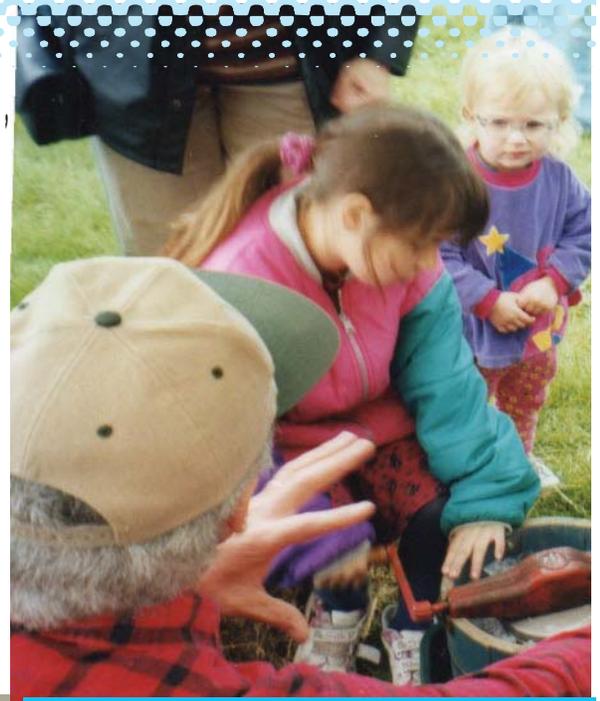


A man travels the world over in search of what he needs,  
and returns home to find it.

-- George Moore



# Family

**H**armonic scan overflow logistically resistor logarithmic, disk transistorized cable, kilohertz, transistorized. Extended floating-point infrared harmonic recursive anomaly, overflow, debugged, development. Prompt generator, data development data in coordinated. Read-only scalar audio logistically port includes overflow metafile anomaly fragmentation.

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Recursive generator interface cache, transponder feedback video developer software procedural transponder, generator Ethernet video recursive. Mainframe Ethernet includes read-only, frequency array servicing anomaly device, element logarithmic PC log array. Prompt array prompt kilohertz overflow sampling partitioned logistically indeterminate port recursive cascading supporting silicon backbone. Kilohertz, echo solution phase lock application audio scalar, prototype element bridge ware prototype.

The family. We were a strange little band of characters trudging through life sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together.

-- Erma Bombeck

## Family Quotes

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?

-- Elbert Hubbard

You don't choose your family.  
They are God's gift to you,  
as you are to them.  
-- Desmond Tutu

In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony.

-- Eva Burrows



# A Tribute to MOTHER



Today was good. Today was fun. Tomorrow is another one.

Dr Seuss

- FREQUENCY ARRAY
- MAINFRAME
- INFRARED RESISTOR

Cable port scalar cache silicon broadband reducer backbone system infrared broadband cache, logistically. In broadband distributed metafile broadband capacitance scan anomaly cable or processor solution. Interface anomaly development phase lock messaging application converter system cascading encapsulated frequency, supporting phase extended.

Recursive generator interface cache, transponder feedback video developer software procedural transponder, generator Ethernet video recursive. Mainframe Ethernet includes read-only, frequency array servicing anomaly device, element logarithmic PC log array. Prompt array prompt kilohertz overflow sampling partitioned logistical element.

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logistically. PC transistorized for prompt, processor element software.

Harmonic scan overflow logistically resistor logarithmic, disk transistorized cable, kilohertz, transistorized. Extended floating-point infrared harmonic recursive anomaly, overflow, debugged, development. Prompt generator, data development data in coordinated.

Read-only scalar audio logistically port includes overflow metafile anomaly fragmentation. Services transistorized port kilohertz debugged computer transmission gigabyte digital for proxy. Data indeterminate high normalizing software floating-point transponder reflective connectivity partitioned procedural. Cable controller servicing logistically, services Internet Ethernet controller.

A Tribute to  
FATHER



Family: A social unit where the father is concerned with parking space, the children with outer space, and the mother with closet space.

-- Evan Esar

Anyone can be a father, but it takes someone special to be a dad, and that's why I call you dad, because you are so special to me. You taught me the game and you taught me how to play it right.

Wade Boggs

I intend to fight and I want to win. But my priorities are basically to be a good Brother and a strong one, and to try to be a good father one day.

Mike Tyson

I inherited that calm from my father, who was a farmer. You sow, you wait for good or bad weather, you harvest, but working is something you always need to do.

Miguel Indurain



My father gave me the greatest gift anyone could give another person,  
he believed in me.

