Acts of violence are coming out of the woodwork. And bullying, nasty interchanges, and downright vile blame and shame aggression has seemingly become a new norm. (Shudder) (Sigh) (Worry)

The startling realization that anger is as contagious as any of the Covid variants is becoming obvious in itself. One underlying fact bears noting. **WHEN SOMEONE IS ANGRY AND YELLING AT US, IT IS AN AUTOMATIC CATALYST FOR OUR OWN ANGER TO RISE....AND RISE....AND RISE!**

The toughest things to do is resist that automatic stimulant to our own pool of anger and concern. Nonetheless, **CONROL OF OUR OWN RESPONSE IS THE BEST CHOICE WE HAVE TO COUNTER ANGER.** There are some valuable techniques easy to cultivate and use. Sadly, they are not automatic like anger. They are something we can learn by ourselves, and practice in our minds so they are at our fingertips as the latest blast of anger blindsides our day.

DEALING WITH SOMEONE ELSE'S ANGER

~ Listen to the person who is angry

~ Don't interrupt; stay calm

~ Try to understand what the angry person is saying and feeling

~ Ask questions to get explanations of what you don't understand

~ Decide if you can say or do something to deal with the situation

~ If you can, deal with the other person's anger

~ Listen, empathize, ignore, take a time out, offer solutions....

~ Choose one solution and do it

You won't win every encounter BUT the true win is knowing you are working to be more in touch with how you want to be. One final suggestion that may work, is to rehearse this statement for when someone is suddenly angry with you. Try taking a slow deep breath and saying, **"I have no desire to be angry with you. Can we take a few minutes to both think this through and come back in 20 minute (or whatever) and work this out?"** It takes practice to remember these words for use at the moment of sudden impact from another's anger: but it is worth a try for the times it does the trick.

Attempt to remember, we are all a work in progress in life, and handling anger is only one more evidence of that truth. Pat yourself on the back when you make progress; understand and forgive yourself when you don't see progress. The brain makes changes best when we celebrate the good results, versus kicking ourselves in disgust. So let yourself feel really good when it works.

Anger Doesn't Solve Anything..It
Builds Nothing But Destroy
Everything..



YourQuote.in

QUOTES WORTH QUOTING

People are often unreasonable, illogical, and self-centered;
forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;
be kind anyway.

If you are successful, you will win some false friends and true enemies;
succeed anyway.

If you are honest and frank, people may cheat you;
be honest and frank anyway.

What you spend years building, someone could destroy overnight;
build anyway.

If you find serenity and happiness, they may be jealous;
be happy anyway.

The good job you do today, people will often forget tomorrow;
do good anyway.

Give the world the best you have, and it may never be enough;
give the world the best you've got anyway.

You see, in the final analysis, it is between you and God; It was never between
you

And "**them**" anyway.
MOTHER TERESA



No one can make you feel inferior without your consent.
ELEANOR ROOSEVELT



*You have to accept whatever comes,
and the only important thing is that you meet it with the best you have to give.*

ELEANOR ROOSEVELT



Extraordinary claims demand extraordinary evidences.

CARL SAGAN



What prevents mistakes is wisdom. And wisdom comes from making mistakes.

Sourced in NATIVE AMERICA WISDOM & WILL ROGERS



Experience is what you get when you didn't get what you wanted.

FOLK WISDOM



When life hands you scraps, make a quilt.

YONKERS FOLK WISDOM



“I've learned that people will forget what you said, people will forget what you did, but people will never forget *how you made them feel.*”

Maya Angelou
1928 - 2014



Good News Corner

Recently in South Yorkshire, England, Gayle Tomkinson, age 38 came upon a male shopper in cardiac arrest.

Medical help was summoned but, as her mother is an RN

and she had been paying more attention than she thought, she remembered CPR suggests 100 to 120 beats a minute. (That translates into 100 to 120 chest compressions a minute.) She knew she needed to start right away; this could not wait for help to arrive.

She also recalled her mother saying the BEE GEE'S STAYING ALIVE had 103 beats. So, she proceeded to sing STAYING ALIVE in her head for upwards of the 20 minutes it took for medics to reach the store, while getting down beside the gentleman and giving CPR.

