

## FINDING BALANCE - TAKE TWO!

by Donna Deos

On May the 4<sup>th</sup> I will be speaking at the Baker Free Library! The topic will be Caring for the Care Giver and Finding Balance. These are two tricky things to do at the same time. Yet, they are so very important.



In getting ready for this talk I decided to see when was the last time I wrote to you about balance - October 2016! Holy cow that was so long ago. Such an important topic and I haven't touched it in over 5 years. What is wrong with me?! I have been too busy focusing on helping you cope with all of the care giving you have been doing. And, really, the two go hand in hand.

As you know, I frequently remind you that you can't pour from an empty vessel. You have to refill the pitcher if you expect to have anything come out when you tip it toward the glass you want to fill. The same thing goes for each of us. The secret to that is BALANCE. Far too often we keep pouring and pouring and pouring. We are too busy trying to give and give and provide and take care that we forget to look and see if we are actually turning out anything valuable on the other end.

The more we give and don't take time to evaluate, the crabbiest we become and the less caring what we think we are doing ends up coming across. Let me give you an example. When you are so busy going in all directions with work and family and helping others what happens? Do your family dinners slip by the wayside? Do you end up late to work or short with people there? Do you run in and grab the shopping list from your aging mother, running out the door,

only to come by later with the bounty and quickly put it away because you have to rush off to something else? Is anyone in this scenario actually receiving quality interactions here? No. The quality in life suffers as the quantity of things we try to do increases.

When was the last time you did something you enjoy? If you can say "just today!!" I want you to come to the presentation as well because we can all use good examples of a life well lived!

If you can't remember or had the feeling of "no kidding, I never get to do anything for me!" then we have work to do! I know, that puts you in stress mode as well. It was not my intention. I want you ending up on the other side of the stress ride you have been on for far too long. Another quote I have learned to be true (and I am sorry, I don't know who said it to give them credit) is "the only way out is through." You have to walk through the storm to get to the other side, only then does it end and the sun comes back out. The deepest, darkest storms take the going inside (of ourselves to work through the issues) so that we can muster up the courage to step outside again with comfort and confidence.

So, if you are interested in attending the event, please reach out to the Baker Free Library. It is at 6:30pm on May the 4<sup>th</sup> (and yes, "may the fourth (force) be with you" is not lost on me!). You can also find it on the calendar section of the library website. I have a posting on my site as well that should link you to their calendar. So, no excuses!

I look forward to seeing you soon! Donna

Donna Deos, LLC

## BOW GARDEN CLUB NEWS

**APRIL** - "Spring has sprung" at the Bow Garden Club with our first Members' Meeting taking place on April 11th featuring Don Allen, a Fish and Wildlife Steward for NH Fish and Game. Mr. Allen gave our members and guests an excellent presentation on "Bobcats and Other Wildlife in NH" via ZOOM. And on April 17th we held our annual Spring Clean-Up at the community garden, Rotary Park.

**MAY** - Our May meeting will consist of a ZOOM presentation entitled *Growing Orchids at Home*, by Cynthia Brown, Manager of Collection, Education and Access from the Smithsonian Gardens. Ms. Brown, an orchid expert, will share her knowledge of the Smithsonian Gardens' orchid collection, the third largest in the world, with all of us. Monday, May 9th at 6:30 p.m. Non-members, please send an email to [membership@bowgardenclub.org](mailto:membership@bowgardenclub.org) to request a ZOOM invitation to this presentation.

**JUNE** - The garden club will hold their annual Progressive Dinner where our members and significant others will enjoy Appetizer, Main Course and Dessert offerings at three different members' homes as the evening "progresses." They will also be using this time to enjoy each others' company as well as to take in the plantings and/or gardens found at each location.

**JULY** - Members will take a field trip to a lavender farm where they will tour the gardens, pick fresh lavender and craft "Lavender Wands" to display and perfume their homes.

**AUGUST** - No meeting. (Gardening and vacation time).

**SEPTEMBER** - Another field trip - this time to a vegetable farm in Bow where we will learn more about growing vegetables, with a focus on heirloom tomatoes, a specialty of our host who will also share some of her favorite veggie recipes with us.

**OCTOBER** - A presentation *The Secret Lives of Garden Herbs* will be held at the Old Town Hall on Monday, October 3rd, beginning at 6:00 p.m. where Clinical Herbalist Maria Noel Grove will share her knowledge of the medicinal aspects of common culinary herbs with attendees. (For instance, we all know that rosemary is wonderful with chicken dishes, but did you know that it might also stave off Alzheimer's Disease?) Come learn more. Guests are welcome and new members are encouraged.

**NOVEMBER** - Author Neal Sanders, a prolific writer of mysteries (14 to date) involving garden clubs and horticultural settings will present a comical presentation entitled *Gardening is Murder* on Monday, November 7th at 6:00 p.m. at the Old Town Hall. Married to a former President of the Federated Garden Clubs of MA, Sanders enjoys weaving his acquired gardening knowledge into entertaining presentations as well as writing his books. Guests are welcome and new members are encouraged.

**DECEMBER** - We will close out of yet another year (our 58th as an organization) on the 17th when we meet for the last time in 2022 to hold our annual holiday brunch and business meeting. Good food and good friendships will abound.

All regular Bow Garden Club meetings and presentations are open to the general public and are free of charge, unless otherwise noted. And you need not reside in Bow to become a member. Please visit our website to learn more about us and/or to download a membership application form. All are welcome to join! No experience necessary!

[www.bowgardenclub.org](http://www.bowgardenclub.org)