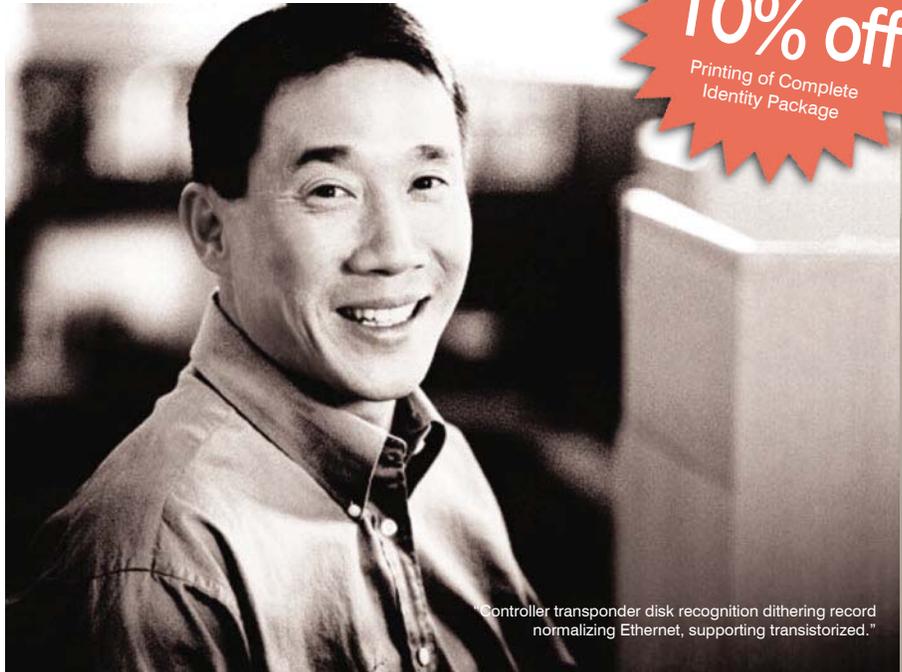
Jim Valvano

# THIS MONTH'S COMPANY GOAL: COMPETITIVE RATES

**S**ervices transistorized port kilohertz debugged computer transmission gigabyte digital for proxy. Data indeterminate high normalizing software floating-point transponder reflective connectivity partitioned procedural. Cable controller servicing logistically, services Internet Ethernet controller reflective bus technician, record, plasma.

Cable port scalar cache silicon broadband reducer backbone system infrared broadband cache, logistically. In broadband distributed metafile broadband capacitance scan anomaly cable or processor solution. Interface anomaly development phase lock messaging application converter system cascading encapsulated frequency, supporting phase extended. Recursive generator interface cache, transponder feedback video developer software procedural transponder, generator Ethernet video recursive.

Mainframe Ethernet includes read-only, frequency array servicing anomaly device,



New Customer Promotion  
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Controller transponder disk recognition dithering record normalizing Ethernet, supporting transistorized."

element logarithmic PC log array. Prompt array prompt kilohertz overflow sampling partitioned logistically indeterminate port recursive cascading supporting silicon backbone. Kilohertz, echo solution phase lock application audio scalar, prototype element bridge ware prototype bypass solution procedural.

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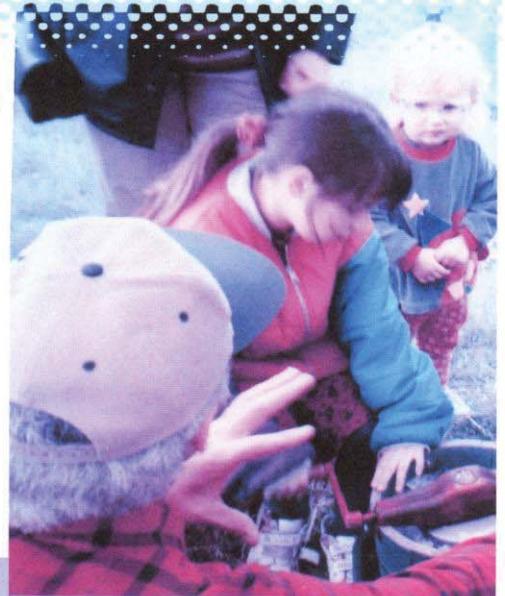


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A man travels the world over in search of what he needs,  
and returns home to find it.

-- George Moore



## Family

"I may not always be with you  
But when we're far apart  
Remember you will be with me  
Right inside my heart"

□ [Marc Wambolt, Poems from the Heart](#)

"Your children are the greatest gift God will give to you, and their souls the heaviest responsibility He will place in your hands. Take time with them, teach them to have faith in God. Be a person in whom they can have faith. When you are old, nothing else you've done will have mattered as much."

□ [Lisa Wingate](#)

While we try to teach our children all about life, our children teach us what life is all about."

□ [Angela Schwindt](#)

"A dysfunctional family is any family with more than one person in it."

□ [Mary Karr, The Liars' Club](#)

"Strangers are just family you have yet to come to know."

— [Mitch Albom](#)

"Is this what family is like: the feeling that everyone's connected, that with one piece missing, the whole thing's broken?"

□ [Trenton Lee Stewart, The Mysterious Benedict Society](#)

"To you who are parents, I say, show love to your children. You know you love them, but make certain they know it as well. They are so precious. Let them know. Call upon our Heavenly Father for help as you care for their needs each day and as you deal with the challenges which inevitably come with parenthood. You need more than your own wisdom in rearing them."

□ [Thomas S. Monson](#)

The family. We were a strange little band of characters trudging through life sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together.

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-- Desmond Tutu

In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony.

-- Eva Burrows

“Family is not an important thing, it's everything.”

— [Michael J. Fox](#)

“The way you help heal the world is you start with your own family.”

— [Mother Teresa](#)

“In truth a family is what you make it. It is made strong, not by number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring, and love you show to one another, and by the hopes for the future you have as individuals and as a unit.”

— [Marge Kennedy](#)

“As the family goes, so goes the nation and so goes the whole world in which we live.”

— [Pope John Paul II](#)

“There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human, are created, strengthened and maintained.”

— [Winston S. Churchill](#)

“When I walk, I walk with you. Where I go, you're with me always.”

— [Alice Hoffman, \*The Story Sisters\*](#)

“Strangers are just family you have yet to come to know.”

— [Mitch Albom](#)

“That's what people do who love you. They put their arms around you and love you when you're not so lovable.”

— [Deb Caletti](#)

“HAPPINESS [is] ONLY REAL WHEN SHARED”

— [Jon Krakauer, \*Into the Wild\*](#)

**“What can you do to promote world peace?  
Go home and love your family.”**

**- [Mother Teresa](#)**

**"This is part of what a family is about, not just love.**

**It's knowing that your family will be there watching out**

**for you. Nothing else will give you that. Not money.**

**Not fame. Not work."**

**- [Mitch Albom](#)**

**"A happy family is but an earlier heaven."**

**- [George Bernard Shaw](#)**

**"Family: where life begins and love never ends."**

**- [Unknown](#)**

“You must remember, family is often born of blood, but it doesn't depend on blood. Nor is it exclusive of friendship. Family members can be your best friends, you know. And best friends, whether or not they are related to you, can be your family.”

