

BluesNews

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IT'S NOT ABOUT THE NAIL!

Marble Jar Stories

Brené Brown contends authentic living is predicated upon intrapersonal vulnerability. All of the things in the following stories happened a very long time ago. These stories have been told before; perhaps not all at once like this, but don't be shocked or upset. I ask you to remember, "It's not about the nail." There is nothing to be fixed.

Brené Brown is a researcher who has focused on empathy. She would contend that in the arena of intimate personal

relationships, authenticity matters. Brené Brown equates authenticity with vulnerability. In Brown's work, the ability to be vulnerable in our relationships with others is the essence of authenticity. This is how Brown defines vulnerability:

"I define vulnerability as uncertainty, risk and emotional exposure. With that definition in mind, let's think about love. Waking up every day and loving someone who may or may not love us back, whose safety we can't ensure, who may stay in our lives or may leave without a moment's notice, who may be loyal to the day they die or betray us tomorrow — that's vulnerability."

I think, in a more practical way, most of us think about this notion of intrapersonal vulnerability somewhat differently. I suspect most think vulnerability as being capable of or susceptible to being hurt or wounded because we have lowered our defences and feel less able to defend or protect ourselves. We equate vulnerability with openness and transparency. Being vulnerable for many

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PROFESSIONAL DEVELOPMENT BONUS

The professional development bonus was created to enhance attendance and participation in our ongoing professional development process. The first few months were wildly successful with attendance numbers spiking at about 80% of all families. The past fifteen (15) months has been a period of stability and contraction. Attendance now averages just better than 50% of our ISP families. This approach will end on December 31, 2014.

Beginning January 1, 2015, the professional development bonus will be a per session bonus: if you attend the professional development session, the bonus will be added directly to you next per diem cheque on the fifteenth (15th) day of the following month. **The bonus will be \$75 per session.**

This is not a per diem bonus. Your per diem will remain unchanged.

This a professional development bonus. The bonus is paid for attendance at professional development sessions. If you attend once in a month, a bonus of \$75 will be added to your per diem in the month following the month when you attended the session; if you attend both sessions in a month, a bonus of \$150 will be added to your per diem in the month following the month when you attended the session.

A little boy was overheard praying:
"Lord, if you can't make me a better boy, don't worry about it.
I'm having a real good time like I am."



*Life only comes
around once, so
do whatever
makes you
happy, and be
with whoever
makes you smile.*

(Continued from page 1)

of us means that we have shown another a glimpse of our true self. Being open all the time, being that vulnerable in the presence of others may well put you in the arena of wholehearted living, but for most of us it is not sustainable.

The stories of our lives can be very difficult to tell some days. Others may need to earn the right to hear some stories. Some stories should only be told within the context of a trusting reciprocal relationship; they are simply too challenging to be heard in any other context

AB was a twelve year old girl when we first met. With an alcoholic single parent mother, AB's earlier weeks and months were compromised by Mom's drinking, inconsistent parenting, and innumerable 'live-in' partners. At age three, while crossing a street, accompanied by Mom, AB was struck by a vehicle and suffered a significant brain trauma. At four AB was apprehended by the CAS and placed in foster care. The first sexual assault occurred when AB was five; the assaults continued weekly until AB was almost thirteen. The assaults were perpetrated by the foster father

and foster family's teenage son. Sometimes, they acted together; usually AB never knew who was next. When another youngster finally disclosed the assaults, AB was fifteen. AB testified at the trial. Both men were convicted and sentenced to jail time. Until the time of the other youngster's disclosure, AB had said nothing of the repeated assaults.

CD was ten when we met. Angry and full of rage, CD had been separated from his siblings for almost a year. While in Grade two at school, CD had come home during the noon hour because he had forgotten his lunch. Upon arriving home, CD discovered his mother in the bath tub. She had filled the tub, climbed into the water, slit her wrists, and bled out. But CD was only eight. He didn't know she had already

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passed. Her body covered the drain; he couldn't empty the tub. For more than three hours he held her head above the bath water and waited for someone to come home. Cell phones were not as ubiquitous as they are today.

