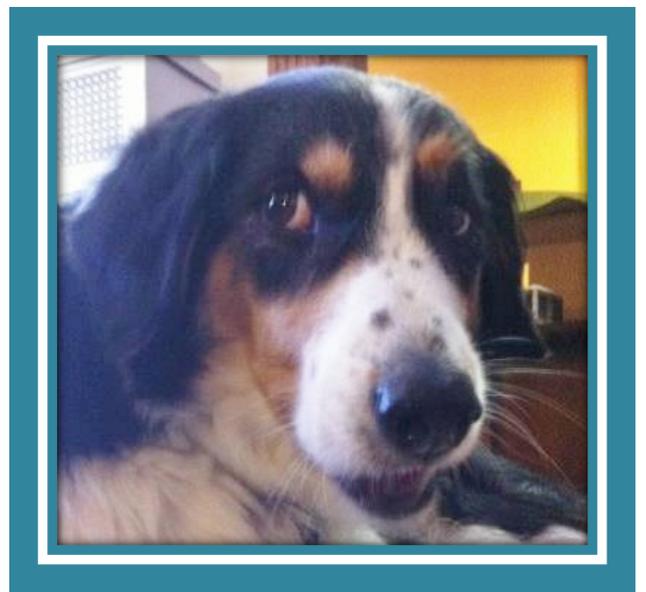


# CLANCY'S CLICHES

There is blood family, there is the staff family, and there is extended family beyond—going through the same growth, ups and downs and, well, LIFE!

The last 12 months have been ruff riding for many, starting with my master's blood scare, death of parents, in-laws, dear friends, and loving pets. May we all feel the bond as one huge family in our sharing of joys, sorrows, hardships and celebrations with care, concern, and loving-kindness for one another.

And now, some Poochie Pointers to keep us moving forward and be good siblings to our fellow litter-mates!



## POOCHIE POINTERS FOR JUNE

- 🐾 Savor your treats – notice the smell, the texture, and be mindful in the moment, especially at events, programs or meals that last a long time. Make every itty-bitty action and gesture be a “ceremony” of gratitude and joy.
- 🐾 Let your bark be heard - listen actively and speak up before the opportunity is gone. Everyone’s action and voice are important. Grab your opportunity when it knocks.
- 🐾 Admit how you feel and move on—plain and simple.
- 🐾 Fake joy – if you make yourself believe you’re happy you will be. How to get to that space? Get out in the yard and walk around. Do something energetic like jumping up and down. Smile!
- 🐾 Praise yourself – if you put yourself down, you close doors and permit yourself to act that way. Give yourself credit and the investment will grow. Do it day after day and it becomes part of your life. It becomes you; you become it.
- 🐾 Stop being the ideal – give yourself a break. Admit it. We’re not *always* perfect so don’t beat yourself up trying to write the right word or sentence. And don’t just *not* do it, either!
- 🐾 Start talking out loud to yourself – talking through a situation really does help. And no one will argue with you!
- 🐾 Weed your life – like a garden, yank out those “weeds” in your life that are bringing you down – activities, thoughts, feelings—and enjoy the beautiful flowers – your positive thoughts, etcetera, etcetera, etcetera, as the King of Siam would say.
- 🐾 Let your heart break – don’t turn away when you see situations that would otherwise paralyze you. Look at them head on with understanding and compassion; even if there is nothing at all you can do in a particular situation. This will help you help yourself with conviction to do something in your life – anything – aiding those other situations where you have control and *can* help.
- 🐾 Know when to listen and when to zone out – quiet your mind, get away from folks telling you what to do. Take a nap, meditate, and stare at a lava lamp. Listen to your breathing and to your own voice inside.
- 🐾 Carry love in your heart and let it shine— we are all little flames of a huge light of love. Now, don’t be lazy!



Howlin’ is hootn’; Growlin’s not gooten! -Clancy



## CLANCY'S CACKLES

Knock, knock! Who's there? Clancy. Clancy Who?

Gimme some eyeglasses - I Clancy anything!!

1. What does the sun drink from? **!Sun Glasses**
2. What did the pig say on the beach? **!I'm bacon!**
3. How does a trombone reach second base? **!It slides!**
4. Why was the spider one of the MVPs of the baseball game? **!It was good at catching flies!**
5. What birds play music at the beach? **!Sandpipers!**
6. Why don't insects drink coffee? **!It makes them do the jitterbug!**