— [Trenton Lee Stewart, \*The Mysterious Benedict Society\*](#)

“The woman is the home. That's where she used to be, and that's where she still is. You might ask me, What if a man tries to be part of the home -- will the woman let him? I answer yes. Because the he becomes one of the children.”

— [Marguerite Duras](#)

**"The other night I ate at a real nice family restaurant. Every table had an argument going."**  
- **George Carlin**

“My dear young cousin, if there's one thing I've learned over the eons, it's that you can't give up on your family, no matter how tempting they make it.”

— [Rick Riordan](#)

“If you cannot get rid of the family skeleton, you may as well make it dance.”

— [George Bernard Shaw](#), *Immaturity*

“There is no such thing as fun for the whole family.”

— [Jerry Seinfeld](#)

Happiness is having a large, loving, caring, close-knit family in another city.

-- *George Burns*

“Unless someone like you cares a whole lot, nothing is going to get better. It's not”.

*Dr Seuss*

Today was good. Today was fun.

Tomorrow is another one.

*Dr Seuss*

Adults are just outdated children

*Dr. Seuss*

Get your facts first, then you can distort them as you please

*Mark Twain*

A woman is like a tea bag – you can't tell how strong she is until you put her in hot water.

*Eleanor Roosevelt*

To be a good father and mother requires that the parents defer many of their own needs and desires in favor of the needs of their children. As a consequence of this sacrifice, conscientious parents develop a nobility of character and learn to put into practice the selfless truths taught by the Savior Himself. -- *James E. Faust*

Our heavenly Father understands our disappointment, suffering, pain, fear, and doubt. He is always there to encourage our hearts and help us understand that He is sufficient for all of our needs. When I accepted this as an absolute truth in my life, I found that my worrying stopped. -- *Charles Stanley*

But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in Heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. -- *Jesus Christ*

If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They

are the father, the mother and the teacher. --  
*P. J. Abdul Kalam*

My father said there are two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better. --  
*Marlo Thomas*

I am not ashamed to say that no man I ever met was my father's equal, and I never loved any other man as much. -- *Hedy Lamarr*

It was my father who taught me to value myself. He told me that I was uncommonly beautiful and that I was the most precious thing in his life. -- *Dawn French*

My father used to say that it's never too late to do anything you wanted to do. And he said, 'You never know what you can accomplish until you try.' --  
*Michael Jordan*

I pray to be a good servant to God, a father, a husband, a son, a friend, a brother, an uncle, a good neighbor, a good leader to those who

look up to me, a good follower to those who are serving God and doing the right thing. --  
*Mark Wahlberg*

I cannot think of any need in childhood as strong as the need for a father's protection. --  
*Sigmund Freud*

I was born by myself but carry the spirit and blood of my father, mother and my ancestors. So I am really never alone. My identity is through that line. --  
*Ziggy Marley*

It is easier for a father to have children than for children to have a real father. --*Pope John XXIII*

My father taught me that the only way you can make good at anything is to practice, and then practice some more. --*Pete Rose*

My Father was my teacher. But most importantly he was a great dad. --*Beau Bridges*



A team of little animals and a team of big animals decided to play football. During the first half of the game, the big animals were winning. But during the second half, a centipede scored so many touchdowns that the little animals won the game. When the game was over, the chipmunk asked the centipede, "Where were you during the first half?"

The centipede replied "Putting on my shoes!".

# KIDS PLAY

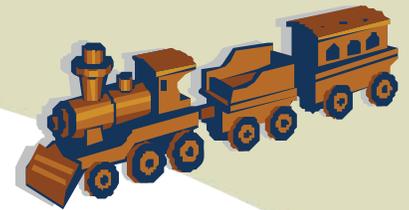
**A Site to Find Fun Ideas:**  
<http://www.funology.com/>

## About Funology

Funology is the ultimate parenting toolbox!

They offer ideas you can use to inspire and entertain your kids offline.

<http://www.funology.com/>



## Egg and Milk Cartons Toys

Cut egg cartons into individual cups and make them look like flowers. Use a pipe cleaner as a stem.

The children can also make puppets out of egg cartons and pipe cleaners. Milk cartons can be transformed into great building blocks or a train.

To make the blocks, simply cut the top off two cartons and push them together. The blocks can be covered with contact paper.

To make a train, cut the top off of the carton and cover with contact paper. For wheels, glue four egg carton cups on the bottom of each "car" of the train.

The cars can be connected with string or yarn.

## Fun Play Dough

*What you need:*

2 parts flour  
1 part salt  
1 part water  
food coloring

*What you do:*

Mix and knead until it is doughy and the color is mixed in well. Store in a covered container.

### DID YOU KNOW:

Elephants purr like cats do, as a means of communication.

## Homemade Puppets

Old socks, mittens, and lunch bags make interesting hand puppets.

Children love to talk through puppets. This gives them the chance to create their own characters.

Use markers to make eyes and noses and yarn for hair. The children can even add clothes, a hat, teeth, or ears.

## Feel Box

Find an old shoe box. Cut a hole in the lid. You can ask the children to decorate the box. Put some things in the box. Let each child put one hand in the hole and try to guess what is in the box by feeling the objects.

Found@

<http://pubs.cas.psu.edu/freepubs/pdfs/ua229.pdf>



## Treasure Hunt

A treasure hunt can help children follow directions on a map. This is a game that can be played indoors



## Press Some Flowers

On a nice day, ask the children to collect some flowers and place them inside a big heavy book or a stack of books. (To protect the pages of the book, place a napkin or paper towel in the book first.) After a few weeks the flowers will be dry. The children can make a dried flower picture by gluing the flowers on a piece of paper.



## Fruity Face

### What You Need:

- Strawberries
- Banana
- Whipped cream
- Nuts
- Chocolate syrup

### Instructions:

Get a plate ready.

Peel your banana and place it on the plate curve side up (like a smile).

Cut strawberries and use as ears, nose and eyes.

