



TMR La Poste



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1 FÉVRIER 2023

HEBDOMADAIRE

ÉDITION 26.04



DÉVOILEMENT DU QUARTIER SPORTIF ET COMMUNAUTAIRE LE 1 ET 2 FÉVRIER

MARTIN C. BARRY

Au cours de la réunion du conseil de ville du 24 janvier, le maire Peter Malouf rappelait aux citoyens que la municipalité organise deux séances d'information le mercredi 1er février et le jeudi 2 février afin de dévoiler les premiers plans pour le projet longuement attendu du Quartier sportif et communautaire.

« Nous travaillons fort pour organiser une présentation pour notre nouveau Quartier sportif et communautaire, et nous espérons qu'elle pourra répondre clairement à toutes les préoccupations et questions que les citoyens pourraient avoir », disait le maire.

« Nous espérons ainsi que ce qui sera présenté rencontrera les ententes de tous et que ce projet rassembleur et bon pour notre communauté recevra votre appui et pourra avancer ».

Le maire ajoutait qu'il espérait que « la majorité silencieuse des résidents que l'on ne voit pas souvent sera avec nous le premier et le deux février ».

En ce qui concerne le déneigement, le maire tenait à remercier les cols bleus de la ville et toute l'équipe des travaux publics pour leur travail lors des opérations de déneigement récentes.

« Il serait bon de noter que les opérations de déneigement sont complexes et mère Nature ne collabore pas toujours avec l'horaire et la quantité de chutes de neige », disait le maire.

Pendant la période de questions du public, Farid Tannous, membre de l'Association municipale de Mont-Royal (AMMR), demandait au maire de clarifier son point de vue en ce qui concerne l'avenir de l'ancienne synagogue Congrégation Beth-El située au 1000 chemin Lucerne.

L'édifice a été acquis par la compagnie de promotion immobilière SAJO qui espère y construire un projet résidentiel. En attendant, la compagnie a installé une clôture de sécurité pour restreindre l'accès.

« En ce qui concerne le 1000 Lucerne, il n'y a pas eu d'approche au conseil pour un changement de zonage ni pour n'importe quel type de permis », le maire Malouf lui répondait.

Selon le maire Malouf, ce projet en particulier, « est une énorme frustration pour le promoteur, et je peux bien comprendre. Personne n'a réussi à présenter d'autres recommandations



Au cours de la séance du conseil municipal du 24 janvier, le maire Peter Malouf informait les citoyens de VMR que la ville tiendrait deux séances d'information, le mercredi 1 février et le jeudi 2 février, afin de dévoiler des plans initiaux pour le Quartier sportif et communautaire.

Photo : Martin C. Barry, La Poste de VMR

alternatives. On l'a seulement critiqué.

« Et, très franchement, en ce qui me concerne, et je vais être direct avec vous, je pense qu'un projet résidentiel là serait une bonne idée et un bon usage pour cette propriété. Actuellement, c'est une vraie horreur dans

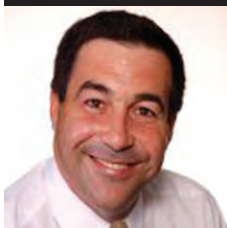
notre communauté sur Lucerne. C'est devenu hasardeux, dangereux et ça me dérange du point de vue de la sécurité ».

Summary

During the Jan. 24 public meeting of TMR

town council, Mayor Peter Malouf reminded residents that the town is holding two information sessions, on Wednesday Feb. 1 and Thursday Feb. 2, when plans for the long-awaited Quartier sportif and community centre will be unveiled publicly for the first time.

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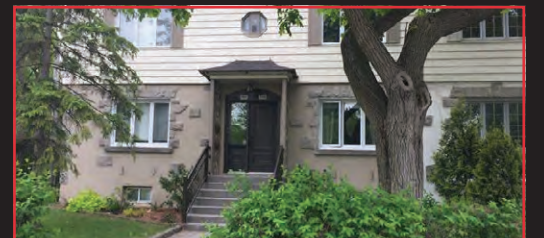
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INFO FLASH



PRÉSENTATION DE LA VISION DU QUARTIER SPORTIF & COMMUNAUTAIRE

Le conseil municipal présentera aux résidents et résidentes sa vision du Quartier sportif & communautaire les 1er et 2 février 2023, à 19 h à la salle Schofield (hôtel de ville).

La présentation sera également webdiffusée en direct pour celles et ceux qui ne pourront pas y assister en personne.

1. Présentation de la vision du Quartier sportif & communautaire.
2. Période de questions du public.

PRESENTATION OF THE QUARTIER SPORTIF & COMMUNAUTAIRE VISION

The Town Council will present its vision for the Quartier Sportif & Communautaire to residents on February 1st and 2nd, 2023, at 19:00 at Schofield Hall (Town Hall).

The presentations will also be webcast live for those who can't attend in person.

1. Presentation of the Quartier Sportif & Communautaire vision.
2. Question period from the public.

LE CERCLE DES FEMMES DE VMR

Le cercle des femmes de Ville Mont-Royal organise des rencontres bimensuelles pour créer un lieu d'écoute, de partage et d'échange, ainsi que briser l'isolement au sein d'une communauté de femmes.

