



JUNE 2024

The Larks held a meeting on Wed May 1. Several items were discussed: Food Pantry and alternatives, Market, Social Events, Meals of Hope, and other community events.

New Member: The Larks welcomed new member Peaches Tyrrell, brought into our club by

Welcome

Karen Kent.

Other News - Thursday after the meeting Flo put info on Social Events and asked for a vote. Flo also put out information on the Food Pantry choices and asked for votes. Nancy volunteered to host the picnic at her house, more to come. Patti checked out different venues for our meetings.

**HAPPY
BIRTHDAY**

The Birthday this month is Lynn on the 4th

The Weight of the Glass. - *Once upon a time, a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?" Students shouted out answers ranging from eight ounces to a couple of pounds.*

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The Moral of the Story: *On days when you're stressed out and feeling overwhelmed, learn to embrace the inevitable and let go. Some things cannot be controlled and no amount of*

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worrying could put all your burdens away. Instead of letting stress get to you, embrace it and conquer it. Let yesterday's worries inspire you to a productive day.



DID YOU KNOW? *Trish sent me a pic of this handsome guy from Florida, after he posed for her, so I felt it fitting to highlight the Peacock this month.*

Peacocks, also known as peafowl, are large colorful birds that live in India and Asia. There are two species, blue peafowl and green peafowl. There is also a third, African species known as the Congo peafowl, but it is in a different genus. Peacocks are the males, and the females are known as peahens. Male and female peafowl are drastically different in appearance. Peacocks are extravagant birds, with iridescent blue necks, and bright green tail feathers dotted with eyespots. Peahens are dull brown, with iridescent green necks and cream-colored heads. Peafowl are breathtaking birds, and their ornate feathers are truly one of a kind.

A Peacock's Tail – *Peafowl obviously have amazingly long and beautiful tails. However, the peacock's tail, called a train, actually grows from its back. They are part of the tail, but the feathers cover the true tail.*

Most Mature Males – *It takes a while to grow such an impressive train, and peacocks require some aging before they can strut their stuff. Their tails do not begin to grow until they are two years old, and males do not have fully developed tails until they reach the age of four.*

Feral Peafowl – *When humans first began to keep and breed these birds, everyone wanted one. All the richest and most influential people just had to have a peacock to display on their lawns. However, this created a problem when the birds escaped and began breeding in various cities across the world.*

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Habitat of the Peacock

In the wild, peafowl live in forested areas, as well as farms and agricultural fields. They inhabit lowland forests, deciduous forests, and both tropical and dry habitats. Source: Internet American Bird Conservatory

Our own Starla has peacocks at her home. This one was the one who started it all.



So I was sharing some inspirational quotes and stories with Norm while preparing this Newsletter. He said, Oh I got one for ya. I said what? He said, “Inhale the Future, Exhale the Past.” I asked, Oh, where did you find that? He said, “Inside a Candy Wrapper.” I have no



words

Next Lark Meeting is Wednesday, June 12 at 5 PM at Applebees. Hope to see you there.

Stay Safe and “See Ya” Next Month !!!