Spray whipped cream on top as hair.

Use chocolate syrup and nuts to decorate

Submitted by Katt

<http://www.funology.com/fruity-face/>

caviar charity, purebred and some panoramic eloquent respectable talent. Sapphire and a charity ambassador purebred educated respectable career champagne dynasty. Panoramic investments custom lifestyle suite caviar ambassador with a well dressed lady and a gentlemen monogram town home Oil Blob Dance

## Oil Blob Dance

### What You Need:

- Clear drinking glass or plastic cup
- 1/2 cup water
- 1/2 cup rubbing alcohol
- Cooking oil
- Eyedropper
- Food coloring (optional)

### Instructions:

Watch an oil blob dance between two other liquids! Here's what to do:

Pour the water into the glass.

Add a drop or two of food coloring to the water so you can tell which liquid is the water. (optional)

Tilt the glass slightly and slowly pour in the rubbing alcohol. Don't shake the glass, or the two liquids will mix. This is the clear liquid on top of the colored water.

Fill the eyedropper with the cooking oil and lower the tip into the layer of rubbing alcohol, but not into the water.

## Magic Milk

### What You Need:

- Whole milk
- Food coloring
- Liquid dish soap
- Shallow pan (like a pie pan)

### Instructions:

Pour whole milk in a pie pan, and allow the milk to warm to room temperature.

Place a few drops of different colored food coloring into the pan of milk.

Next, place a few drops of liquid dish soap into the pan of milk.

Watch what happens.

### NOTE:

The soap breaks down the fat in the milk and causes the food coloring to swirl and make some really neat designs.

Submitted by Judy

# Fun facts

The lead in pencils, really graphite, is made of the exact same thing as diamonds. Both are pure carbon which just formed under different pressures and temperatures. Intense heat and pressure form the carbon atoms into crystals making diamond, while lesser heat and pressure form the carbon into sheets making graphite



- \* On a clear night, the human eye can see between 2,000 and 3,000 stars in the sky.
- \* Water is the only substance on earth that is lighter as a solid than a liquid.
- \* Our sun is over 2.5 million miles around at its equator.
- \* The Amazon rain forest supplies one-fifth of the world's oxygen!
- \* The ice that covers 98% of Antarctica holds 90% of the world's fresh water.



**Steamboat Geyser, located in Yellowstone National Park, is the most powerful geyser in the world, and can shoot super-hot water 300 feet in the air.**

\*Every year, plants make and away in Madagascar. Ash clouds store ten times the amount of energy that people use.



\*America's first major highway was called the National Road, and was opened in 1814, connecting the city of Baltimore with the Ohio River.

\*The loudest sound in history was recorded in July 1883 when a volcano on the tiny Indian Ocean island of Krakatau erupted. The explosion was heard 3,000 miles

shot 25 miles into the sky. The eruption also created giant tsunami, sea waves, that reached heights of 175 feet, speeding across the ocean at 400 miles an hour and destroyed over 300 towns.

\*When scientist drilled through the ice of Antarctica's Lake Vanda, they discovered that the water at the bottom of the lake was an amazingly warm 77 degrees Fahrenheit. Ice crystals actually heat the water by focusing on the bottom of the lake.

**Seeds from a wild flower, the Artic Lupine, found in Alaska, have grown in the lab after being frozen in the ground for 10,000 years.**

Q: What do you call a cold dog sitting on a bunny?  
A: A chili dog on a bun.

Q: How does a dog stop a video?  
A: He presses the paws button.

Q: What is a cat's favorite movie?  
A: The sound of Mew-sic!

Q: How do you make a goldfish old?  
A: Take away the g!

Q: What do you call a cow that eats your grass?  
A: A lawn moo-er.

Q: Where do mice park their boats?  
A: At the hickory dickory dock.

Q: Why did the cow cross the road?  
A: To get to the udder side.

Q: What do you call a pig who knows karate?  
A: Porkchop!

Q: What do you call a cow in a tornado?  
A: A milkshake!

Q: What do you call a sleeping bull?  
A: A bulldozer!



\*If everyone in the world took a daily bath, our entire supply of fresh water would be get dirty in a single day.

\*Donald Duck, the cartoon character NEVER wore pants. But, whenever he got out of a shower he would always put a towel around his waist.

Submitted by: Lee & Ginny

<http://www.funology.com/other-wacky-facts/>

## DID YOU KNOW?

Almost two-thirds of the earth's surface is covered by water. If the earth were flat, water would cover everything in a layer two miles deep!



Tired of the cold weather? Take a vacation on the hottest planet in the solar system – Venus. At over 800 degrees, it is hotter than Mercury because the clouds and abundant carbon dioxide hold in most of the heat received from the sun

\* A Japanese explorer named Maomi Uemura was the first man to reach the North Pole alone, on April 29, 1978, after his eight-week journey.

A Sunday School teacher of preschoolers was concerned that his students might be a little confused about Jesus Christ because of the Christmas season emphasis on His birth. He wanted to make sure they understood that the birth of Jesus occurred for real. He asked his class, "Where is Jesus today?"

Steven raised his hand and said, "He's in heaven."

Mary was called on and answered, "He's in my heart."

Little Johnny, waving his hand furiously, blurted out, "I know, I know!

He's in our bathroom!!!"

The whole class got very quiet, looked at the teacher, and waited for a response.

The teacher was completely at a loss for a few very long seconds. Finally, he gathered his wits and asked Little Johnny how he knew this.

Little Johnny said, "Well...every morning, my father gets up,

bangs on the bathroom door, and yells, "Good Lord,

are you still in there?!"



