

## WRN Executive Board

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“Half our life is spent trying to find something to do with the time we have rushed through life trying to save.”

~Will Rogers

## 'Tis the season for an Attitude of Gratitude

Studies show that people who write down the things they are grateful for every day have stronger immune systems, more happiness, and less reaction to negative events, this information is according to Dr. Robert Emmons, the author of *The Psychology of Gratitude*. From Thanksgiving to the New Year we are bombarded with blessings! Can you believe how blessed we are – we live in a free country and we have personal freedoms; we celebrate nonstop with family, friends, and attend one party after another.

The list of blessings goes on – we send and receive greeting cards, we see friends and family we haven't seen all year, we enjoy increased sales and business – so many blessings!!! Are there so many blessings that we lump them all together and can become complacent? Do we make the time to really appreciate the effort expended to create such a blessed time? Even in the midst of such abundance do we ever really think about how our blessings make us feel? Is it possible that appreciation for the good things in our lives and our businesses could keep us happier and healthier all year long?

For over a one year now, I have kept a daily journal, listing five things for which I am grateful. Trying not to repeat myself day after day, sometimes I really have to stretch to identify people, events and objects for which I am grateful.

Of course, I'm grateful daily for my wonderful husband, beautiful daughter, loyal dog and independent cat but, digging deep within, I find gratitude for a discourteous telemarketer. In my journal, I wrote, "I am grateful for today's disruptive marketer because she taught me to begin all my customer service calls with the statement, "Is this a convenient time for you?" I really do think my "gratitude journal" makes a

*continued on page 2*



Cher Frederick  
President

## The December Program

2nd Wednesday of the Month

### Bring A Bra Holiday Luncheon

Join us for a meeting full of networking fun and games. Get to know more about your fellow WRN members and guests and their businesses. We will also be presenting our annual donation to **Laurel House**, the only emergency domestic violence shelter in Montgomery County. Many of the women coming to Laurel House flee their homes in the night with just the clothes on their backs. Donations of personal items are the most needed, yet hard to ask for. Please bring a new, unwrapped bra to donate — larger sizes are most needed.

The meeting will be held **Wednesday, December 14th** at the Bay Pony Inn at Lederach on Route 113. We will start with registration and networking at 11:30 am; lunch will begin at noon. Cost is \$15 for members, \$20 for guests. Make your reservations early! Call Tracy McGovern at 215-858-8195, or send your email to [connect@wrnmontco.com](mailto:connect@wrnmontco.com) now. You can also register online at our website: [www.wrnmontco.com](http://www.wrnmontco.com)! Deadline is December 11th.

## One tick at a time...

It's a rare occasion that a clock experiences a nervous breakdown. But one little ticker worked himself into a frenzy thinking about how often it would have to tick in the year 2006.

"I'll have to tick two times per second," he muttered. "Oh my, that means 120 ticks a minute, 7,200 ticks each hour, 172,800 a day." Continuing to calculate his responsibilities, the clock realized it would have to tick nearly 63 million times during the next year. The more the thought about it, the more worried he became. Finally the little clock became so anxious that his little ticker went on the blink.

Realizing he needed help, the clock sought the advice of a counselor. "I just don't have what it takes to tick that often," he lamented.

The counselor responded. "How many ticks must you tick at a time?"

The clock answered, "Just one."

"How about using your energies to tick just one tick at a time?" suggested the counselor.

So the little clock wound himself up, concerned himself with one tick at a time, and ticked happily ever after.

The lesson: Although your problems, upcoming challenges, or ongoing burdens seem insurmountable, take life one tick at a time.

*Adapted from Speaker's Sourcebook II  
by Glenn Van Ekeren*

## Honored Charity for the December Meeting

### Laurel House

Holidays are difficult for families of domestic violence victims who are forced to flee their home for safety, or worse yet when their life is taken at the hands of an abuser. Because of women and children who have been terrorized in their homes, Laurel House, with more determination than ever, decided that we will become a household name. We have committed ourselves to raising public awareness about domestic violence. We are the only comprehensive domestic violence shelter in Montgomery County. Over the past year, Laurel House provided safe refuge for 195 abused women and 142 children, answered 1,020 crisis calls for help, provided 2,000 hours of counseling to children who witnessed the violence and provided over 13,000 hours of counseling to women. But we can't stop there. We need every person, every community to know of the services available. We can't do it alone. We need to break the silence around domestic violence.



### President's Message (continued from Page 1)

difference in my happiness and well-being – I see things in a different light – I see things I didn't know before. When negative events strike, I see an opportunity to learn something new and my journal helps me see the "silver lining" in even the darkest of cloudy events. Several times I have even gone back to review and comment on the outcome of some of the disguised blessings and have been surprised with my findings.

Because "blessing" is a positive word to me and since gratitude is an appreciation of life right now. Gratitude is not about what I want things to be. It is about what is in my life right now.

Through my journal I have learned to resist unrealistic expectations and accept the blessings at hand; making time to write down my gratitude for the deep red beauty of a poinsettia or the sun sparkling on an antique tree ornament or the outdoorsy smell of evergreen decorations. I've learned to resist the urge to reflect on the gap between my current situation and where I wish I were or what I wish was happening today.

Gratitude is an appreciation of my life right now. I focus on what good, wonderful, special, fantastic thing is happening right now and show gratitude by recording my gratitude and my feelings. By counting my daily blessings, I do seem to reduce anger, resentment, regret, and other unhappy feelings. I am enriched and I am grateful! Try it – see if you feel enriched, healthier and more aware of things overlooked or taken for granted. GRATITUDE is good!

Blessings from my house to your house – I am grateful for the opportunity to serve you during the upcoming WRN year! *Cher Frederick*

*"Gratitude is the  
heart's memory"*

~French proverb

**Have a happy and safe holiday season! We hope to see you at December's meeting and the next one on January 11, 2006!**