



Take a Break Bulletin

I NEED A HERO By Lynda Riley

By definition, a hero is a person who is admired for great bravery and someone who shows great courage. I think we can all agree to that, but when you really think about what makes a hero we have different ideas. As children, most of us had a hero that may have been a parent, a teacher, an author, a character, or a super hero with extraordinary abilities. My childhood hero was French undersea explorer Jacques Cousteau. I never missed an opportunity to watch "The Undersea world with Jacques Cousteau". He opened up a whole new world for me. What a tremendous explorer, scientist, conservationist and inventor. I still admire the work that continues through the Cousteau Society.

Who is your hero? I think the answer changes throughout our lifetime. It is fun to have a fictional hero. That is what movies and great books provide. F. Scott Fitzgerald's famous quote is "Show Me a Hero and I'll Write You a Tragedy". That is a special talent to create a hero that steals everyone's heart. But in real life are we open to recognizing an everyday hero? We encounter them everyday. There are the emergency responders, the nurses, doctors, policemen, and of course the men and woman who serve our country through the Armed Forces. But to be more precise, a hero can be a friend or family member, someone who gives selflessly to others. What about a co-worker or even boss? Heroes are everyday people who often go through life without any accolades or acknowledgement. Thank goodness for them.

But what about becoming a hero? No I am not suggesting taking up flight, gaining super human strength, or x-ray vision! You can be a hero to someone without those attributes. Sometimes just extending a simple act of kindness or giving of your time. There may be a family member who could use some help, our children especially. Maybe a friend, or neighbor or even a stranger! In their eyes you may have "saved the day". I know it is a little silly to quote Mighty Mouse and some of you will get that reference! I recently became a hero last year myself when I adopted an abused dog from a rescue shelter. To my dog Hawkeye, I am his hero. We are the heroes of our own story and that is true for all of us.

WHERE THE HELL



Did I park the invisible jet?

The handicap system in golf was invented by a woman. Issete Miller from London 1893. Her system took in to account the different abilities and experience of the competitors.

THANK YOU!

*If you want something said, ask a man;
if you want something done, ask a woman.*

Margaret Thatcher

*Celebrating International Women's day
March 8*