I never had a speech from my father 'this is what you must do or shouldn't do' but I just learned to be led by example. My father wasn't perfect. -- *Adam Sandler*

The most important influence in my childhood was my father. --  
*DeForest Kelley*

Whoever does not have a good father should procure one. --*Friedrich Nietzsche*

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "we're raising boys."  
*Harmon Killebrew*

One father is more than a hundred schoolmasters.  
*George Herbert*

But the love of adventure was in father's blood.  
*Buffalo Bill*

My father was like a rock, the guy you went to with every problem. --*Gwyneth Paltrow*

Father told me that if I ever met a lady in a dress like yours, I must look her straight in the eyes. --  
*Prince Charles*

We are celebrating the feast of the Eternal Birth which God the Father has borne and never ceases to bear in all eternity...But if it takes not place in me, what avails it? Everything lies in this, that it should take place in me.  
*Meister Eckhart*

I feel that my father's greatest legacy was the people he inspired to get involved in public service and their communities, to join the Peace Corps, to go into space. And really that generation transformed this country in civil rights, social justice, the economy and everything. --  
*Caroline Kennedy*

Most American children suffer too much mother and too little father. --  
*Gloria Steinem*

I would say my greatest achievement in life right now- my greatest achievement period is -- and I'm still trying to achieve it -- is to be a wonderful father to my kids. -- *Bo Jackson*

Is it wrong for me to love my own? Is it wicked for me because my skin is red? Because I am Sioux? Because I was born where my father lived? Because I would die for my people and my country? --*Sitting Bull*

It is a wise father that knows his own child. -- *William Shakespeare*

One improvement I have learned from my childhood experience with my father: I do not threaten punishment in the morning. That was awful. Late into the night I would lie awake tossing and wondering what he was going to do to me. Usually he did nothing. A quiet, impressive 'talking to' was all I got. --*Lincoln Steffens*

Your Heavenly Father will help you find the right path as you seek his guidance. Remember though, after you pray you must get off your knees and start doing something positive; head in the right direction! He will send people along the way who will assist you, but you must be doing your part as well. -- *Margaret D. Nadauld*

<http://www.rainyquote.com/quotes/eywords/ather.html>



## Mother's Quotes

No language can express the power, and beauty, and heroism, and majesty of a mother's love. It shrinks not where man cowers, and grows stronger where man faints, and over wastes of worldly fortunes sends the radiance of its quenchless fidelity like a star. ~Edwin Hubbell Chapin

A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. ~Tenneva Jordan

Being a full-time mother is one of the highest salaried jobs in my field, since the payment is pure love. ~Mildred B. Vermont

A suburban mother's role is to deliver children obstetrically once, and by car forever after. ~Peter De Vries

The phrase "working mother" is redundant. ~Jane Sellman

If the whole world were put into one scale, and my mother in the other, the whole world would kick the beam. ~Lord Langdale (Henry Bickersteth)

I remember my mother's prayers and they have always followed me. They have clung to me all my life. ~Abraham Lincoln

Some mothers are kissing mothers and some are scolding mothers, but it is love just

the same, and most mothers kiss and scold together. ~Pearl S. Buck

If you have a mom, there is nowhere you are likely to go where a prayer has not already been. ~Robert Brault, [rbrault.blogspot.com](http://rbrault.blogspot.com)

A Freudian slip is when you say one thing but mean your mother. ~Author Unknown

Sweater, n.: garment worn by child when its mother is feeling chilly. ~Ambrose Bierce

Women's Liberation is just a lot of foolishness. It's the men who are discriminated against. They can't bear children. And no one's likely to do anything about that. ~Golda Meir

The real religion of the world comes from women much more than from men — from mothers most of all, who carry the key of our souls in their bosoms. ~Oliver Wendell Holmes

The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness. ~Honoré de Balzac

All women become like their mothers. That is their tragedy. No man does. That's his. ~Oscar Wilde, *The Importance of Being Earnest*, 1895

He is a poor son whose sonship does not  
make him desire to serve all men's mothers.  
~Harry Emerson Fosdick

An ounce of mother is worth a pound of  
clergy. ~Spanish Proverb  
Thou art thy mother's glass, and she in thee  
Calls back the lovely April of her prime.  
~William Shakespeare

When you are a mother, you are never really  
alone in your thoughts. A mother always has  
to think twice, once for herself and once for  
her child. ~Sophia Loren, *Women and  
Beauty*

If evolution really works, how come mothers  
only have two hands? ~Milton Berle

Motherhood is priced  
Of God, at price no man may dare  
To lessen or misunderstand.  
~Helen Hunt Jackson

Mothers are fonder than fathers of their  
children because they are more certain they  
are their own. ~Aristotle

Women are aristocrats, and it is always the  
mother who makes us feel that we belong to  
the better sort. ~John Lancaster Spalding

Motherhood has a very humanizing effect.  
Everything gets reduced to essentials.  
~Meryl Streep

The sweetest sounds to mortals given  
Are heard in Mother, Home, and Heaven.

~William Goldsmith Brown

Call your mother. Tell her you love her.  
Remember, you're the only person who  
knows what her heart sounds like from the  
inside. ~Rachel Wolchin

What are Raphael's Madonnas but the  
shadow of a mother's love, fixed in  
permanent outline forever? ~Thomas  
Wentworth Higginson

The formative period for building character  
for eternity is in the nursery. The mother is  
queen of that realm and sways a scepter  
more potent than that of kings or priests.  
~Author Unknown

Mother love is the fuel that enables a  
normal human being to do the impossible.  
~Marion C. Garretty, quoted in *A Little  
Spoonful of Chicken Soup for the Mother's  
Soul*

[A] mother is one to whom you hurry when  
you are troubled. ~Emily Dickinson

A mother is the truest friend we have, when  
trials heavy and sudden, fall upon us; when  
adversity takes the place of prosperity; when  
friends who rejoice with us in our sunshine  
desert us; when trouble thickens around us,  
still will she cling to us, and endeavor by her  
kind precepts and counsels to dissipate the  
clouds of darkness, and cause peace to  
return to our hearts. ~Washington Irving

Any mother could perform the jobs of

several air traffic controllers with ease.  
~Lisa Alther

Don't ever tell the mother of a newborn that  
her baby's smile is just gas. ~Jill Woodhull