It was Dad who came home first. I can't imagine the anguish. "I didn't want her to drown!...", he cried. She was blue, cold, lifeless. Dad started drinking excessively and didn't stop. CD, to prove he didn't want his Mom to die (or his Dad to drink), took over running the house: laundry, groceries, cooking, cleaning, everything... until it proved to be too much and he simply walked away. CD was found walking alongside a busy thoroughfare: no money, no identification, no suitcase. Just walking... CD was only eight years old.

Two very different stories... AB told no one her story. Not finding it easy to let other people know her story, I had to earn the right to hear it. I needed to be careful about physically touching AB. I asked permission. I told AB what I was going to do and only did as said I would. I listened to her grievances about foster families and parents and only shared what we had agreed was shareable. I helped her find the courage to speak out in her own voice. I was always respectful of her quirks and odd habits and didn't snicker or roll my eyes or tell her to get on with it. She was never ridiculed or teased. I kept her confidence.

AB lived not far from me; I saw her several times in a week. Socially, she was always just the neighbour girl from around the corner. What few friends she had knew me as her friend in the neighbourhood without any reference to foster care. I had to work very hard to be a safe person in her world.

Another youngster initially disclosed the sexual assaults in the foster home. I was asked to determine AB's involvement (if any) and to prepare her to give a statement of 'like fact.' That day was a marathon. AB didn't want to tell: she hid under the kitchen table, she hissed and lashed out. She spat at me; she denied it ever happened. AB called the girl who made the initial disclosure a liar. Every time I thought AB was close to disclosure, she would lose control and explode in overwhelming emotion. Eventually, several hours later, hiding under a blanket, under the kitchen table with no one else in the room, with a promise never to share more than she was willing to share, she finally told the story of her abuse and repeated sexual assaults.

The right to hear AB's story had to be earned. AB gave no one a free pass.

CD, on the other hand, told everybody the story of how his life was ruined. He was completely indiscriminate about who he told. Some adults he told felt sorry for him which just made CD mad because he didn't want anybody's pity. Classmates he told shied away from him; they couldn't understand his recklessness or his brashness. He was made to feel small and insignificant.

Peers took advantage of him. He was bullied. The bullies would ask lurid questions about his Mom. The word around the school was that he had killed his mother. He was teased without mercy. He had no friends... even good kids in his class stayed away because CD was so different from them. No one had earned the right to hear CD's story. CD gave his story away. What was freely given was freely taken to serve other purposes ... not for the purpose of understanding; not for the purpose of living wholeheartedly!

In our professional development sessions, we've been sharing how to identify shame, the unhelpful things we do to avoid it, and how empathy and self-compassion are keys to becoming shame resilient. Empathy is tricky though since it's something you need to seek from someone else and not everyone is good at it. Like the example above, an un-empathetic response can create more shame and bad feeling. So, it's vitally important to choose the right people with whom to share your story.

How do you know who to trust? How do you know who has the ability to offer you empathy and not a 'one up' or 'poor you' response?

Brené Brown says 'people have to earn the right to hear your story.' Meaning, people need to show you they can hold your tender emotional parts, will care what happens to you and how you feel, and will value your connection enough to keep things to themselves.

"In Daring Greatly, Brown talks about Marble Jar friends. She tells a great story of her daughter's teacher who kept a jar in the classroom and each time the class did something positive a marble went in the jar. Conversely, when the class veered into the land of negatives marbles were removed.



