

Living Graciously™



Volume 5, Issue 4

Winter, 2009

EDITOR'S GREETING

Despite all the rain, our fall season has been absolutely brilliant with its vibrant colors of autumn's palette... red, orange and gold. For a time I thought the huge Sweet Gum tree in my mother's front yard was going to stay green into winter.

And then, with the magic of Jack Frost and his paintbrush over a night or two, its leaves turned yellow. In the past they've been a brilliant burned red color almost like a Burning Bush.

Soon, the carpet of fallen leaves that sometimes crunch beneath our feet will give way to a different sounding crunch of newly fallen snow.

Are you ready for what the coming months hold for you with all the buzz holidays bring? While changes in our behavior take a bit longer to accomplish than Jack's paintbrush, they are doable with guidance and support and commitment on our part.

We've got some great suggestions for greeting the holiday season now before the pace quickens and much more that will carry you into 2010.

We look forward to 2010 when *Living Graciously* goes green and will be fully electronic. The ways to stay connected with us are detailed within.

Kay Whiffield
Editor/Publisher



Jan Barrett in vrksasana, tree pose.

**Connect to the Quiet
this holiday season:-**

*** Gift Certificates**

*** Relaxation CD**

**Call Jan at
217-779-9642 (Yoga)**

**Jan Barrett, M.S., certified
Iyengar yoga instructor,
Redbud Yoga, 640 S. 5th St.,
Quincy, IL;
telephone: (217) 779-9642
e-mail: rdbudyog@adams.net;
web: www.RedbudYoga.com
Member, Quincy Area Chamber
of Commerce and B.K.S. Iyengar
National Association of the U. S.**

Yoga for all seasons



Lois Steinberg, Ph.D., in adho mukha virasara, downward facing hero pose.

**Two poses for season
Of coming within,
for rest and a balance
between now and then.**

**Tree pose,
vrk-shah-san,
Brings 'open' to hips
And face in repose
Holds no tension
in lips.**

**This balance between
the sky and the ground
Comes just from
extending
And steadying sound**

**Of worry 'bout balance,
of 'not good enough' -
for it's only with focus
that the pose is not
tough!**

**Now come further in
To a place of repose
Try downward hero
Where quiet now grows.**

**To keep the head down
Can quiet the mind,
Bring rest to the heart
And compassion find.**

**This teacher's in India
and Parade Magazine,*
Iyengar's dear student
And teacher pristine
In the method
She's learned from
The master himself:
Practice integrity.
Experience yourSelf.**

* Steinberg studies each winter with B.K.S. Iyengar in India; her research on Iyengar yoga and lower back care was featured in Parade Magazine, October, 2009.

LG

What's in your tea tool belt?

Over the years, I've heard my husband, Terry, often say "if you want a job done right you have to have the right tools." It's become one of his favorite sayings when it comes to doing home improvement projects.

For me, I think the same philosophy can be applied to brewing that perfect cup of tea and properly setting a tea table.

Preparing and serving a good cup of tea is more than boiling water and throwing in a tea bag. If you prepare and present your tea correctly you will create an elegant yet relaxing atmosphere for you and your guests.

In Victorian times, the motivation for elegance caused a demand for tea accessories. This in turn drove manufacturers to create and produce beautiful silverware, china and linens for use in tea services in upscale homes.

Some interesting and intriguing items that were used daily in a tea serv-



ice, then and which are now found mostly in antique shops, were tea caddy spoons, for scooping loose tea from a tea caddy; tea chests and keys for storing expensive loose tea; mote spoons whose ends were used to dislodge tea leaves caught in the spout of the teapot; and my favorite, which is still used today, a sugar cube caddy and tongs. All of these items or tea tools reflect a

style of living from bygone eras.

Leaving a bit of yesteryear behind, my suggestions for tea service tools that compliment today's more contemporary homes and lifestyles are found below.

Susan Asher, Thyme-Out Tea Parties
(217) 885-3049;
www.thymeoutteaparties.com
Member, Quincy Area
Chamber of Commerce.

Basic types of tea to have on hand for you and your guests and other tea service accessories:

A loose leaf black tea, like Earl Grey or Lady Grey or English Breakfast; loose leaf jasmine tea; and an herbal or decaffeinated tea.

