



"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.

~Benjamin Franklin



"Always do your best. What you plant now, you will harvest later" ~Og Mandino



Life can only be understood backwards; but it must be lived forwards." ~Søren Kierkegaard



## Reflections for the New Year....

When I reflect on the past year, it is interesting that the things which ultimately brought me the most joy were sometimes the most challenging at the time. Jeff and I both agree that our efforts at the 2013 NW Flower and Garden show were more than fulfilled when we won a gold medal. Our son deciding to join the company while a surprise provided a great opportunity for emotional growth. Finding that work/life balance continues to elude us and our goal for 2014 is to laugh more often, share more sunrises and play more golf!

Picture below taken in January 2007 when at the Getty Center in Los Angeles



## January Fun Facts....

I wasn't surprised that January is considered National Staying Healthy month but I had no idea that it is also National Hobby month. And wondered how I could find time to enjoy a hobby or for that matter stick to any resolution I made for the New Year when there never seems to be enough hours in the day. And what if I want to do both? What is the secret to creating a new habit? The trick it seems is to start small and be consistent over time. Let past failures go, set a date, and start fresh. Pick a trigger event, like when you make your coffee in the morning then start visualizing your efforts. Let someone special and your social groups' know of your intentions for support and accountability. And don't forget to reward yourself! Sounds easy right? I love to create watercolors and would love to be physically fit enough to play racquetball again before the end of 2014. Lofty goals.

## What's Growing on... News & Noteworthy

We have a lot happening in January. We will be coming back from golfing with my brother (pic below) in sunny California on the 4rth. We will be at the NW Green Industry Conference between the 9 – 11th at the Hotel Murano. The crews will be back in full swing on the 13th. And we will help WALP/WSNLA start setting up for the 2014 NW Flower and Garden Show with move-in day on January 30th.