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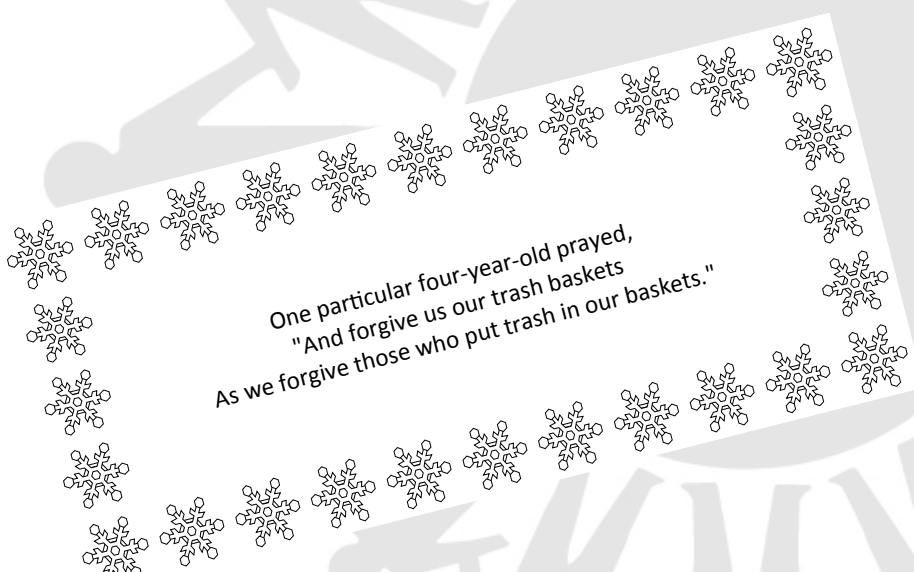
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"We can use the idea of the Marble Jar to help define who to trust and to what limits.

"How do you determine when marbles go in and out of your Marble Jar? For me, marbles go in when a friend follows through, shows up on time, invites me to occasions, shares deeper thoughts, and demonstrates care. Marbles come out, when someone gossips, lies, or doesn't follow through. Marbles come out when someone says they want to get together with me, but always has an excuse. Marbles come out when people disrespect my time by perpetually being late. Marbles come out in fistfuls when people only talk about their own interests, and rarely ask about my world.

"Rarely do I invest in connection with those people who show the above behaviours. When I meet someone new – the Marble Jar is empty – I'm looking to see how trustworthy is that person. Trust evolves over time; marbles go in and out. Trust is the ratio of 'marbles in' to 'marbles out'. Sure, we can have instant connection and chemistry with others, but time often tells whether that chemistry is long lasting or a fleeting feel good moment."

People earn the right to hear your story, to see and hear the vulnerable and 'at risk' you by putting marbles in your Marble Jar.



One particular four-year-old prayed,
"And forgive us our trash baskets
As we forgive those who put trash in our baskets."



Good
friends
make
bad days
a little
more
bearable.

WORDS TO LIVE BY, REDUX

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

I don't trip over things, I do random gravity checks!

I don't need anger management. I need people to stop pissing me off!

Old age is coming at a really bad time!

When I was a child I thought Nap Time was a punishment ... Now, as a grown up, it just feels like a small vacation!

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."

Lord grant me the strength to accept the things I cannot change, the courage to change the things I can & the friends to post my bail when I finally snap!

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

Even duct tape can't fix stupid ... But it can muffle the sound!

Of course I talk to myself, sometimes I need expert advice.

ANTHEMS

I post date the birth of rock and roll by only a couple of years. Bill Haley and the Comets, Big Bopper, Richie Valens, Carl Perkins, Elvis, Roy Orbison, The Everly Brothers, Jerry Lee Lewis were pioneers in this new art form. On the day the music died, February 3, 1959, I was not yet six years old. I didn't cut my teeth on those old rock standards. With a deaf parent, who did not serve in WWII, the only music in the house as I grew was church music—not gospel, but church music. My Mom sang in the church choir; she would practice and rehearse at home. We heard church music, not gospel.

That all changed February 9, 1964: a 14 year old sister, the Ed Sullivan show, and the Beatles! Within days, we had a radio in the house. My sister turned it on for breakfast and at supper time and the music was rock 'n roll. The radio also brought news into the house that as an eleven year old I would not have heard otherwise. 1964 was the year of the Gulf of Tonkin incident and the subsequent Gulf of Tonkin Resolution (giving the President of the United States the power to unilaterally escalate American combat involvement in the Viet Nam conflict). 1964 was also the year Bob Dylan released, "[The Times They Are a-Changin'](#)"; the Byrds made the song a hit in December of 1965 and anthems were changed forever!