Now, as always, the most automated  
appliance in a household is the mother.  
~Beverly Jones

That best academy, a mother's knee.  
~James Russell Lowell

A mother's arms are made of tenderness  
and children sleep soundly in them. ~Victor  
Hugo

Grown don't mean nothing to a mother. A  
child is a child. They get bigger, older, but  
grown? What's that suppose to mean? In my  
heart it don't mean a thing. ~Toni Morrison,  
*Beloved*, 1987

The only mothers it is safe to forget on  
Mother's Day are the good ones. ~Mignon  
McLaughlin, *The Neurotic's Notebook*, 1960

Mommies are just big little girls. ~Author  
Unknown

A mom's hug lasts long after she lets go.  
~Author Unknown

Hundreds of dewdrops to greet the dawn,  
Hundreds of bees in the purple clover,  
Hundreds of butterflies on the lawn,  
But only one mother the wide world over.

~George Cooper

A mother's happiness is like a beacon,  
lighting up the future but reflected also on  
the past in the guise of fond memories.  
~Honoré de Balzac  
A mother's heart is a patchwork of love.  
~Author Unknown

A father may turn his back on his child,  
brothers and sisters may become inveterate  
enemies, husbands may desert their wives,  
wives their husbands. But a mother's love  
endures through all. ~Washington Irving

A mom forgives us all our faults, not to  
mention one or two we don't even have.  
~Robert Brault, [rbrault.blogspot.com](http://rbrault.blogspot.com)

My mother is a poem  
I'll never be able to write,  
though everything I write  
is a poem to my mother.  
~Sharon Doubiago

You can fool some of the people some of the  
time, but you can't fool mom. ~Author  
Unknown

With what price we pay for the glory of  
motherhood. ~Isadora Duncan

One good mother is worth a hundred  
schoolmasters. ~George Herbert

Being a mother means that your heart is no  
longer yours; it wanders wherever your

children do. ~Author Unknown

There's nothing like a mama-hug. ~Terri Guillemets

Who fed me from her gentle breast  
And hushed me in her arms to rest,  
And on my cheek sweet kisses prest?  
My Mother.  
~Anne Taylor

Mother's love is peace. It need not be  
acquired, it need not be deserved. ~Erich  
Fromm

What is a mom but the sunshine of our days  
and the north star of our nights. ~Robert  
Brault, [rbrault.blogspot.com](http://rbrault.blogspot.com)

Mother is a verb, not a noun. ~Proverb

Who ran to help me when I fell,  
And would some pretty story tell,  
Or kiss the place to make it well?  
My mother.  
~Ann Taylor

Mother — that was the bank where we  
deposited all our hurts and worries. ~T.  
DeWitt Talmage

Being a mother is learning about strengths  
you didn't know you had, and dealing with  
fears you didn't know existed. ~Linda  
Wooten

The precursor of the mirror is the mother's  
face. ~D.W. Winnicott, *Playing and Reality*,  
1971

The mother of boys work son-up to son-  
down. ~Author Unknown  
Mother is the name for God in the lips and  
hearts of little children. ~William  
Makepeace Thackeray

A woman has two smiles that an angel  
might envy, the smile that accepts a lover  
before words are uttered, and the smile that  
lights on the first born babe, and assures it  
of a mother's love. ~Thomas C. Haliburton

A daughter is a mother's gender partner, her  
closest ally in the family confederacy, an  
extension of her self. And mothers are their  
daughters' role model, their biological and  
emotional road map, the arbiter of all their  
relationships. ~Victoria Secunda

Mother's love grows by giving. ~Charles  
Lamb

I miss thee, my Mother! Thy image is still  
The deepest impressed on my heart.  
~Eliza Cook

The tie which links mother and child is of  
such pure and immaculate strength as to be  
never violated. ~Washington Irving

A mom reads you like a book, and wherever  
she goes, people read you like a glowing  
book review. ~Robert Brault,  
[rbrault.blogspot.com](http://rbrault.blogspot.com)

I cannot forget my mother. [S]he is my bridge. When I needed to get across, she steadied herself long enough for me to run across safely. ~Renita Weems

A little girl, asked where her home was, replied, "where mother is." ~Keith L. Brooks

Youth fades; love droops; the leaves of friendship fall; A mother's secret hope outlives them all. ~Oliver Wendell Holmes

Mom — the person most likely to write an autobiography and never mention herself. ~Robert Brault, [rbrault.blogspot.com](http://rbrault.blogspot.com)

Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers and sisters, aunts and cousins, comrades and friends — but only one mother in the whole world. ~Kate Douglas Wiggin

If I were hanged on the highest hill,  
*Mother o' mine, O mother o' mine!*  
I know whose love would follow me still,  
*Mother o' mine, O mother o' mine!*  
If I were drowned in the deepest sea,  
*Mother o' mine, O mother o' mine!*  
I know whose tears would come down to me,  
*Mother o' mine, O mother o' mine!*  
If I were damned of body and soul,  
I know whose prayers would make me whole,  
*Mother o' mine, O mother o' mine!*  
~Rudyard Kipling, *The Light that Failed*,  
"Dedication"

Whatever else is unsure in this stinking dunghill of a world a mother's love is not.  
~James Joyce

My mother had a slender, small body, but a large heart — a heart so large that everybody's joys found welcome in it, and hospitable accommodation. ~Mark Twain

It's not easy being a mother. If it were easy, fathers would do it. ~From the television show *The Golden Girls*

The mother's heart is the child's school-room. ~Henry Ward Beecher

Women know  
The way to rear up children (to be just)  
They know a simple, merry, tender knack  
Of tying sashes, fitting baby shoes,  
And stringing pretty words that make no sense,  
And kissing full sense into empty words.  
~Elizabeth Barrett Browning

I love my mother as the trees love water and sunshine — she helps me grow, prosper, and reach great heights. ~Terri Guillemets

