 

It’s May; longer days, shorter nights, and the chance to leave flowers on someone’s doorstep. This tradition of leaving flowers is usually done anonymously too. What an inspiration for all of us to get in touch with this month, not only giving to someone but giving without the need for recognition. Like a plant that grows, doing something for a friend, family member, or even a stranger can grow beyond the initial giving. Consider the act of giving like planting a seed. Some seeds become flowers; others can become food, or even medicine. However, if the seed is not planted, it’s just a seed. So take the inspiration of May Day as a model of giving; of time, of self, of whatever you’re comfortable with. Each giving is a seed. What will your garden look like?

What defines a good leader? *Honesty*, your business and its employees are a reflection of yourself, and if you make honest and ethical behavior a key value, your team will follow suit. *Ability to delegate*; trusting your team with your ideas is a sign of strength, not weakness. Delegating tasks to the appropriate people is one of the most important skill you can develop. *Communication*; being able to clearly and succinctly describe what you want done is extremely important. If you can’t relate your vision to your team, you won’t all be working towards the same goal. *Sense of humor*; if you are constantly learning to find the humor in the struggles, your work environment will become a happy and healthy space. –Adapted from *leadership.norwich.edu* Continued next month.

Beltane/May Day

May 1st

## Characteristics of a Good Leader

#### Date(s) to remember:

### Issue #9, May 2015

# Flower Day

the pendulum

## Paper Spinners

Ingredients:

2 Tbsp. butter

8 oz. fresh baby bella mushrooms

2 tsp. minced garlic

3 Tbsp. white wine

2 Tbsp. minced parsley

2 slices of Provolone cheese

4 slices wheat bread.

Cut printer paper in different colors into strips. Start winding them carefully around a toothpick, adding a little glue from time to time- it will make the paper easier to bend. When you’re done, cover the sides with glue so the rolled paper will not rotate around the axis. The spinner will be ready to play with as soon as the glue has dried.

 Garlic is an annual herb native to Central Asia but its widespread use as a condiment and medicinal properties is cultivate in almost all continents. Here are a few reasons you might want to have a clove or two with dinner. Garlic strengthens the immune system as well as helps to fight chest infections, coughs and congestion. Cardiovascular disease can be reduced by ingesting garlic; bad cholesterol and aortic plaque deposits that gather on the walls of your body’s veins can be reduced with the use of garlic. Garlic is a great source of vitamin B6, which is needed for a healthy immune system and the efficient growth of new cells. Studies have shown that garlic can regulate blood sugar as it enhances the level of insulin in the blood.

## Garlic Breath Is Healthy?

## Simple Garlic Butter Mushroom &Provolone Melts

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Garlic Aioli

Mix ¾ c. mayonnaise, 3 cloves garlic (minced), 2 ½ Tbsp. lemon juic, ¾ tsp. salt, ½ tsp ground black pepper.

Enjoy as a dipping sauce for veggies or breads.

Found on allrecipes.com

**Directions :**

1. Wipe the mushrooms with a damp paper towel to remove dirt (if necessary). Thinly slice the mushrooms.
2. Heat 1 tablespoon butter in a large skillet over medium heat. Add mushrooms and garlic; sauté until lightly browned. Turn the heat up to high, add the wine and stir until wine has cooked down and there is hardly any liquid left in the pan. Remove from heat and stir in parsley.
3. Heat a griddle or large skillet to medium high heat. Spread remaining 1 tablespoon butter over the exterior of the 4 slices of bread. Place bread on griddle, buttered side down, and top with mushrooms and one slice of provolone. Top with second slice, buttered side facing up. Grill until golden brown, flip, and repeat. The cheese should be melty and gooey and bread will be crispy on the outside.

Source: http://pinchofyum.com/simple-garlic-butter-mushroom-provolone-melts

## Simple Garlic Butter Mushroom & Provolone Melts (continued)

**How To Escape An Attacker**



Most attackers look for someone who appears weak, easily intimidated and already fearful. Here is an escape tactic to help you feel more confident. The face (eyes and nose) are some of the most sensitive parts of the body. The bone in the nose is thin and easily broken. Hurting your attacker’s eyes will cause a loss of sight for a short period of time, giving you an opportunity to escape.



Word of the Month: Duende

*n. The power to attract through personal magnetism and charm*

*ex*. Even as a child, she had an unmistakable duende that attracted the attention of others.