My experience with anthemic music dates to the protest movements of the sixties. Pete Seeger's 1963 album "We Shall Overcome" might easily be considered the recording that brought music and politics together. The album featured two of the most significant protest anthems to ever have been recorded, "[Guantanamera](#)" (sung to unite the American and Cuban people at the time of the Cuban missile crisis— October 1963) and the title track, "We Shall Overcome". The era saw hugely successful protest anthems mobilize the spirit of a generation. In the years since, anthems have been associated with innumerable social movements. There are anthems for the labour movement, the human rights movement, the civil rights movement, the countercultural movement, the feminist movement, the sexual revolution, the gay rights movement, the animal rights movement, vegetarianism and veganism, and environmentalism.

In my own experience, the two anthems, Dylan's, "The Times They Are a-Changin'" and Seeger's, "We Shall Overcome" were the most significant. Dylan's song offered a vision of sorts that rationalized protest, unrest, and civil disobedience. President Kennedy's assassination may have shattered Camelot, but a generation held on to a notion of societal change and the emergence of a 'new guard' with the strength of Dylan's anthem. Even at the time he wrote, "The Times They Are a-Changin'" in 1963, Dylan is alleged to have written it as an anthem for change. And the power of Seeger's, "[We Shall Overcome](#)"...

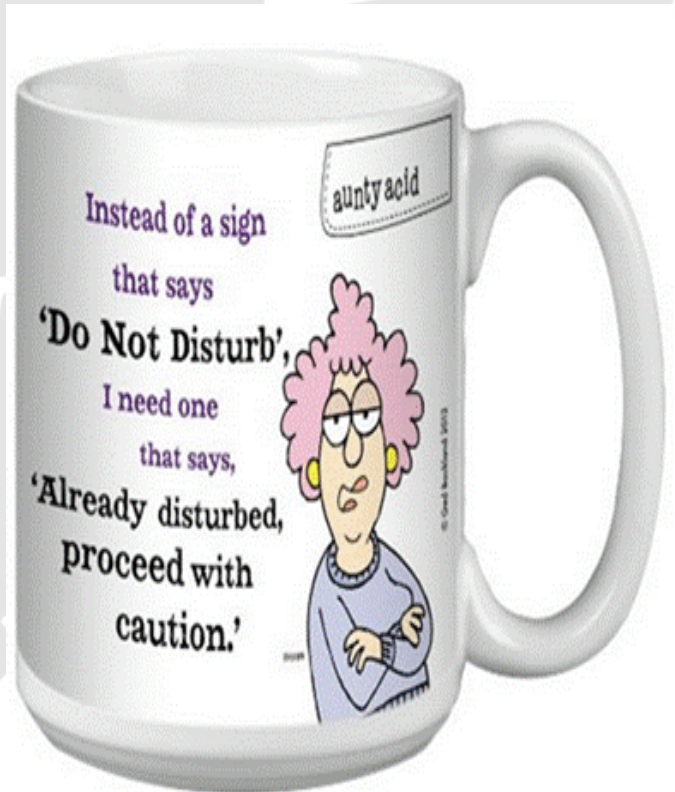
It seems now no surprise that civil rights movements around the world have adopted Seeger's song as their anthem. Those simple words offer such amazing power and hope. I still have this rather visceral response to my memory of singing those words for the first time in a large protest rally. When I think of "We Shall Overcome", I think Dr. Martin Luther King, Jr. Dr. King, Jr. recited the words from "We Shall Overcome" in his final sermon delivered in Memphis on Sunday March 31, 1968, before his assassination. He had done so previously in 1965 in a similar sermon delivered before an interfaith congregation at Temple Israel in Hollywood, California.

"We shall overcome. We shall overcome. Deep in my heart I do believe we shall overcome. And I believe it because somehow the arc of the moral universe is long, but it bends towards justice. We shall overcome because Carlyle is right; "no lie can live forever". We shall overcome because William Cullen Bryant is right; "truth crushed to earth will rise again". We shall overcome because James Russell Lowell is right:..

"Truth forever on the scaffold,
Wrong forever on the throne.
Yet that scaffold sways the future,
And behind the then unknown
Standeth God within the shadow,
Keeping watch above his own.

"With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith, we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith, we will be able to speed up the day. And in the words of prophecy, every valley shall be exalted. And every mountain and hill shall be made low. The rough places will be made plain and the crooked places straight. And the glory of the Lord shall be revealed and all flesh shall see it together. This will be a great day. This will be a marvellous hour. And at that moment—figuratively speaking in biblical words—the morning stars will sing together and the sons of God will shout for joy..."