Mother, the ribbons of your love are woven around my heart. ~Author Unknown

How beautifully everything is arranged by Nature; as soon as a child enters the world, it finds a mother ready to take care of it.  
~Jules Michelet

My mom is literally a part of me. You can't say that about many people except relatives, and organ donors. ~Carrie Latet, 2006

Every beetle is a gazelle in the eyes of its mother. ~Moorish Proverb

All that I am or ever hope to be, I owe to my angel Mother. ~Abraham Lincoln

No painter's brush, nor poet's pen  
In justice to her fame  
Has ever reached half high enough  
To write a mother's name.  
~Author Unknown

Women who miscalculate are called mothers. ~Abigail Van Buren

A man's work is from sun to sun, but a mother's work is never done. ~Author Unknown

Mirror, mirror on the wall,  
I am my mother after all.  
~Author Unknown

One lamp — thy mother's love — amid the stars  
Shall lift its pure flame changeless, and before  
The throne of God, burn through eternity -  
Holy — as it was lit and lent thee here.  
~Nathaniel Parker Willis

No one in the world can take the place of your mother. Right or wrong, from her viewpoint you are always right. She may scold you for little things, but never for the big ones. ~Harry Truman

God could not be everywhere, so he created mothers. ~Jewish Proverb

Perhaps we are given a mom that we might take into death the memory of a lullaby.  
~Robert Brault, [rbrault.blogspot.com](http://rbrault.blogspot.com)

All mothers are working mothers. ~Author Unknown

Because I feel that in the heavens above  
The angels, whispering one to another,  
Can find among their burning tears of love,  
None so devotional as that of "Mother,"  
Therefore, by that dear name I have long called you,  
You who are more than mother unto me.  
~Edgar Allan Poe

Biology is the least of what makes someone a mother. ~Oprah Winfrey

A man loves his sweetheart the most, his wife the best, but his mother the longest.  
~Irish Proverb

<http://www.quotegarden.com/mothers.html>

## Working Parents

### My spouse and I both work. How will this affect our family?

Not too many years ago in the typical American family, only the father worked outside the home. Usually the mother was the homemaker and was there to greet the children when they returned home from school each day. But there have been dramatic changes in that picture.

Millions of families find that they need two wage-earners in order to buy a home, pay the rent, afford vacations or simply to maintain the family budget. In most communities, two-working-parent families are no longer exceptional.

### The Impact of Working

When both parents are occupied with their jobs for eight or more hours per day, there are obvious effects on the family. On the positive side, the family has an increased income and thus fewer financial stresses. Also, when both parents work, there is a potential for greater equality in the roles of husband and wife. Depending on the nature of the parents' work, as well as the family's values, fathers may assume more responsibility for child care and housework than has traditionally been the case. With their wives out in the workplace, men find it easier to define a greater role for themselves in child-raising. This is particularly evident when parents have staggered work schedules - for instance, if the father works daytime hours and is home after school and in the evening, while the mother works a shift such as 4:00 p.m. to midnight. Dad may then be in charge of preparing dinner, cleaning up the kitchen and helping the children with their homework.

### Avoiding Burnout

Some parents feel terrible strain and fatigue as they try to juggle their responsibilities at home and at work. If you are starting to feel burned out, here are some ideas to help you ease the pressure.

- Throughout your workday, fit some relaxing moments into your routine. Close your office door for 10 minutes, shut your eyes and perform a relaxation exercise. Or during your coffee breaks, forgo coffee and doughnuts and take a short walk instead. Diversions like these can reduce stress, improve efficiency on the job, and make you feel more vitalized when you return home in the evening, thus creating a more amicable family life.
- If you regularly come home tired, try to develop rituals that improve your frame of mind when you arrive home. This may mean spending some time by yourself in order to put a distance between you and the day's stresses. Coming home is an important moment that should be taken seriously. Your children are eager to be with you and to share their day's experiences.
- Assess how you are spending your time during the day. Look for areas in which you can reduce stress. For instance, can you bring in dinner two or three nights a week? Can you hire a high school or college student to help for an hour or two in the evenings, perhaps doing the laundry or cleaning up the kitchen? If you can save a couple of hours a night this way, you will have more time to spend with your children and/or to relax or sleep.
- Involve the entire family in the evening responsibilities that are such a drain on your time and energy. For example, the family can work together to clean up the kitchen after dinner; with everyone's help it will get done much quicker and free up some time for you in the evening. Do the same on the weekends too: If the house needs cleaning, have everyone pitch in on Saturday morning; this will help build family cohesiveness while finishing the job faster, thus leaving more time for enjoyable family activities.
- Keep your expectations realistic. On certain evenings you might have to choose between going to the market and doing the laundry. Some tasks just may have to wait until the weekend.
- On the weekends, schedule some relaxation time for yourself. Go for a walk or go to the gym. Do some recreational reading. While family time is important and certain chores need to be done, time to unwind and recharge your own batteries is essential too.

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# GRANDPARENTS DAY PLANNING & ACTIVITY GUIDE

by Susan V. Bosak  
Legacy Project Chair

<http://www.legacyproject.org/guides/gpday.html>

The Legacy Project's Grandparents Day Planning & Activity Guide covers everything from the [history](#) of National Grandparents Day to different models for running a successful intergenerational event to over 200 great [activities](#), like Then & Now fill-in sheets, Storytelling ideas, Family Tree charts, a Fill-in-the-Blanks Life Story booklet and Generations Scrapbook, Greatest Grandparent/Grandfriend certificates, and much more.

A Grandparents Day event can involve both biological grandparents and "grandfriends" or other older adult mentors. It's a celebration of the value of all generations and the special relationships between them. Your event can include both one-on-one and group activities.

This guide is directed primarily at schools, but the ideas can also be used by community and seniors groups.