Teapot

Water kettle (I prefer electric)

Teacups and saucers

Tea filter (mesh, wire basket or disposable tea sacs)

Timer (to remind you when your tea is finished brewing)

Tea towel

Linen napkins

Tea spoons

Create your own style by using or displaying these items:

Tea cozies

Silver sugar caddy with tongs for sugar cubes

Tea tile or trivet

Tea bag holder

Silver tea strainer

Tips for brewing tea:

Place loose tea leaves in a filter (one teaspoon per cup of water) and then place in teapot. Bring cold water to a boil in water kettle and pour over

tea leaves. If you are making green tea, allow the boiled water to settle for a minute to cool before pouring. If you are using tea bags, set the timer for three minutes or five minutes for loose tea.

Bonus tip:

Never use bleach to clean your most important tool, the teapot. Bleach leaves an aftertaste and can damage the teapot. You can use a mild dish detergent, but the preferred way is to use water or distilled white vinegar mixed with baking powder. This mixture is less abrasive and will not leave a film or residue on the pot.

RG

Living Graciously

Kay Whitfield, Editor & Publisher
Published four times a year.

Whitfield Publications
1609 Melrose Drive
Quincy, IL., 62301
(217)224-2664

Email:

whitfieldpublications@gmail.com

E-mail address changes to
whitfieldpublications@gmail.com



This is the last paper issue of our *Living Graciously* newsletter. We will be going **fully electronic and green in 2010.**

STAY connected with us!!!!

Call editor Kay Whitfield at (217) 224-2664 or send your e-mail address to whitfieldpublications@gmail.com.

STAY CONNECTED to all the ways in which we are *Living Graciously*.





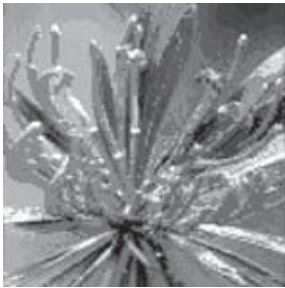
Australian Bush Flower Essences

When is a flower not just a pretty face? Flowers are chosen not only for their physical properties, but for the emotional response they elicit. History records their purpose in healing the mind, body and spirit. Australian Aborigines have used them to foster emotional balance, as did the ancient Egyptians. They were also popular in the Middle Ages. Dr. Edward Bach rediscovered Flower Essences more than 50 years ago using flowers of English plants and shrubs.

What are flower essences?

Flower essences are diluted extracts of flowers that are used to improve the emotional, spiritual and physical health of people and animals.

Flower essence properties are first developed in a thorough study of the plants from which



Monga Waratah plant from which essences are extracted.

essences are made. This study includes a plant's structure, form, growth pattern, color, relationship to the environment, chemical properties, herbal uses and energetic properties found in the plant. These qualities are then correlated with specific human emotional patterns, after which health practitioners test these preliminary indications in clinical settings. Then, through their reports our knowledge of the properties of the essences can be

revised, expanded or verified.

How are flower essences different from homeopathic or herbal products?

Unlike conventional methods of determining the physical symptoms, flower essences are best chosen by understanding the specific mental or emotional challenges a person is experiencing. These remedies are uniquely suited to address this part of a person's wellness program. The essences are in liquid form and administered under the tongue seven drops twice a day. The essences are preserved in a small amount of brandy and water.

Will flower essences make me feel better?

Working with flower essences will help you to feel more alive and in touch with your goals, values and creativity. The essences, however, do not create euphoria, nor do they banish pain and conflict. They work by stimulating awareness of our conflicts and challenges, and they strengthen our ability to work through the obstacles to our health and growth.

Thus, taking flower essences may, at times, stimulate some discomfort and awareness of pain or conflict. This is a normal part of the journey toward wellness, and can lead to a much more complete state of health than the suppression of pain or artificial stimulation of feelings through bio-chemical intervention.

Do flower essences have physical effects? Can they cure physical illness?

Flower essences do not work bio-chemically like aspirin does for a headache. But, they can affect our experience of our bodies.

For example, essences that help release emotional stress may result in less physical tension. Someone who overworks may discover just how tired he or she really is.

Flower essences can help people who suffer from physical illness by addressing the emotional responses to the illness, and by working with the underlying conflicts and tensions that may have contributed to the onset of the illness. However, flower essences are not cures for any specific illness, and are chosen on the basis of mental and emotional issues, rather than specific physical ailments.

What if my condition is really serious?

Flower essences are used for any stage or transition in a person's life. However, if you have a serious mental or emotional condition or a known medical problem, you should seek the advice and care of a qualified health practitioner.