"We Shall Overcome" was sung days later by over fifty thousand attendees



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at Dr. King's funeral. There is no question of the power of those words and that music.

Rock music is littered with anthems of all types. I just want to bring one more rock and roll anthem to your attention, Queen's 1977, "We Are the Champions!" "[We Are The Champions!](#)" is the anthem for winning sports teams everywhere! Wherever there is a victor emerging from a competitive challenge, almost invariably you will hear this tribute to Freddie Mercury's genius. Almost everyone knows the lyric and the tune (especially the chorus). Everybody knows the song's power.

"I've paid my dues / Time after time / I've done my sentence / But committed no crime / And bad mistakes / I've made a few / I've had my share of sand / Kicked in my face / But I've come through / And we mean to go on and on and on and on

"We are the champions - my friends
And we'll keep on fighting
Till the end
We are the champions
We are the champions
No time for losers
'Cause we are the champions of the World

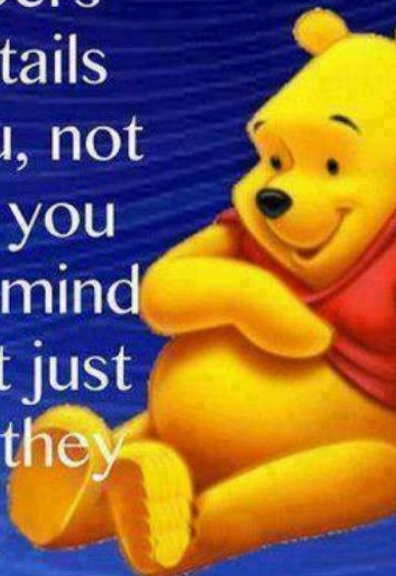
"I've taken my bows / And my curtain calls / You brought me fame and fortune / And everything that goes with it / I thank you all / But it's been no bed of roses / No pleasure cruise / I consider it a challenge before / The whole human race / And I ain't gonna lose / And we mean to go on and on and on and on...."

As anthems, these songs function to empower the groups that embrace them. Anthems encourage people to be strong, to be capable, to be proud. Whatever the doubts, anthems help to rise above the noise of the ordinary and everyday; they lead us to be uplifted. Anthems give purpose, direction, resolve. National anthems serve the same function for nations. Beyond mere patriotism and simple nationalism, national anthems are intended to remind singers and listeners alike of all the positives the nation represents.

Personal anthems are much the same as national anthems or the group anthems from above. For Brené Brown, anthems are songs which lead you to feel uplifted and encouraged. Brown's anthems are intended to remind the individual of how brave and magnificent they are. For Brown, anthems reinforce an individual's uniqueness and the authentic gifts they bring.

For Brown, wholehearted, authentic living can be extremely challenging. She quotes Teddy Roosevelt (1910),

It's nice when
someone
remembers
small details
about you, not
because you
always remind
them, but just
because they
care.



"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly."

Being in the arena can be extraordinarily challenging. It can be very difficult to let the world know who you really are. Many of us are familiar with the idea of 'masks'. We say we hide behind our masks; we change our masks to suit our circumstances. I once had a teacher who focussed on the different hats that people wear. He actually wrote a one act play in which each character was defined by the hat they wore. Most of us wear a million different hats and shield ourselves behind dozens of masks. Transparency, vulnerability can be very difficult; it can be very hard just to be yourself. Personal anthems make it easier.

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In the last BluesNews, I introduced the Beatle's tune, "[Hey Jude](#)" as a potential anthem. On my own initiative, I would propose "Hey Jude" be adopted as the Bluewater anthem. As the story of the song goes, McCartney wrote "Hey Jude" to console and comfort Lennon's son during the time of Lennon's divorce from his first wife. Typically interpreted as a love song, the lyrics are much more open than that. Read them again, "*Hey Jude, don't make it bad / Take a sad song and make it better / Remember to let her into your heart / Then you can start to make it better / Hey Jude, don't be afraid / You were made to go out and get her / The minute you let her under your skin / Then you begin to make it better / And anytime you feel the pain, hey Jude, refrain / Don't carry the world upon your shoulders / For well you know that it's a fool who plays it cool / By making his world a little colder / Nah nah nah nah nah nah nah nah / Hey Jude, don't let me down / You have found her, now go and get her / Remember to let her into your heart / Then you can start to make it better ...*"

