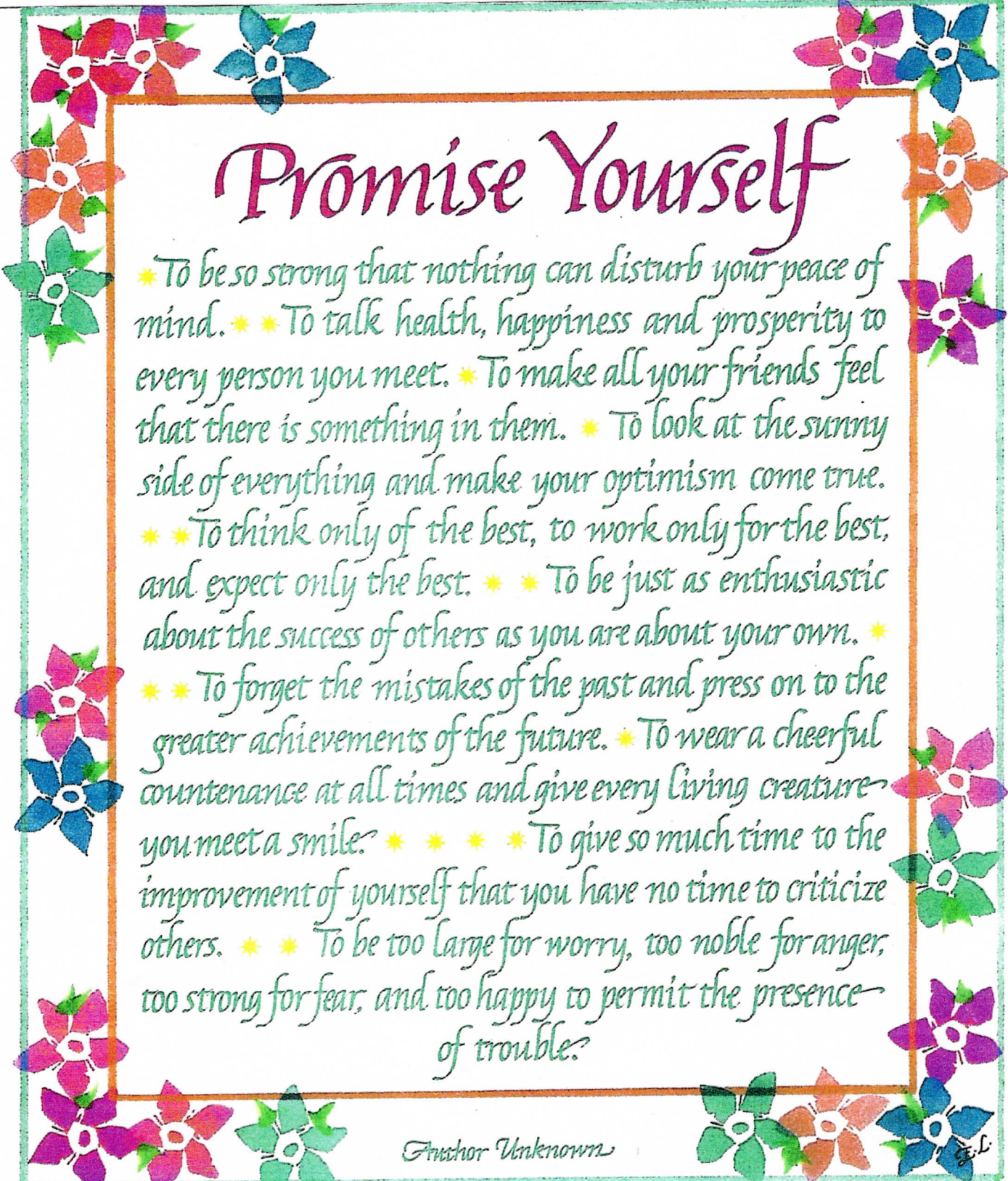


*From the Desk of the
Grand Secretary~~~*

Karen E. Grabau, P.M.

Dear Sisters and Brothers:

In this time of change and new challenges, I found this poem which I think truly speaks to what we must all do to keep healthy, safe and positive.



Promise Yourself

** To be so strong that nothing can disturb your peace of mind. * * To talk health, happiness and prosperity to every person you meet. * To make all your friends feel that there is something in them. * To look at the sunny side of everything and make your optimism come true. * * To think only of the best, to work only for the best, and expect only the best. * * To be just as enthusiastic about the success of others as you are about your own. * * To forget the mistakes of the past and press on to the greater achievements of the future. * To wear a cheerful countenance at all times and give every living creature you meet a smile. * * * * To give so much time to the improvement of yourself that you have no time to criticize others. * * To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.*

Anchor Unknown