



## To Never Grow Up? ...continued from page 1

day I see the face of my mom. At 70, she still is a beautiful lady. I hope, however, I look like a much younger version of her. Every little wrinkle on my face has some story to tell, for I have earned those lines.

My steps are not quite as quick as they were in my youth, but I am still going strong, walking steady and enjoying every step. Sometimes, when I sit for a long time in one spot (like on a plane) I have to coax my body to move as it feels like rigor mortis has set in. But in a few minutes, I feel the joy of movement and the pain seems to disappear.

I think that perhaps, the presenter in question was trying to focus on having more fun in life, but the act of growing up does, in no way, mean that we are not having fun.

Fun is now a big part of my life, a much bigger part than it was as a child. I am far goofier, silly and humorous than I ever dreamed as a child. Growing up has helped me see the world much clearer, and has helped me discover the

absurdities in life. I meet the most wonderful people and some of them make me laugh so much, even when they didn't intend to. Absurdities—they are all around us.

There is always something happening in the world that is just plain crazy, people doing the

“...the act of growing up does, in no way, mean that we are not having fun.”

dumbest things and listening to what people actually say (instead of their actual intent). No wonder comics can have such a field day with politicians—they are practically handed the material on a silver platter.

To grow up should never be confused with to grow old, as they are not the same thing at all. To grow old is when a person loses their zest for life or when they decide they have learned enough, or lived enough and they are content just watching television, not exercising, not

participating in life, not fighting the pains in their body and not looking forward to anything. That is growing old—something that no one has to do. Just ask IPPW member Mary Wymann, who in her 80's walks everyday, involves herself in learning new things (I first met her when she joined my Toastmaster's Group) and laughs and giggles at every opportunity. She is a wonderful grown-up who will never grow old, only get better with age.

My friends, to grow up is an honor, one that everybody should strive for. I am sure all of us can remember someone who touched our lives and never even had the opportunity to grow up. What a shame.

So hold your head up high, fellow grown ups. Our time is now. Indulge yourself with experiences, create the life you want to live and take your Silly Putty and mold your life the way you want it to be.

♥ Debby

## IPPW Member Information

If you haven't signed up for your *In the Presence of Positive Women* membership yet, *what are you waiting for?*

There is no better time to get involved with other positive women than the present. Your involvement can be as simple as just reading your monthly newsletter (filled with motivational and inspirational articles), you can be actively involved by helping to start a chapter in your home town—or anything in between. The involvement is strictly voluntary, your membership is for you.

Our goal is to foster an environment where women meet to share tools of empowerment and find courage to reach their potential. We invite you to become part of a new wave of organization—one that is being created by you, for you.

A few of the benefits besides the newsletter include discounts on IPPW events, merchandise and advertising in the newsletter.

Visit our website [www.positivewomen.com](http://www.positivewomen.com) for a membership application.

Behind the scenes of our *In the Presence of Positive Women* newsletter:

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Graphic Design & Layout: Linda Kaye, InterActive Synergy, LLC 603.429.2564 [linda@intsyn.com](mailto:linda@intsyn.com)  
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Membership Fees

1 Year .....\$35

2 Years..... \$50

Best value 5 Years.....\$75

## Simply Speaking by Vivian Lavarney Dion

The tea is hot, Jeopardy's familiar theme plays in the background, and my recliner feels mighty comfortable. I'm ready to concentrate on Alex Trebek's questions and have a half an hour of fun, but my plans suddenly change as the telephone rings.

It's Emily. Her conversation starts off small, talking about family, then herself, and the children's activities, then about herself again. Emily is a good neighbor, and she holds my interest, as I hear the bits and pieces about her family and their many adventures. It was sort of funny as she described mother's shenanigans; it seems Hazel, a little energetic French woman decided she didn't like her new dentures and threw them down the toilet.

That was quite an expensive "little episode," and frankly, it was first time I heard of someone doing that!

I believe, the best way to be a good friend is to listen. I listened as Emily continued, "My daughter's having problems with her knees, and Hazel wants me to visit constantly. The house is a mess. I don't know when I'll have time to clean it because I have to have my hair done, and then go to my doctor's appointment. All this between working eight hours a day."

Emily's conversation becomes very negative as she started the "poor me syndrome." In a nutshell it sounded like the busy women's mantra, "I'm so overworked, overstretched, full of tension, out of control, or do not have enough time of do everything. Life is a crisis." I say, "Oh, no" or "Too bad" as Emily goes on and on.

*"Never listen to other people's tendencies to be negative or pessimistic because they take your most wonderful dreams and wishes away from you—the ones you have in your heart!"*

The clock shows nearly thirty minutes have passed since I said "Hello." Enough is enough, and I'm tired of listening. The category for the final question appears on the screen. I imagine the category to be: "Talking on the Phone." And the last question: "When Is It Time To Tell Emily to Stop Raining on My Parade?"