Isn't this just what we want our children to hear? "*Take a sad song and make it better...*" Transform what may have been a challenging life story into an empowering story.... "*Remember to let her into your heart...*" Isn't this what all of this discussion about vulnerability is intended to achieve? Or skipping to the third stanza, "*For well you know that it's a fool who plays it cool by making his world a little colder...*" It's the kind of advice most of us want to offer to the children for whom we care when things go awry. Becoming cold or cold hearted is not the answer to disappointment or rejection. "*... it's a fool who plays it cool...*"

The births of my granddaughters were among the happiest days of my life. As a grandparent, I was walking on air. I felt great. I was proud of my daughter and son-in-law. I didn't want to stop grinning. I could shake off all adversity. On each occasion, as a tribute to my daughter becoming a parent and choosing to be a parent yet again, I created a musical playlist. The songs were intended to remind me of how I felt. They are the songs that make me feel strong; they are songs that make me feel capable. They are songs that take my cares away. The song at the top of my list? "[Walking on Sunshine](#)" by Katrina and the Waves...

My daughter, who shares my sense of humour, but not our vocation, when I was preparing this article, sent me her most recent parenting playlist for being a Mom today:

[Stay Up Late](#)

[Zombie](#)

[My Front Porch Looking In](#)

[Mommy's Little Monster](#)

[Teach Your Children Well](#)

[This Woman's Work](#)

[Woman's World](#)

[Tornado](#)

[Kings and Queens of the Underground](#)

[I Wanna Be Sedated](#)

[For Your Babies](#)

[You're a Friend of Mine](#)

[Upside Down](#)

[Superman](#)

[RESPECT](#)

[Brown-eyed Girl](#)

Talking Heads

Cranberries

Lonestar

Social Distortion

Crosby, Stills, Nash & Young

Kate Bush

Cher

Little Big Town

Billy Idol

Ramones

Simply Red

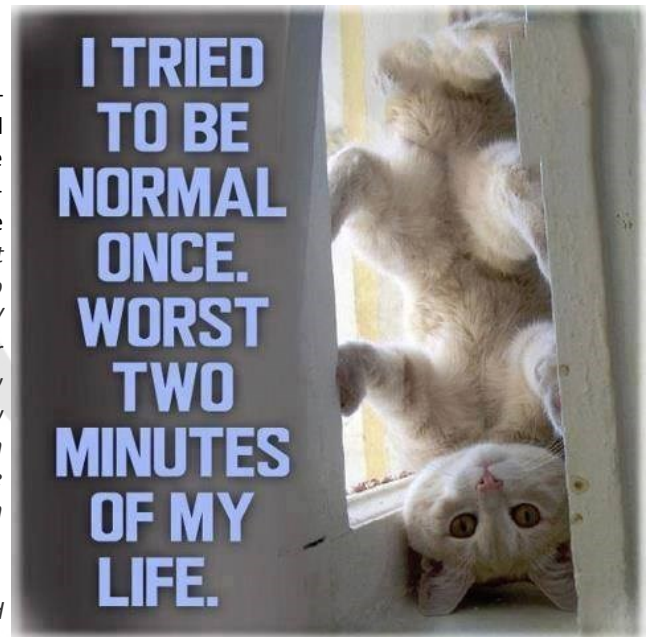
Clarence Clemons & Jackson Browne

Jack Johnson

REM

Aretha Franklin

Van Morrison



She concluded her note with, "Obviously, some of these are for when my kids are not behaving well..."

When I was younger, music was on vinyl albums and each album had what were known as 'liner notes' - a paper insert that told you something more about the song, or the album, or the band. In 1979, the liner notes from the Pretender's first vinyl album concluded with, "This album is meant to be played LOUD!" That's the way your anthem should be played as you enter the arena: LOUD!!