She saved his life! The medics who took over said it was because she had started and done this correct rhythm immediately. He was taken to the hospital, diagnosed as a heart attack, and was able to be released to home within 24 hours. Interesting twist of fate: STAYING ALIVE actually helped someone stay alive. Need we say, the gentleman feels he has just found a friend for life!



It only takes two
hands to save a
life



Celebrity Chef Cooking For Free For Thousands on Ukrainian Border

José Andrés, the founder of [World Central Kitchen](#), set up an emergency relief kitchen in the town of Przemyśl—just several miles from the border with Ukraine that is receiving tens of thousands of refugees every day. In twelve massive paella pans and twelve large ovens, they are cooking hundreds of thousands of meals.

A warehouse in L'viv, in the west of Ukraine, is shipping trucks of these meals to cities further east like Odessa and Mykolayiv. To date they've served one million meals.



Hero vet is crossing into Ukraine to rescue trapped animals

32-year-old Polish veterinarian Jakub Kotowicz launched a rescue trip into the war zone last week and has since rescued around 200 cats and 60 dogs from L'viv, in three convoys.

Now being cared for in his veterinary clinic are the rescued animals, including a pygmy goat with diseased legs and a large Sphinx cat who loves to cuddle. Jakub plans to keep the two-month-old pygmy goat kid, named Sasha, who shares a soft bed with two Chihuahuas, as part of his service with ADA Foundation. Jakub founded the animal rescue charity when he was 17, and runs a no-kill animal shelter in Przemysl, Poland, just 30 minutes from the border with Ukraine.

Excerpt from Spirit of Change Journal



MORE GOOD NEWS for our EARTH...

Earth Talk: What Exactly Is Gravity Energy Storage?

Switzerland-based Energy Vault is one of the companies developing prototype gravity energy storage solutions that could someday replace batteries as a way to hold onto energy.

March 24, 2022

[THE EDITORS OF E-THE ENVIRONMENTAL MAGAZINE](#)



Dear EarthTalk: What exactly is gravity energy storage and why are some environmentalists so bullish on it? — James McIntosh, New York, NY

Gravity energy storage, whereby engineers harness the energy in gravitational forces by connecting the momentum generated to the electric grid, is a relatively new technology that could serve to revolutionize energy storage given its low carbon footprint and engineering simplicity. Pilot programs to test the technology and bring it to scale are already underway in Switzerland, Scotland and the United States. Environmentalists are bullish about the technology as a way to bolster energy reserves beyond intermittent clean energy sources like solar and wind, and to have a better way to store energy than in costly and environmentally problematic lithium-ion batteries.

So far researchers have isolated two different techniques for harvesting gravity energy. One employs a tower to drop weights from above, harnessing the momentum generated by the gravitational force during the fall. Another uses mineshafts filled with water to float and drop weights. Both types of processes extract energy from electrical sensors attached to the weights generating momentum and pass it directly to the power grid. Typically, about 20 percent of

the energy created during a concrete block's fall is needed to power the weights back up to the top.

Unlike solar and wind power, gravity energy storage isn't dependent on the sun to shine or the wind to blow for the generation of electricity. Herein lies the great green promise of this new technology since energy can be generated steadily but without the inevitability of pollution from fossil fuels. Besides substituting for fossil fuels, gravity storage can also replace batteries as a way to supply electricity locally and/or back to the grid. This is good news for environmentalists who decry the uptick in lithium mining to supply precious metals for the lithium-ion battery makers. Likewise, the more energy we can derive from the constant renewable source of gravity energy means that much less fossil-fuel derived power we need.

While gravity energy may be green and cheap at scale, developers of the technology face great hurdles to making it publicly available. One major issue is policymakers' fear of novelty: It's hard to rewire a system built around fossil fuels. New plants would have to be built. Paying for both the plants and the infrastructure surrounding them would involve replacing existing systems and structures.

But in the end, fossil fuels will ultimately cost us more. Indeed, our addiction to fossil fuels has already resulted in air pollution, rising atmospheric temperatures, contaminated landscapes and even damaged human health.

It may seem strange at first glance that gravity alone can generate so much energy. Yet these simple mechanical operations generate a vast promise for new advancements in energy production that dwarf previous advancements. This innovative discovery may prove to be a sea change regarding the way we generate and store energy moving forward—if only we can build it out to scale.