Thinking of an e-mail I recently received, it said, "Never listen to other people's tendencies to be negative or pessimistic because they take your most wonderful dreams and wishes

away from you—the ones you have in your heart! Always think of the power words have because everything you hear or read will affect your actions."

What kind of friend are you? Are you the type of person who listens, gives encouragement and support? Or do you talk about yourself, your problems, and never let the other person have a word in edgewise?

I finally say to Emily, "It's time for me to go, I must say good-bye. I hope things are better for you tomorrow. I'm sure it's difficult and we all have problems, but do the best you can." I continue, "I hope you can work things out, and remember you are not alone." It felt good to leave each other on a positive note. I had patience to encourage a friend; knowing that tomorrow is another day, the Jeopardy theme will start playing again, and I'll be sitting in my recliner sipping a cup of hot tea.

Encouragement, motivation, and support of family, friends and co-workers are another way of saying, "Walk together with me in the rain, and we can accomplish most anything."

Vivian Lavarney Dion, is the Executive VP for IPPW and lives in New Durham, NH with husband Ray and two cats. Questions or comments can be made via e-mail [viv@positivewomen.com](mailto:viv@positivewomen.com).

### Follow up from the February IPPW Lunch with a Mission.

Presenter Kathy Chamberlin gave us a wonderful presentation on one-page newsletters. As promised here are Web sites referenced: [www.MillieCalesky.com](http://www.MillieCalesky.com) and [www.voiceofclay.com](http://www.voiceofclay.com).

Thank you Oonagh Williams of Royal Temptations for a delicious lunch. To try some of Oonagh's free recipes for yourself, visit her online at: [www.royaltemptations.com](http://www.royaltemptations.com).

## Making the Most of Your Online Identity by Linda Kaye

Almost gone are the days when someone wanting to make further contact with you will simply ask you to jot down your phone number on a piece of paper. At the very least, they ask for, and expect, a business card containing both your phone number and email address.

Many times that email address will be your primary means of re-connecting, but will your email address or the senders email address be mistaken for spam and deleted unread—leaving that re-connect as a disconnect? With the deluge of spam and virus emails, it's not uncommon for busy email users to routinely delete all incoming email that is not easily recognized as a correspondence they wish to receive. Unrecognized or cryptic emails like lk0571@hotmail.com are routinely mistaken as spam, even if it's a valid email. This is why it is very important to select and control your own online identity.

One step up from using the anonymous services of hotmail and yahoo is using your ISP's (Internet Services Provider) address, but there are drawbacks here also. Have you ever fallen victim yourself, or know someone who has been forced by their provider to change their email address? My sympathy to those readers who started out with email addresses of user@home.com or user@mediaone.com which changed to user@attbi.com only to be changed again to user@comcast.net. Where does it end? With your own domain! Even if your ISP changes names (or you change providers) your own domain remains the same. Email can be accessed either by logging into your account or it can be automatically forwarded to your (new) ISP mailbox or

hotmail or yahoo account. If you have recently changed email addresses and your old ISP does not provide email forwarding, try a service such as <http://www.maillocate.com>.

If you are a business owner

**“...will your email address or the senders email address be mistaken for spam and deleted unread—leaving that re-connect as a disconnect?”**

(even a small start-up) you should register your domain name even if you are not ready to publish a Web site. Can't get your domain because it's already taken by another company? Select a variant and lock it on now as domain names are sold first come first served. Try adding descriptors like llc or inc to the end of your company name, adding hyphens, location, or consider selecting another top level domain such as .biz, .info or .us.

However, depending on your business type you might be better off with a domain name based on your name recognition. This is especially true for authors, coaches, public speakers and just about anyone who is their own company. Domain names can always be redirected to company domains or vice versa. If your name is unavailable, using a middle initial is not always ideal unless you make yourself known with the initial in your name.

Search for the availability of domain names through any number of online services. My favorite domain service is <http://www.whois.sc>. I routinely use the name spinner to see what domains variants are available

for my clients.

If you want personal email and you are not associated with an organization and your .com is already taken, consider the new domain “.name”. For example, I have registered linda.kaye.name. With this new domain I can use the email address linda@linda.kaye.name or post my website site to <http://linda.kaye.name>. It looks a bit strange, but as the .name domain gains in popularity it won't seem so odd.

You might think owning your own domain is expensive, but it really isn't. The price for reserving your domain name varies and will cost you anywhere from \$8 to \$35 per year depending on the registrar you select. It can be locked in for 1 year to 10 years. If you decide to register the name yourself, make sure you record your username, password and expiration date and keep it in a safe place as you will occasionally need to get into the account for modifications and renewals. Now that you have reserved your domain name you may either keep it parked or have it hosted as email only or as a Web site. Prices start at \$50 per year for email only and \$15 per month for a Web site with email.

Make the most of your online identity by taking the time to select and lock on your own personal or company domain name. The internet isn't going away so you might as well join in and be recognized.

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