

Q-Tip 5/26/20

Happy Tuesday My Friends,

Hope everyone enjoyed their long weekend. As this new week starts and we approach the end of May, all states are now at some level of slowly re-opening. With that brings some new anxieties, possibly fears and yet hope. Everyone of us should still practice safety measures. It is good to have a feeling of some freedom, but does not mean we ignore everything we have been going through these last few months and the toll it took on us physically and mentally. Many changes have taken place and our new norm does not have to be forever. We are resilient and will become a healthy nation again. Think about what you can do to help make changes, no matter how small, that might keep you, your family, your friends, your neighbors, and even other people you come in contact with, in a healthy yet positive productive way.

WILLING CHANGE

“It is not by spectacular achievements that man can be transformed, but by will.” (Henrik Ibsen)

How do we change ourselves? How do we change the world? We hope for saviors, for magic, for something wonderful that will bring peace and understanding, that will end hunger, that will give children everywhere the chance to grow up safe. While we hope for saviors and magic, we also must set our will and do what we can on our own to make a difference.

NOTE TO SELF: I’m not sure what I can do to change the world and help make it better, but I’ll find something, If each of us does one small thing, the world will change. (Linda Picone)

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand. (Woodrow Wilson)

This is no time for ease and comfort. It is time to dare and endure. (Winston Churchill)

Today's accomplishments were yesterday's impossibilities. (Robert H. Schuller)

Note: This quote I found very uplifting and hope each and everyone remembers it throughout your day, because we are all special people in our very own way.

What you get by achieving your goals is not as important as what you become by achieving your goals. (Henry David Thoreau)

Wishing everyone a wonderful week,
Susie Q for QSPAC signing off

Q-Tip 5/18/20

Happy Monday my friends,

I want to share something that happened in Monroe last week out front of our building. I am sure you all are aware and have heard about the "Food Pantry" that many towns in various states are having or have seen the pictures on your local news.

For those that might not know this but recently a Homeless Shelter was constructed across the street from our building. They have started giving out meals to families Friday afternoon and now will be having "Food Pantry" set up on Tuesday's. They are held at different places on different weeks at different places in the county. It was heart breaking to see last Tuesday, the line of cars from 9:00am when they started until 11:00Am when it closed. And all I kept thinking while looking out the window was just how lucky I am (all of us) to be able to work and continue to pay bills, keep a roof over my head and have food on the table.

Our letter to day is about helping others. It's time to "pay it forward". I don't mean monetary support necessarily, but just to be there for one another and others , to offer a sympathetic ear, or even spread some

positivity to others that just may not be feeling very hopeful or positive.

JUST ONE DAY

“A single day is enough to make us a little larger or, another time, a little smaller.” (Paul Klee)

What can we do that matters in just one day? We can show kindness to someone, or we can make a stupid and mean remark that hurts someone. We can step forward when we see an injustice, big or small, or we can sit back quietly afraid to get involved. Every day we make decisions that determine what kind of people we are.

NOTE TO SELF:

What can I do today to make a positive impact on someone or something. (Linda Picone)

How wonderful it is that nobody need wait a single moment before starting to improve the world. (Anne Frank)

There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed. (Ray Goforth)

One of the greatest diseases is to be nobody to anybody. (Mother Teresa)

Start by doing what's necessary; then do what's possible' and suddenly you are doing the impossible. (Francis of Assisi)

Things do not happen. Things are made to happen. (John F. Kennedy)

Wishing everyone a wonderful week,

Susie Q for QSPAC

Q-Tip 5/11/20

Happy Monday my friends,

Hope everyone had a good weekend. Today's thoughts are random and from various people and hoping at least one will have some special meaning for you for whatever you may be feeling or going through right now and offers a little positivity this week.

A person who never made a mistake never tried anything. (Albert Einstein)

Success consists of going from failure to failure without the loss of enthusiasm. (Winston Churchill)

Courage is contagious. When a brave man takes a stand, the spine of other are often stiffened. (Billy Graham)

The best way to predict the future is to invent it. (Alan Kay)

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion. (Muhammad Ali)

The hard I work, the luckier I get.(Gary Player)

You must be the change you wish to see in the world. (Gandhi)

It is during our darkest moments that we must focus to see the light. (Aristotle Onassis)

Nothing will work unless you do. (Maya Angelou)

Everything has beauty, but not everyone sees it. (Confucius)

Wishing everyone a happy week,

Susie Q for QSPAC signing off

Q-Tip 5/4/20

Happy Monday and Beginning of May,

Looks like we may be headed for a slow opening in the states again. I know it is something everyone is looking forward to, but we cannot let down our guard, for that could be the start of a second wave of the virus which would put us back where we were the last couple of months. We need to get back to some semblance of normalcy and begin to heal and prosper again but carefully and not forget the

measures we have taken to halt the spread of the disease. Our letter today is...

REALITY

“We must have strong minds, ready to accept facts as they are.”
(Harry S. Truman)

Reality is tough. The world isn't as we would like it to be. Times are hard. And we'd really rather not have to think about things, thank you very much. To avoid facing reality, we sugarcoat the facts for ourselves and others. But reality has a way of catching up to us. Ultimately, reality is a lot easier to face when we recognize it and deal with it right away.

NOTE TO SELF: I can deal with reality even when I don't like it. (Linda Picone)

Life is made of millions of moments, but we live only one of these moments at a time. As we begin to change this moment, we begin to change our lives. (Trinidad Hunt)

There is no passion to be found playing small in settling for a life that is less than the one you are capable of living. (Nelson Mandela)

Efforts and courage are not enough without purpose and direction.
(John F. Kennedy)

It's not the load that breaks you down, it's the way you carry it. (Lou Holtz)

You don't have to see the whole staircase, just take the first step. (Martin Luther King, Jr.)

What you do everyday matters more than what you do once in awhile.
(Gretchen Rubin)

Wishing everyone a healthy, safe and wonderful week,

Susie Q for QSPAC signing off