

THE PREP SQUAD SCOOP

PROJECT PREPARE NEWSLETTER NOVEMBER
2021

Nifty November!

November 4 - Prep Squad Town Meeting - all are invited!

November 11 - Remembering our Veterans and The Constitution

November 18 - Waste not want not/Let your food be your medicine and your medicine be your food

November 25 - THANKSGIVING!

ENJOY! No meeting today! HAPPY THANKSGIVING!

ALL MEETINGS BEGIN AT 6:25 PM SHARP UNLESS OTHERWISE MENTIONED!



A Month of Gratitude and Appreciation

I have to admit that November and December are two of my most favorite holiday months. Gratitude is such a big thing for me. And I feel that Gratitude and Appreciation go hand in hand. And not just in November, but all year long.

As we pull in the harvest, work to finish up summer projects, and prepare for the Thanksgiving Day preparations, I find my heart full of Gratitude and Appreciation.

I am not always the best at letting others know, though, how much I appreciate them and how grateful I am for this community! For my neighbors, my friends, my family. For those who work so diligently to make a difference through our prep squad. They are amazing! And they want so much to make a difference in the community. OUR community!

May I invite you all to take some time this month to discover a way to be more grateful, more appreciative. And to let others know about it. Give the gift of Gratitude and Appreciation - this Thanksgiving Season and always!

Delightful December!

December 2, 2021 - Prep Squad Town Meeting - all are invited! Zoom!

December 9, 2021 - Simple but Thoughtful Easy to Make Christmas Gifts - all

December 16, 2021 - Attitude and Resiliency, Keys to Survival - Shayne Burton - Zoom

December 23, 2021 - **CHRISTMAS PARTY!!** Come join us and get to know the Squad!

December 30, 2021- Goal Setting (why bother?)/One Word - Shayne Burton - Zoom



MERRY CHRISTMAS & A HAPPY NEW YEAR!

What a year this has been! I know that we all are looking back on this year, shaking our heads and going - "What just happened?" None of us know what the future holds. And if it keeps going on the way it has been, things could get rocky over the next while.

I would like to make a suggestion. Most things we are not in control of. As we are well aware of. And it's frustrating to say the least. And to continue to be frustrated is an option. But what if we made a different choice? Maybe a better one.

Starting today, just change something you CAN change. Maybe just something small. But something. You do have control over you. And you CAN make a difference. Make 2022 different. Make it better. One small change at a time. Just a thought...

HAPPY NEW YEAR EVERYONE!