GRATITUDE: AN INTRODUCTION

- TERRI JENSEN

Melanie Klein gave us “Love, Guilt, and Reparation” (1937) - a kind of toolkit for relational repair that has its roots in scarcity. Brené Brown says giving up “scarcity and fear of the dark” leads to gratitude. An attitude of gratitude leads to the practice of gratitude; the practice of gratitude is one of Brown’s ten (10) guideposts for wholehearted living. During the Christmas holiday season, I saw and perused a variety of articles and posts about gratitude from all over the place. Here are some current findings in today’s research on gratitude. We will address Brown’s ideas about gratitude in more detail in our Professional Development sessions over the coming weeks. I hope these findings help plant the seeds for the practice of gratitude.

- Studies show that people who make a conscious effort to note things they are grateful for are significantly happier than those who do not, even months after keeping a consistent gratitude journal.
- Grateful people tend to appreciate their health, leading them to engage in healthier behaviours and avoid harmful habits like smoking and excessive drinking. As a result, the practice of gratitude has been associated with lower blood pressure, a stronger heart, and better kidney function.
- As we practice gratitude regularly, we train our brains to note the silver lining even in grim situations. This increases our resilience through trauma and loss.
- Gratitude can work wonders in our relationships. When we show our partners, friends, parents or children that we are grateful for them, they are likely to appreciate us in return.
- When gratitude is expressed, the recipient’s brain responds with a surge of the feel-good hormone dopamine. As he or she experiences the biological reward of your gratitude, he/she will feel grateful in return.
- Anyone can be grateful! There is little to no correlation between material wealth or adversity and the sense of optimism, gratitude, and life satisfaction that individuals feel.
- Gratitude will inspire others to continue performing acts of kindness—not just for you, but for others as well!

9 WAYS TO CULTIVATE GRATITUDE

- Notice your day-to-day world from a point of gratitude and be amazed at all the goodness we take for granted.
- Keep a gratitude journal or gratitude board. All it takes is noting one or two things you are grateful for each day.
- Make gratitude part of your evening meal routine, or bedtime routine. What was the hardest part of your day? What are you most grateful for?
- If you identify something/or someone in your mind with a negative trait try to switch it to a positive trait.
- Gratitude requires humility which the dictionary describes as “modest and respectful”, explore where it fits in your life.
- When you find yourself in a bad situation ask: What can I learn? When I look back on this, what will I be grateful for?
- Make a commitment not to complain, criticize, or gossip for 10 days. When you slip, be compassionate with yourself and start again.
- Sound genuinely happy to hear from people who call you on the phone.
- Become involved in a cause that is important to you.

HUMOUR :

DEAD PENGUINS

Did you ever wonder why there are no dead penguins on the ice in Antarctica ?

Where do they go?

Wonder no more !

It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintain a form of compassionate contact with its offspring throughout its life.

If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried.

The male penguins then gather in a circle around the fresh grave and sing:



"Freeze a jolly good fellow."
"Freeze a jolly good fellow."

First Date

If you didn't see this on the Tonight Show, I hope you're sitting down when you read it. This is probably the funniest date story ever, first date or not!!! We have all had bad dates but this takes the cake. Jay Leno went into the audience to find the most embarrassing first date that a woman ever had. The winner described her worst first date experience. There was absolutely no question as to why her tale took the prize!

She said it was midwinter... Snowing and quite cold... and the guy had taken her skiing in the mountains outside Salt Lake City, Utah. It was a day trip (no overnight). They were strangers, after all, and had never met before. The outing was fun but relatively uneventful

until they were headed home late that afternoon..

They were driving back down the mountain, when she gradually began to realize that she should not have had that extra latte. They were about an hour away from anywhere with a rest room and in the middle of nowhere! Her companion suggested she try to hold it, which she did for a while. Unfortunately, because of the heavy snow and slow going, there came a point where she told him that he had better stop and let her go beside the road, or it would be the front seat of his car.

They stopped and she quickly crawled out beside the car, yanked her pants down and started. In the deep snow she didn't have good footing, so she let her butt rest against the rear fender to steady herself.

Her companion stood on the side of the car watching for traffic and indeed was a real gentleman and refrained from peeking. All she could think about was the relief she felt despite the rather embarrassing nature of the situation.

