

REFLECTIONS

- 1....."What you feel inside reflects on your face" —Sridevi Kapoor
- 2....."The world is a mirror and reflects back your expectations" — Denis Waitley
- 3....."Living in a way that reflects values and how you do things." — Deborah Day
- 4....."How you give reflects and affects how you live." — Bobby Umar
- 5....."As water reflects the face, so one's life reflects the heart." — Proverbs 27:19
- 6....."Your behavior reflects your actual purposes." — Ronald A Heifetz
- 7....."you can be the candle or the mirror that reflects." — Edith Wharton

SOME POLITICS (as if we need more)

- 1....."Voters quickly forget what a man says." Richard M. Nixon.
- 2....."Unsurprisingly, the poll-takers don't talk a lot in public about the ignorance of the electorate on political and public policy matters. And the politicians are not going to disclose the, let's say, limited body of knowledge in their constituencies. You don't get elected calling your voters airheads." Jack Germond (Journalist, author and pundit – you can look up pundit)
- 3....."The price of anything is the amount of life you exchange for it" Henry David Thoreau
- 4....."You can't depend on your eyes when your imagination is out of focus." Mark Twain
- 5....."The nine most terrifying words in the English language are: I'm from the Government, and I'm here to help".....Ronald Reagan
- 6....."Opinion is the medium between knowledge and ignorance." – Plato

A PATRIOT

- 1....."Patriotism is not a short and frenzied outburst of emotion but the tranquil and steady dedication of a lifetime." -- Adlai Stevenson II
- 2....."Ask not what your country can do for you, ask what you can do for your country." -- John F. Kennedy
- 3....."Freedom is never really won. You earn it and win it in every generation.+ -- Coretta Scott King
- 4....."A man's country is not a certain area of land, of mountains, rivers, and woods, but it is a principle: and patriotism is loyalty to that principle." -- George William Curtis (2/24/1824 – 8/31/1892 was an American writer, reformer, public speaker, and political activist)
- 5....."May the sun in its course visit no land more free, more happy, more lovely, than this, our own country." -- Daniel Webster
- 6....."Courage is not the absence of fear, rather thee assessment that something else is more important than fear." – FDR
- 7....."Courage is not the absence of fear, but the mastery of it." – Mark Twain

HEALTH

1..... “The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” – **Ann Wigmore**...she was a holistic health practitioner and maintained that plants concentrate more solar energy than animals.

WALKING

1.....Importance of Walking Walking can add minutes to your life each day. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7,000 per month.

2..... I like long walks, especially when they are taken by people who annoy me.

3..... I have to walk early in the morning, before my brain figures out what I'm doing.

ENCLOSURES (copies were provided to those in attendance)

1.....Note canceling #48 reunion

2.....Story and picture of LCDR Nelson and “family”.

3.....Joan Akers Obituary

Respectfully submitted:

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