Australian Bush Flower Essences sessions are available at MLH Wellness Spa. Melissa has completed 16 accredited hours of study in Australian Bush Flower Essences.

**MLH Wellness Spa, Melissa L. Hamilton,
Licensed Massage Therapist, Esthetician &
Certified Reflexologist**

1341 Broadway St., Quincy, IL 62301
(217) 641-2041

www.mlhwellnessspa.com
Member, Quincy Area
Chamber of Commerce



Marybeth Swigart
President / Owner

1601 State St
Quincy, IL 62301
adforceadagency.com

Cell: (217)242-0059
Phone: (217)223-2172
Fax: (217)223-2173

Judy Judy...
Working Hard,
Selling Quincy
by the YARD.

Judy Schonhoff, ABR
217-242-4600

Mays Real Estate, Inc.

CHURCHILL photography

Oh, I wish I would have had the camera for that shot!

The party was 6 months ago and I still haven't gotten those pictures... off the camera... onto the computer... to a CD and printed

The batteries are dead!!!

I'd rather be enjoying and participating in the party instead of seeing it through a camera lens



Sound familiar? Let Churchill Photography take the pictures and catch those special moments for you! Your event should be enjoyed by all, including YOU! So call to reserve the special event date with Churchill Photography and **ENJOY EVERY MOMENT!**

Unique collages, posters,,and albums can be created with your event images. Come in to the studio and see what can be done.

1621 Vermont Quincy, IL 62301 (217)223-0036 www.churchillphotography-quincy.com



Prepare for the Holidays

Fall is a great time to schedule your family session with Churchill Photography to get just the right image to use during the holidays. Christmas cards, photo notecards, and gift certificates available.

Simplify. the Art of Living Organized

can help you get **ORGANIZED** and **READY** for the holidays in a snap

Walking through the family room, I step over the children's gaming system.

Newspapers and other types of publications are strewn across the length of the couch. *Even*, if I had time to sit down, I would have to clear a spot first!

It's almost time for baking goodies for the holidays. Wouldn't it be nice to have all of my favorite recipes in one location, not to mention all of the ingredients! And when was the last time I saw that large mixing bowl? Oh dear, was it this summer when the kids were using it to make colored sand? Yikes!

Forecasters are predicting a moderate to cold winter season. Will I really need to wear socks? I'll be lucky to find a pair that match! And, don't even think about gloves. And, oh, where did we put the snow shovel after winter last year?

The thoughts go on, and on, and on!

Preparations for the holidays and possible inclement weather are going to come fast and furious in the next few months, almost like pelting ice.

Are you ready?

You are not alone if any of these thoughts of disorganization fill your head. It's estimated that 85 percent of us would like to be more organized; we just don't know where to begin. And we lack the motivation to get ourselves organized.

My advice... give me a call!! I CAN HELP YOU!



You don't have to be a hoarder or have so much stuff crammed throughout your house preventing you from easily moving from room to room before you call a *Professional Organizer!*

There has been a lot of buzz on TV talk shows in recent months about people living in extremely unorganized conditions. Many people believe it takes that level of disorganization before a call to me for help is made. This is not true!

*Here's the truth...*in one organizing session, I can have your clothes closet sorted and arranged; or, sort and organize everything in your kitchen cabinets into convenient work zones; or, I can wrap all of your Christmas gifts and arrange to have your holiday cards put in the mail; or, I can arrange your favorite photos by framing them and hanging them on the wall. The possibilities are endless!

There are many jobs like these examples that can be accomplished in one organizing session. After we organize one area of your home, you will be motivated to move on to the next area!

A gift certificate for one organizing session makes a great gift for family, friends or co-workers. Or consider giving one to yourself!!! I guarantee you will love the experience and so will the rest of your family. What a great way to start the holiday season!

Reduce Unwanted Mail With These Simple Steps

Follow these simple tips to drastically reduce the amount of stuff in your mailbox, making paper management a breeze. And don't forget the OHIO rule... Only Handle It Once!

1. Limit unwanted mailbox advertising: Greatly reduce advertising mail (and save some trees) by registering with the Direct Mail Marketing Association's Preference Services. Call (212) 768-7277 or visit www.dmaconsumers.org.
2. Opt out of unsolicited credit card offers: The nation's four major credit bureaus will help you get off those pre-approved offers simply by calling toll-free 1-888-5-OPTOUT. You'll need to provide your social security number, full name, address and telephone number.