Upon finishing however, she soon became aware of another sensation. As she bent to pull up her pants, the young lady discovered her buttocks were firmly glued against the car's fender. Thoughts of tongues frozen to poles immediately came to mind as she attempted to disengage her flesh from the icy metal. It was quickly apparent that she had a brand new problem, due to the extreme cold.

Horried by her plight and yet aware of the humour of the moment, she answered her date's concerns about " what is taking so long " with a reply that indeed, she was "freezing her butt off " and in need of some assistance!

He came around the car as she tried to cover herself with her sweater and then, as she looked imploringly into his eyes, he burst out laughing. She too, got the giggles and when they finally managed to compose themselves, they assessed her dilemma. Obviously, as hysterical as the situation was, they also were faced with a real problem.

Both agreed it would take something hot to free her chilly cheeks from the grip of the icy metal! Thinking about what had gotten her into the predicament in the first place, both quickly realized that there was only one way to get her free. So, as she looked the other way, her first time date proceeded to unzip his pants and wee her butt off the fender.

As the audience screamed in laughter, she took the Tonight Show prize hands down. Or perhaps that should be " pants down. " And you thought your first date was embarrassing. Jay Leno's comment..." This gives a whole new meaning to being p***ed off. "

Oh and how did the first date turn out? He became her husband and was sitting next to her on the Leno show.

**BLUEWATER FAMILY SUPPORT
SERVICES**

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Fax: 519-294-0279
E-mail: BluesNews@bluwatercares.com

www.bluwatercares.com

[bluwatercares.com]

say what?!

*Youtube links to the anthems played
in Professional development:*

[I'd Pray For You](#)—John Rich

[Avenue A](#)—Tom Cochran

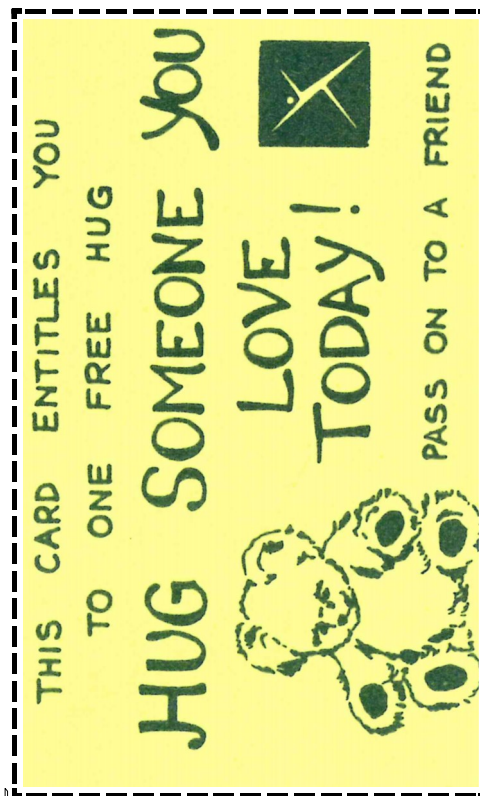
[Today Is Your Day](#)—Shania Twain

[This Is How We Do](#)—Katy Perry

[Brave](#)—Sara Bareilles

[Just The Way You Are](#)—Bruno Mars

[Heaven In Our Headlights](#)—Hedley



I Believe...



I Believe,

- We don't have to change friends if we understand friends change;
- No matter how good a friend is, they are going to hurt you every once and a while and you must forgive them for that;
- True friendship continues to grow even over the longest distances;
- You can do something in an instant that will

give you heartache for life;

- It's taking me a long time to become the person I want to be;
- You should always leave loved ones with loving words: it may be the last time you see them;
- You can keep going long after you think you can't;
- We are responsible for what we do, no matter how we feel;
- Either you control your attitude or it controls you;
- Heroes are the people who do what has to be done when it needs to be done;
- Sometimes the people you expect to kick you when you are down will be the ones to help you get back up;
- Sometimes when you are angry you have a right to be angry, but

that doesn't give you the right to be cruel;

- No matter how badly your heart is broken, the world does not stop for your grief;
- Our background and circumstances may have influenced who we are, but we are responsible for who we have become;
- and,
- Even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

