

# Carl & Pat's News

News To Help You Save Time And Money

March 2013

## Servant Leadership

A legend tells of a French monastery known throughout Europe for extraordinary harmony due to the leadership of a man called Brother Leo.

Several monks from another monastery began a 5-day pilgrimage to visit Brother Leo to learn his leadership secrets so they could bring peace and harmony to their own monastery, which was a place of some bickering.

As they began their journey, almost immediately, they began to bicker about who should do various chores each time they made camp or packed and unpacked.

On the third day they met another monk who was also going to the monastery, and he joined them. When it came to chores, this monk never complained or shirked a duty, and whenever the others would fight over a chore, he would gracefully volunteer and do it himself. By the last day, the others were following his example, working together smoothly.

When they reached the monastery and asked the gate keeper if they could see Brother Leo, the man laughed and pointed at the extra monk. "But Brother Leo is right there among you!"

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Today, many people seek leadership positions, not so much for what they can do for others but for what they can do for themselves: for status, connections, perks, advantages. They do service as an investment, a way to build an impressive resume or earn favors.

The parable about Brother Leo teaches a service model of leadership, where leaders are preoccupied with serving rather than being followed, with giving rather than getting, with doing rather than demanding.

I don't know if that's practical in today's corporate or political world, but it's worth thinking about.

# March Mentions

- Officially, Spring begins Wednesday, March 20 and ends on Thursday, June 20.
- The saying “In like a Lion, Out Like a Lamb” refers to a prediction about the weather. If it’s stormy and raining in early March, it will be mild and pleasant in late March and April. This was probably more true of Wales, where the phrase is thought to have come from.
- Until well into the 1700’s in some places (including the American colonies), March was the first month of the year, and New Year’s Day was March 25<sup>th</sup>.
- The word March is thought to stem from Mars, the God of War. Soldiers considered the new year of *marts* to be a time for preparation for war.
- March is the signal in many parts of the Northern Hemisphere for grass to spring forth. Be ready to mow your lawn more frequently to maintain grass health, but don’t fertilize unless you want to mow twice a week! Save fertilization for the fall when the roots need extra nourishment for winter.

## March Quiz Question

**Q:** How much dirt is in a 3’x5’x2’ hole?

Call in, fax or e-mail the correct answer by the 10<sup>th</sup> to be put into a drawing for a gift certificate for \$15.00 to Applebee’s restaurant.

## February Quiz Question

**Q:** In a standard set of playing cards, which is the only king without a moustache?

**A:** The King of Hearts.  
*Congratulations to Earl Bunker. He has won a gift certificate for the month of February.*

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*“Writing about music is like dancing about architecture,” ~Laurie Anderson*

# Dance Your PhD

In the “Dance Your Ph.D. Contest,” a yearly competition sponsored by the American Association for the Advancement of Science, scientists illustrate their doctoral research using a variety of interpretive dance styles, including break dancing and hula hooping.

The dances are judged by a panel of senior scientists, educators, and professional dancers, and scored for both scientific and artistic creativity in four categories: physics, chemistry, biology, and social sciences.

One entry in the 2012 event called for a chemist to dance “Odd-Z Transactinide Compound Nucleus Reactions Including the Discovery of 260Bh.” (That was the hula-hoop activity—but you guessed that already, right?)



# 5x5 Exercise

Too tired to work out? Too busy? Too...whatever? Here's a way to slip exercise into your day without heading to the gym or breaking for a long period.

5x5 exercise means to exercise vigorously five times per day for five minutes each time.

When you get up in the morning, do morning calisthenics. Take five to do jumping jacks, run in place, do burpees, or put on the music and dance. Five minutes goes by quickly.



On morning and afternoon breaks at work, instead of lounging in the smoking area, take a brisk five minute power walk, run up and down the stairs, or do stomach crunches in the lounge.

Before going to lunch, do more of the same for five minutes.

And when you get home in the evening, before you eat or sit down to watch TV, slip in some hula hooping, dancing, a brisk walk, burpees, etc.

Before you know it, you've slipped 25 minutes of exercise into your day. Mix up your exercise types to include both aerobic and strength exercises. Aerobic exercises are those that keep you moving—running, walking, swimming, dancing. Strength exercises involve resistance—push ups, weights, sit-ups, yoga.

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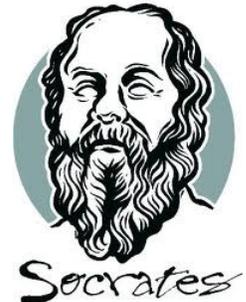
*“Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality.” ~Jim Rohn*

## Passion for Learning

Socrates was once approached by a man who asked the great teacher to help him to learn. The master took the would-be student into the water and suddenly pushed him under and held him there.

Surging to the surface, out of breath, the young man gasped, “Why did you do that?”

Socrates answered, “When you want to learn as badly as you wanted to breathe, you will.”



### WINNER OF DRAWING!

Congratulations to Kimberly Robinson a Platt Ave. resident, she is the winner of a gift certificate to Applebee's Restaurant for \$15.00 for the January drawing.

Rent that is paid early or on the first is put into a drawing!

# Think Before You Compliment

As a professional photographer, Julie took a lot of pride in her work. One evening she was at a dinner party with a master chef. The chef asked to view some of Julie's images, and afterwards complimented her. "These are really good," he told her. "You must have a great camera to get shots this nice."

