

Newsletter May 2011



Challenge 66: Andy McMenemy is on his final week of Ultra Marathons.

This inspirational man has demonstrated determination, focus, belief, physical wellbeing & tenacity.

I've been musing on tenacity. There was an article in a newspaper recently saying that tenacity is the best & most important trait / skill we can develop in children. How do we do that? I consider myself pretty tenacious (I remember not being!). But where did I get / learn that from? Do we learn it from our parents? Do we push a little bit and then falter, and then next time, push a little further. Is it actually like an elastic muscle that needs to gradually stretch to be acquired? And can it shrink if we don't use it? Certainly it feels easier sometimes to give up – but it doesn't make me happy. On reflection, I am at my most tenacious when my reason for doing things is outside of myself. What parent wouldn't stick at something for their children? What person wouldn't stick at something if it made a positive impact on someone else's life? So our reason for doing the thing in the first place is paramount. It needs to really matter.

We have recently been building our exciting business & have been racing to hit a target. When we got part way there and I felt tired, hesitant and less committed, my coach told me that the middle of the race is the hardest. At the beginning you are full of hope. At the end you can sniff victory. In the middle, you have committed but are wondering, doubting, swithering. Shall I keep going? Shall I stop? Can I do it? Is it worth it? The danger at this point is that if you are asking yourself 'why am I even doing this?' at this stage.... your elastic tenacity muscle might snap back and you'll quit.

Andy has pushed through physical pain, injury, mental pain & logistical nightmares. So in the middle of his race, his 66 days... did he ask himself, 'why on earth am I doing this?' I doubt it. I suspect his why was in laser sharp focus. He sent me a text saying "I didn't start this to fail. I started it to finish". Already being stretched, he didn't need his tenacity to be questioned as well! He hasn't got time to wrestle with why he is doing it; he has to travel to the next city and run again. To not be clear of your outcome for doing

something is fatal. At best it's a waste of time even starting & at worst it will undermine your self esteem – when you give up feeling a failure again because you lacked clarity & conviction: feeding the monster of self doubt. It's OK for your why to be questioned & tested, for it to change, but never doubted. And if your 'why' isn't big enough you simply won't push through the inevitable pain of setting your stall out to achieve something great.

Nelson Mandela quoted *Return to Love* by Marianne Williamson, Harper Collins, 1992.

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, 'who am I to be brilliant, gorgeous, talented and fabulous?' Actually, who are you *not* to be? You are a child of God – your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We were born to make manifest the glory of god that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."*

Andy's goal, dream, achievement, success... is for me a powerful message of how someone else's tenacity, playing full out, belief in himself and others can liberate us, not just himself. He has liberated himself from any limiting beliefs & fears. He has not 'played small' or 'shrunk' but has lit the way. In doing so he has liberated us & shown me a glimpse of what I am capable of too. We too can play big. We too can achieve amazing things for others. For that, I am eternally grateful. What an amazing person to know & how humble I feel that we have been part of his journey with our amazing products.

To donate to **Challenge66** go to:-
www.challenge66.org & click on your nearest city

To find out more about the products he has used to keep him going go to:-
www.healthylife.myforever.biz/store

As part of **Challenge66** we are offering the **Argi +** drink at an offer price of **£45 saving £13.60**.



This amazing product:

- Acts to release anti-ageing hormones
- Affect insulin sensitivity, so is useful in maintaining blood glucose control
- Increases stamina
- Increases muscle mass & strength while reducing fatty tissue
- Improves recovery post exercise
- Helps maintain healthy blood pressure
- Contains an extract of red wine, which helps to reduce blood cholesterol levels
- Greater blood flow increases sexual function
- Aids bone tissue growth and repair, is particularly appropriate after fractures and soft tissue injury

Classes & Diary Dates: Term ends on 26th May; HOWEVER there is a class at Linton Village Hall on Mon 30th at 9.30. Do come along to make up for classes missed if you'd like to. We start again on 6th June & term runs until 21st July (7 weeks).