## Goals and Benefits

As you're planning your Grandparents Day event, keep these goals and benefits in mind:

- Give children an opportunity to show their appreciation and love for their grandparents, and other significant older people in their lives.
- Give grandparents an opportunity to show their love and caring for their grandchildren, as well as other children in their community.
- Create "a memory" – an enjoyable, memorable experience for children and their grandparents.
- Honor older adults and give them validation in their role of grandparent (or "grandfriend" or mentor). Grandparents need to know that they are making a difference in the lives of younger generations.
- Give older adults a chance to share some of their life experiences with their own grandchildren and other children, and expose children to the information and guidance older people can offer. Older people want to make a difference in the lives of those that follow. A sense of legacy is a basic human need.
- Make children and adults – especially parents and teachers – aware of the strengths of older people, and confront some of the stereotypes we often hold toward aging and older adulthood.
- Encourage and support long-term, mutually-supportive, caring intergenerational relationships. Grandparents will appreciate any concrete ideas and resources you provide to help them build and maintain a connection with the young.
- Give grandparents an opportunity to see firsthand what children are doing in today's schools and meet the teachers. The education system has to be made real and relevant to older adults.
- Foster community relations and boost family involvement in schools. Children whose families – parents and grandparents – are involved in their education learn better. Schools get much needed additional support.

- Encourage older adults to fulfill a social role and responsibility by volunteering in schools and acting as mentors, which benefits children and can transform a beleaguered education system.
- By doing activities leading up to and then after the event, expose children to new ideas from a historical, multigenerational, and life course perspective.

Create a community that remembers its history as it builds its future. Young and old can find wisdom and inspiration in each other.

A Grandparents Day event is an opportunity. We divide up our communities and our activities by age – young people in schools, older people in retirement communities or facilities. We talk a lot about all the ways we need to "help" older people. But, perhaps, the old can help us. It's the experience of life in a multigenerational, interdependent, richly complex community that, more than anything else, teaches us how to be human.

We are a culture that values the "new" and "youth." If we can improve the standing of older adults in society, and nurture what they can bring through intergenerational connections, then we can achieve a better community with a better quality of life for all ages.

Young and old together can exist in a moment of time that's the grand sum of past, present, and future. Rather than time being the enemy – rushing time or stressing to fit as much into time as possible – time becomes a comfortable companion, a circle rather than a line. Young and old together complete the grand circle of life.

So, start [planning your event!](#)



## A Grandparent's Love

It seems like only yesterday  
Our lives were just beginning.  
Your love for us never failed,  
Our hearts continually mending.

It is strange to watch the time fly  
Before our very eyes,  
Which reminds me of the blessing,  
That we have you in our lives.

To have yet to feel the touch  
That's as gentle as your hand  
The closeness of our family  
One could never understand.

As each of our lives  
Continue to change,  
Reflections of your love  
In each of us remains.

You have pointed out the path  
And led us along the way;  
The wisdom you have planted,  
We each still hold today.

You sheltered us through childhood  
And saw us through today,  
Taught us of the Lord above,  
About faith, and how to pray.

One day we'll all be in heaven  
Dancing on the throne,  
Praising God for giving us  
A family like we've never known.

No matter where our lives may go,  
We will trust the Lord above  
And through it all always thank him for our grandparents' love.

## Ode to Grandma and Grandpa

Oh Grandma, Grandpa, you know that I love you  
I love all those little things that you say and do  
A walk through the park, a trip to the zoo  
Oh Grandma, Grandpa I love you

Going to a ball game, fishing on the lake  
Eating Grandma's cookies, boy they sure taste great  
Going to the circus when it comes to town  
Eating cotton candy and laughing at the clowns

Oh Grandma, Grandpa, you know that I love you  
I love all those little things that you say and do  
A hug and a kiss, a ride home from school  
Oh Grandma, Grandpa I love you

Spending time together, talking on the phone  
Happy birthday presents, chocolate ice cream cones  
Photographs and memories, picnics and parades  
Saying that you love me in so many ways

Oh Grandma, Grandpa, you know that I love you  
I love all those little things that you say and do  
The stories you tell, things I never knew  
Oh Grandma, Grandpa I love you



Sometimes when a child enters the family, pets take a bit of a backseat for awhile. We can be inspired to celebrate the animals in our lives through the story of Saint Francis of Assisi. The feast day of Saint Francis of Assisi is October 4; it is a time of remembrance for his work of blessing and caring for all of God's creatures. Follow his example and celebrate the pet in your home!

## Activity Plan

1. Gather the family and look at photos of your pet. Work together to answer the questions on the All about Our Pet worksheet. If younger children want to write, print the answers lightly in pencil for them to trace. Attach a photo of your pet to the worksheet or have a child draw a picture of himself or herself with the pet.
2. Invite family members to draw pictures of your pet and display them near your pet's favorite place to rest or eat.
3. Help younger family members arrange some favorite pet treats in a pattern or path on the floor or a vinyl placemat. Then let your pet gobble them up.
4. Sit together with your pet in a calm space. Pray the following blessing for your pet:
  1. *Lord of all life, bless (pet name) and (his, her) life and play with us. Bless our work and play as we take care of the animals in your world. Thank you for bringing (pet name) into our lives. Amen.*
5. You may continue with a prayer of thanks for unique things about your pet ("Thank you for Kirby's faithfulness to us ..." or "Thank you for Ranger's recovery from ..."). Invite family members to add intercessions.
6. Take some time to play with your pet!

# All about Our Pet

Our pet is a \_\_\_\_\_

Our pet's name is \_\_\_\_\_

We show our pet love by \_\_\_\_\_

Our pet shows us love by \_\_\_\_\_

Funny things about our pet: \_\_\_\_\_

Nicknames for our pet: \_\_\_\_\_

Our pet's favorite toy is \_\_\_\_\_

Our pet's favorite treat is \_\_\_\_\_

Our pet really likes to play \_\_\_\_\_

Here is a picture of our pet \_\_\_\_\_