After dinner, Julie complimented the host on his wonderful food. "That dinner was excellent," she said. "You must have some high quality pots and pans to get food this good."



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*"People rarely succeed unless they have fun in what they are doing." ~Dale Carnegie*

## When You Have Too Much Money

If you're tired of scrimping and saving, here are some ideas for spending your kids' inheritance on yourself before you go:

- **Food.** The priciest hamburger in the world is probably the FleurBurger. It's made with foie gras and a special truffle sauce, served with black truffles on the side (and a bottle of Chateau Petrus 1990) at the Fleur de Lys in Mandalay Bay, in Las Vegas, for \$5,000.
- **Drink.** A bottle of Bowmore whiskey, a 54-year-old Scottish single malt, went up for auction in Edinburgh in late 2012. The bottle was expected to sell for as much as \$240,000 as a collector's item.
- **Accommodations.** The Royal Penthouse Suite at the Hotel President Wilson in Geneva, Switzerland, offers guests a private fitness center, a library, a billiards room, and breathtaking views of the mountains for \$65,000 per night.
- **TV.** Watch your favorite shows on the PrestigeHD Supreme Rose TV, made from 61 pounds of 18-karat rose gold inset with 72 1-carat diamonds. Price: \$2.25 million.
- **Jeans.** Neiman Marcus Stores offers Couture Swarovski Crystal Jeans for \$10,000 a pair.

### Quotes

"Don't cry because it's over, smile because it happened." --Dr. Seuss

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."  
--Albert Einstein

"Be yourself; everyone else is already taken."  
--Oscar Wilde

# Murphy's Laws

Everyone has heard of Murphy's first law: "If anything can go wrong, invariably it will." But hardly anybody knows who Murphy was.

The search for Murphy's notebooks over the years has led to a garage in Toledo, Ohio; an inventor's junk loft in Aliquippa, Pennsylvania; and the home of a retired female blackmailer in Sarasota, Florida. It was learned that Murphy had no first name, that he never could hold a job, and that his writings were returned by the post office for insufficient postage.

Everything Murphy wrote was an explanation for why things go wrong. Here are a few more Murphy classics:

- Nothing is ever as simple as it first seems.
- Every activity takes more time than you have.
- Everything you decide to do costs more than first estimated.
- Whatever you set out to do, something else must be done first.
- If you improve or tinker with something long enough, eventually it will break.
- By making something absolutely clear, somebody will be confused.
- You can fool some of the people all of the time and all of the people some of the time, and that's sufficient.

## Complain! Complain! Complain!

At a monastery in Spain it is required that the men be silent. Every two years they can speak two words. After his two years one man spoke, "terrible food." the next time he spoke he said "Bed lumpy." Two years later he proclaimed, "I quit." The superior looked at this young monk and said, "You know, it doesn't surprise me a bit. All you've done since you arrived is complain, complain, complain."

## Where Did Water Come From?

Water. You turn on the faucet, and out it comes. But where did water on Earth originally come from? Some scientists believe that oceans may have been formed (about 8 million years after the formation of planet Earth itself) by water dumped from passing comets, and the recent discovery of a comet containing water with a similar chemical composition to the water all around us on Earth has given support to that theory.

Hartley 2, a comet about 1.25 miles long, contains ice with the same D/H ratio (the proportion of "heavy hydrogen") as water found in oceans here on Earth. It's the first time that Earth-like water has been detected in a comet. Hartley 2 probably comes to us from the Kuiper Belt, a sector of space about 30 times Earth's distance from the sun. Six other comets studied by the scientists contained water with a different composition, and probably originated in the Oort Cloud, about 5,000 times farther away.



# Are You Holding Your Career Back?

According to an online survey of 972 people conducted by corporate trainer VitalSmarts (Provo, Utah), many people recognize what's holding them back in their careers. 97% in the survey identified at least one career-limiting habit that prevents them from reaching their full potential at work. The top five bad habits:

1. Unreliability
2. The "It's not my job" syndrome
3. Procrastination
4. Resistance to change
5. Negative attitude

In addition, survey participants noted other behaviors limiting their careers, including disrespect, short-term focus, selfishness, passive/aggressive tendencies, and avoidance of risk. You can overcome your self-sabotage with this advice:

- **Get feedback.** Sometimes you don't know what to do to improve the situation because you don't know exactly what's wrong. Ask people you trust to give you candid input.
- **Create a personal motivation statement.** Think about where you want to go in your career and what you want to accomplish.
- **Seek professional development.** Look for training programs, conferences, and books that will help you learn the skills you need. Invest in these yourself if your employer won't pay for them.
- **Associate with positive role models.** Don't hang out with people who share your bad habits.
- **Get a mentor.** An experienced pro can help you learn to make better decisions about your work and career.

## Watch The Typos!

Actual corrections sent to readers:

- Important notice: If you bought our Easy Sky Diving book, please make the following correction: on Page 8, line 7, the words *state zip code* should read *pull rip cord*.
- In a notice last week, we said Mr. Oscar Hoffnagle is a defective on the police force. This was a typographical error. Mr. Hoffnagle is, of course, a detective on the police farce. [Notice the second typo now in the final word.]

### *Believe the Impossible*

Lewis Carroll's *Through the Looking Glass* contains a story about to dream the impossible dream. It is between Alice and Queen. Alice said "One can't believe impossible things." "I dare say you haven't had much practice," said the queen. "When I was your age, I believed as many as six impossible things before breakfast."