We know how you like to plan your holidays around your Pilates! So here's the plan for the 6 week summer break.

- One class on 25th July at Linton 9.30am
- No classes the week of 26th July or 1st Aug
- One week of classes during week of 8th August
- No classes then until we come back a little rusty the week of 5th September (3 week gap)

Free class: On Tuesday 30th August at Linton Village Hall we will be holding an evening with one (or two) free classes. With an exciting theme & a bit of fun planned, book your place – email or call Nicky 01937 586685 nicky.healthylife@btinternet.com and who knows if the sun is shining we may venture outdoors!

Class prices: These have not gone up for 2 years. From September there will be a slight increase in line with our costs that have gone up repeatedly in that time.

Nicky will be contacting you about amending your standing orders during July so that we can have it all done & in place for September.

Boston Spa: Charity Golf Day 2011



Wetherby Golf Club: Friday 27th May 2011

- Tea and bacon sandwiches between 12.30 and 2.00
- Tee off times between 1.30 and 3.00 on a first come first served basis
- Teams of four people. Limited to 18 teams
- Two course dinner at 8.00pm
- Prize giving and presentations

The cost is £250 per team of four and includes lunch, golf and dinner.

- Hole sponsorship is available at a cost of £50 per hole. (Corporate logo to be sited on the tee)
- Scoring will be stableford, based on $\frac{3}{4}$ of full handicap, best two scores to count with every player having to count on at least two holes on both the front and back nine.
- Maximum handicap is 28 for men and 36 for ladies.
- Prizes for the longest drive and nearest the pin.

This year's beneficiary will be the Lower Wharfe Youth Work which works throughout the year with children from Boston Spa, Clifford, Bramham and Thorp Arch.

Please contact Paul Martin for more details on 07970 277201 or 01937 849687

Email: broadyards@btinternet.com

Phoenix Trading is supporting Children's Hospices UK for the third time in under 2 years.



In that short time, this British company, its team of Independent Phoenix Traders and customers have raised well over £0.4 million.

Rachel Bentley is looking to customers old and new to come forward and help her to personally raise £250 towards this year's target of a further £150,000 for this great cause. Could you host a phabulous, phun and phantastic 'Butterfly Tea Party' at home, work, play group or other organisation? At each event Rachel will provide for sale gorgeous Phoenix Trading

Cards, Wrap and Stationery to give it some sparkle. She will make a 10% personal donation as well as selling a special range attracting a donation from Phoenix Trading.

Any orders placed with Rachel in May from the current range will attract a donation by Phoenix Trading. Buy the whole set of 12 cards for just £12 generating a total donation of £3.40.

For more details and to order visit www.phoenix-trading.co.uk/web/rachelbentley, call Rachel Bentley (Independent Phoenix Trader id 7093) on 01937 842732 or 07976 621496.



Wetherby Chiropractic: Alison Eaves has taken over from Kate Simpson at Wetherby Chiropractic whilst Kate is off having her first baby. Kate is due any day now and we eagerly await news of the new arrival!

Alison will be looking after Kate's existing patients and hopefully bringing lots of new patients to the practice. Like Kate, Alison is a strong believer in the power of Pilates and believes that chiropractic treatment and Pilates complement each other perfectly.

Alison treats in a similar way to Kate but also has a keen interest in running injuries. Being a runner herself, Alison understands the unique demands that running can place on the body and the problem areas that often need treatment. Alison is looking forward to greeting both old and new patients at Wetherby Chiropractic.

Alison Eaves, Doctor of Chiropractic

T: 01937 585416

info@revivechiropractic.co.uk

www.revivechiropractic.co.uk

Job Vacancy – The Organic Pantry:

We have a job available, principally in the Farm shop, Tuesday and Friday. 9 - 5pm.

- General shop work
- Stock taking
- Cleaning
- Dealing with customers in the shop and on the phone
- Basic computer work

Must be happy to Muck in, as we all do, and turn their hand to anything required



Interested?

Contact me:

fanny@theorganicpantry.co.uk