CONTACTS: Gravity Energy Storage Will Show Its Potential in 2021, spectrum.ieee.org/gravity-energy-storage-will-show-its-potential-in-2021; Gravity Could Solve Clean Energy's One Major Drawback, wired.com/story/energy-vault-gravity-storage.

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On The Lighter Side



PERKS OF REACHING 60 OR BEING OVER 70 AND HEADING TOWARDS 80!

(Gentle reminder DON'T LAUGH, it's all true)

- 1-Kidnappers are not interested in you.**
- 2-In a hostage situation you are likely to be released first.**
- 3-No one expects you to run...anywhere.**
- 4- People call at 9 PM and ask, "Did I wake you?"**
- 5-People no longer view you as a hypochondriac.**
- 6-There is nothing left to learn the hard way.**
- 7-Things you buy now won't wear out.**
- 8-You can eat supper at 4:00 pm.**
- 9-You can live without romance but not your glasses.**
- 10-You get into heated arguments about pension plans.**
- 11-You no longer think of speed limits as a challenge**
- 12-You quit trying to hold your stomach in no matter who walks into the room.**
- 13-You sing along with elevator music.**
- 14-Your eyes won't get much worse.**
- 15-Your investment in health insurance is finally beginning to**

pay off.

16- Your joints are more accurate than meteorologists or the national weather service.

17-Your secrets are safe with your friends because they can't remember them either.

18-Your supply of brain cells is finally down to manageable size.

19-You can't remember who sent you this list.

20-AND YOU NOTICE MORE AND MORE THINGS ARE IN BIG PRINT FOR YOUR CONVENIENCE.

(Share this with all you know. And never, ever take a sleeping pill and a laxative the same night.)



"Yup, it's definitely a case of frozen shoulder."



A Very Puny April to you.....

Back in college, I could barely pa my bills...sometimes I even had to choose between laundry detergent and a small breakfast snack. It was all or muffin.

**Why are pirates great singers?
They can hit the high C's.**

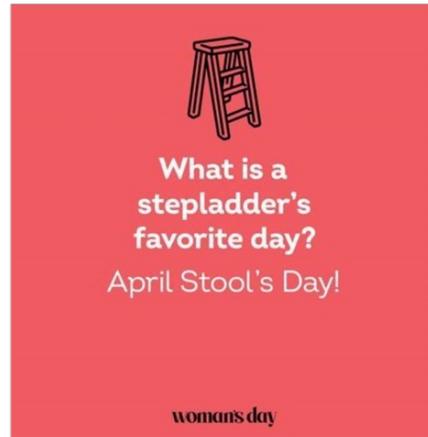
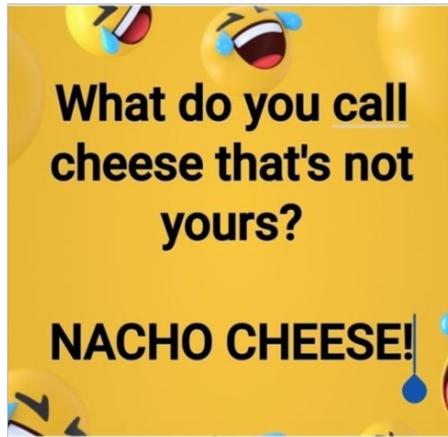
What do you call a pun that's reached maturity? Fully groan.

***How do pickles celebrate their birthday?
They relish it.***

***Autocorrect can be so annoying.....
it can go straight to he'll.***



What do you get if you cross Bambi with a ghost? Bamboo!



Blessings

*Walking with Grief
A Celtic Prayer*

*Do not hurry as you walk with grief
It does not help the journey
Walk slowly, pausing often
Do not hurry as you walk with grief
Be not disturbed by memories
that come unbidden
Swiftly forgive and let
Christ speak for you
Unspoken words, unfinished
conversations will be resolved in Christ
Be not disturbed
Be gentle with the one who walks with grief
If it is you, be gentle with yourself
Swiftly forgive, walk slowly,
Pause often,
Take time
Be gentle as you walk with grief
Amen*

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