

I was just in Minnesota and it was 46 degrees!!!!



"June is the gateway to summer"

Jean Hersey

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Where is Sylvia now?.

June 1-2

May 29, 2019

Summer is here!

But it sure wasn't in Aitkin, MN where I have a lake cabin. Sunday was absolutely beautiful ... that was it! Otherwise it was cold and windy ... and in spite of that our Farmers' Market was held on Saturday and they did really well!

I don't know about you but I spend a lot of time worrying. So, here are seven words to help you get rid of worry:

1. **Sweat.** Work out and relax.

2. **Relax.** Veg out for a while and relax (or, come to the 9th Annual Jersey Shore Wine Festival at the Lakewood Blue Claws Stadium June 1-2!).

3. **Identify.** Write down the sources of stress and relax.

4. **Plan.** Make a plan to eliminate the cause of worry.

5. **Read.** Positive information melts stress.

9th Annual Jersey
Shore Wine Festival ...
Lakewood Blue Claws,
NJ

**Uganda trip June 12-
26, 2019**

Sylvia's Children
Mbirizi, Uganda, Africa

July 24

NAHB Baltimore, MD

6. **Act.** Your actions determine whether you worry or not.

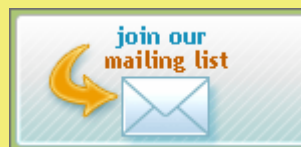
7. **Smile.** It sets the inner tone for life.

Can you guess where this came from?

A book that has been around for 70+ years written
by... [Dale Carnegie](#):

**HOW TO STOP WORRYING AND START
LIVING.**

PS - notice my *new* e-mail address
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Lots of great stuff every two weeks!