Carol McCabe
Professional Organizer
Simplify. The Art of Living Organized™
(217) 223-7649
www.want2simplify.com

What's iMportant to you?

Financial freedom and peace of mind.

Stop in and visit us today!



Mercantile Bank
FULL SERVICE BANKING & FINANCIAL SERVICES SOLUTIONS
mercantilebk.com • 217-223-7300



ONE ON ONE
Patient Interaction - That's Our Specialty



PHYSICAL THERAPY SERVICES, P.C.

Tonya Dooley, P.T.

4531 MAINE, SUITE C • QUINCY, ILLINOIS 62305 • 217-228-2853
FAX 217-228-2868

Quincy Steamboat keeps with tradition in offering latest cooking tools, products

In the three decades Quincy Steamboat Company has been in business, offering customers the latest and most innovative cooking tools and products has been at the top of the list of priorities.

"It's just something I've always wanted to do," says Sondra Bartley, owner.

To that end, QSC this year has the latest innovation in eco-smart brewing coffee, just in time for the holidays.

The word 'green' comes up a lot as we look for ways to conserve energy and be a friend to the environment. Hourglass Coffee Co. debuted its ground-breaking new coffee maker, three years in the making, at the 2009 International Home House Wares Show in Chicago and by all accounts it's worth the wait.

Unlike conventional coffee makers, the *Hourglass brews delicious coffee with less acid without heat or electricity*, using instead a patent-pending cold-water infusion process to naturally produce low-acid coffee that's smooth and rich with no bitterness. Lab tests show coffee brewed in the Hourglass has almost 70 percent less acid than traditionally hot-brewed coffee. Conventional hot brew coffee makers have internal plastic parts that may contain the harmful chemical BPA. Studies show the hot water needed for conventional brewing may leach BPA toxins into coffee up to 55 times more rapidly than without heat. The Hourglass is made from health-safe BPA-free plastic.

The brew system includes a stainless steel filter that lasts a lifetime, which is another cost-savings... no paper filters needed and the portable Bean Kanteen™ stores coffee fresh in the fridge for instant-

portioned coffee on demand for up to two weeks with no waste. The Hourglass is spill-proof, shatterproof and completely portable, making it the perfect coffee maker for travel, college life or brewing on the go.

Going along with brewing that perfect cup of coffee, QSC has more than 20 flavors and varieties of whole bean coffees. Grinding is complimentary.

There is also a selection of one-pot packages of ground coffee that make great treats to take to the office or to your neighbors for everyone to enjoy or for a gift for a special coffee-loving friend.

Door County's flavored coffees are always popular this time of year... Door County Christmas, White Christmas, Butter Rum, Candy Cane, Eggnog, Gingerbread, S'Mores, Cinnamon Rum, Autumn Spice, Chocolate Lava Cake, Totally Nuts.

QSCo.'s special holiday coffee, Christmas Traditions, is also in stock now.

The health benefits of tea continue to make headlines. The Republic of Tea Co., the leading purveyor of premium tea, has released new flavors of tea... Double Dark Chocolate Matter, Coconut Cocoa and Caramel Apple Red are all considered dessert teas.

The company has a new line of 'Be Well Teas... Get Some ZZZ's, Get Relief and Get Heart. And of course the company's traditional holiday teas... Comfort and Joy and the Tea of Good Tidings are now in stock along with a new holiday flavor... Dream by the Fire, a rooibos Red Tea.

For little tea lovers, QSC has a sampling of Little Citizens' Herb Tea. Fair Trade Certified teas, naturally caffeine-free and organic-Rooibos based, are in three flavors: Strawberry Vanilla Tea, Tangerine Tea and Apple Cherry Tea.

In the spirit of giving, a portion of sales from this line benefits the tea company's good will partner, Room to Read, a global nonprofit mission. For every tin of Little Citizens' Herb Teas sold, the company will contribute \$1 to the mission in its goal to establish 100 libraries for children in South Africa.

We continue to stock a large selection of cheese ball and dip mixes from Wind 'n' Willow. New flavors include Bacon Stuffed Mushroom, Dulce de Leche, Cookies 'n Cream, and a line of cheese-bakes such as Caramel Butter Rum and Chocolate Amaretto.

We invite you to visit our booth at the 41st annual Quincy Service League Holiday Gift Show, Saturday and Sunday, Nov. 21 and 22, at Quincy Senior High School. We'll have all your favorites for the holidays available for purchase.

Call today to book your holiday get-together... our calendar is filled with gatherings in our cooking school and our favorite Holiday Lunch 'n' Learns.

**Quincy Steamboat Company
833 Kentucky, Quincy, IL, 62301
telephone: (217) 224-6644
e-mail: qcysteamboatcoinfo@att.net
www.quincysteamboatcompany.com
QSC is a member of the Quincy Area
Chamber of Commerce and
the International Association of
Culinary Professionals.**

LR



Publications Consultant * Freelance Writer
News Releases & Newsletters of All Kinds
Kay Whitfield, 217.224.2664
whitfieldpublications@gmail.com

jk
CREATIVE
PRINTERS & MAILING

2029 Hollister-Whitney Pkwy
P.O. Box #2 • Quincy, IL 62306
217-222-5145 • Fax: 217-222-5149
www.jkcreative.com



GOOD NEWS! *Living Graciously* will be published solely using an electronic format via e-mail beginning in 2010. We believe this transition is healthier for the environment and moves us responsibly into the 21st century! We will continue to write



articles and produce *Living Graciously*, but in a format that will be e-mailed to you; from there you will be able to print it at your discretion. **We value your loyalty** and want to make sure you **don't miss any issues. STAY connected with us!!!!** Call editor Kay Whitfield at (217) 224-2664 or send your e-mail address to whitfieldpublications@gmail.com today to ensure you continue to receive this unique and worthwhile publication. We invite you to **STAY CONNECTED** to all the ways in which we are *Living Graciously*.

SHIFTINGS

Seasons come
And seasons go.
Some seem rocky,
Some in flow.
The season's come
for us to part
from our old ways
which felt like art.

Pen on paper,
Ink's linen page
Speak to me
of mellow age,
when time was ripe
To sit and sup
With neighbors, friends,
Who filled my cup.

Now we're on screen
Where picture's cost
Is thousand words
And I feel lost----
Disconnected
from the page
I wrote with pen
Which served as gauge,
As monitor
For my heart's pace,

At times so quiet
At times, a race.

What we choose not to change
As pen shifts to screen
Is commitment we feel
That our heartwork be green.

And commitment to heart
Expressing through each-
For that's why we're here,
What we learn and we teach.

So whatever the season
That you find yourself in
Stay with us on-line:
Stay connected, my friend!

by Jan Barrett
October 2009

Living Graciously
1609 Melrose Drive
Quincy, Illinois 62301

PRSR STD
US POSTAGE
PAID
QUINCY, IL 62301
JK Creative

Living Graciously - Page 8



November

Tuesday, Nov. 17, Noon-8 p.m. - *MLH Wellness Spa Open House*, 1341 Broadway, Quincy, IL.

Friday, Nov. 20, 10 a.m. - *Tea Guild meeting* featuring a presentation about *Hosting a Christmas Tea* by *Susan Asher of Thyme-Out Tea Parties* at Great Debate Books, 6th and Maine, Quincy. Fee, \$2; handouts included. Space is limited. Call Susan at (217) 885-3049 to make a reservation

Event Calendar

Saturday, Nov. 21, 10 a.m.-5 p.m. - *Quincy Steamboat Co.* at the Quincy Service League's Holiday Gift Show at Quincy Senior High School, 33rd and Maine, Quincy. Admission, \$2 in advance; \$3 at the door.

Sunday, Nov. 22, 10 a.m.-4 p.m. - *Quincy Steamboat Co.* at the Quincy Service League's Holiday Gift Show at Quincy Senior High School, 33rd and Maine, Quincy.

Friday, Nov. 27, 5:30-6:30 p.m. - *Fourth Friday: Restful Yoga* at *Redbud Yoga*. No experience required. Rest deeply. Cost, \$13. Telephone, (217) 779-9642 (YOGA).

December

Wednesday, Dec. 9, 10 a.m.-1:30 p.m. *Holiday Lunch 'n Learn cooking class* at *Quincy Steamboat Co.*, 833 Kentucky, Quincy. Cost, \$22. Space is limited. Call (217) 224-6644 or stop in to make a reservation.

January

Monday, Jan. 4, 2010 Winter classes begin at *Redbud Yoga*; day, evening & Saturday classes; register at www.RedbudYoga.com or call (217) 779-9642(YOGA)

Saturday, Jan. 30, 2010, 10:15-1 p.m.-*Rest & Renew*, retreat for women (gentle yoga & heart sharing) at *Redbud Yoga*, all levels welcome. Cost \$39