Les rencontres auront lieu dans la salle d'exposition de la bibliothèque Reginald-J.-P.-Dawson les mardis de 13h15 à 14h45 aux dates suivantes: 7 février, 21 février, 7 mars, 21 mars.

Inscrivez-vous gratuitement aux 4 rencontres auprès de :

Eleonora Salvagio, facilitatrice
514 638-9169

ou

Judith Prive - Conseillère Sociale VMR
514 734-2937
Judith.Prive@ville.mont-royal.qc.ca

TMR WOMEN'S CIRCLE

The Town of Mount Royal Women's Circle organizes bi-monthly meetings in order to create a place of listening, sharing, and exchange, as well as to minimize feelings of isolation by joining a community of women.

Meetings will be held in the Library Exhibition Hall on Tuesdays from 13:15 to 14:45 on the following dates: February 7, February 21, March 7, March 21.

Sign up for free by contacting:

Eleonora Salvagio, Facilitator
514 638-9169

or

Judith Prive, TMR Social Counsellor
514 734-2937
Judith.Prive@ville.mont-royal.qc.ca

DES NOUVEAUTÉS CETTE ANNÉE AU PARC DANYLUK!

Pour profiter au maximum de l'hiver, de nouvelles installations ont été aménagées par la Ville au parc Danyluk.

Une montagne de neige a été créée entre le centre récréatif (REC) et l'hôtel de ville pour permettre aux familles de glisser.

Une piste de ski de fond a également été aménagée sur l'anneau de course située à l'arrière de l'hôtel de ville pour le plaisir des amoureux et amoureuses de sports hivernaux.

NEW THIS YEAR AT DANYLUK PARK!

To make the most of winter, new installations have been added to Danyluk Park.

A snow mountain has been created between the Recreation Centre (REC) and Town Hall to allow families to slide.

A cross-country ski trail have also been created on the racetrack located at the back of Town Hall for the enjoyment of winter sports enthusiasts.

PATINAGE À L'ARÉNA

L'horaire régulier pour la saison d'hiver est de retour! Profitez de séances de patinage libre à l'aréna municipal (1050, chemin Dunkirk) tous les mardis de 16 h à 16 h 50 ainsi que les samedis et dimanches de 13 h à 13 h 50, et ce, jusqu'au 2 avril prochain.

Des séances de patinage libre pour adultes seulement sont également à l'horaire tous les mardis et jeudis entre 9 h 30 et 11h30.

ICE SKATING AT THE ARENA

The regular schedule for the winter season is back! Enjoy free skating sessions at the municipal arena (1050 Dunkirk Road) every Tuesday from 16:00 to 16:50 as well as Saturdays and Sundays from 13:00 to 13:50 until April 2nd.

Free skating sessions for adults only are also scheduled every Tuesday and Thursday from 9:30 to 11:30.

PERMIS GARDE DES ANIMAUX 2023: RENOUVELLEMENT DES LICENCES DÈS MAINTENANT

Veillez noter que les enregistrements et les renouvellements de licences pour les animaux se font désormais en ligne dans le logiciel Gestipattes accessible sur le site Web de la Ville.

Pour l'année 2023, la période de renouvellement des licences est commencée.

Merci pour votre collaboration.

DOG OR CAT 2023 LICENSE: RENEWAL PERIOD HAS BEGUN

Please note that animal license registrations and renewals and secure payment are now completed online in the Gestipattes software, available through the town's website.

For the year 2023, the license renewal period has already started.

Thank you for your collaboration.

TAXES FONCIÈRES 2023

Le compte de taxes foncières de la Ville de Mont-Royal vous a été transmis dernièrement.

Un premier versement est exigible le 24 février et un second, le 25 mai.

Veillez noter que le compte d'impôt foncier en 2023 sera détaillé. La portion de taxe pour les services locaux et la portion de taxe pour le coût des services de l'agglomération de Montréal seront présentées séparément.

2023 PROPERTY TAX

The Town of Mount Royal's property tax bill was recently sent to you.

A first instalment is due on February 24, and a second on May 25.

Please note that the 2023 property tax bill will be detailed. The tax portion for local services and the tax portion for the cost of services of the Agglomeration of Montréal will be presented separately.

FIN DE GOVILLEMO, VIVE BCITI+!

Le service de messagerie par courriel et SMS govillemo a pris fin le 31 décembre dernier.

Pour ne rien manquer de l'actualité municipale, nous vous invitons à télécharger gratuitement l'application bciti+ sur l'App Store et sur Google play.

Une inscription est nécessaire afin de recevoir les notifications de la Ville par courriels et SMS.

Il est aussi possible d'accéder au portail Web de bciti+, à l'adresse <https://mont-royal.bciti.com>

Veillez bien vous assurer de télécharger l'application bciti+ et pas l'application bciti.

END OF GOVILLEMO, LONG LIVE BCITI+!

The govillemo email and SMS messaging service has been discontinued as of December 31.

If you don't want to miss out on any municipal news, we invite you to download the bciti+ app for free on the App Store and Google play.

Registration is required to receive the notifications from the Town by emails and text messages.

You can also access the bciti+ web portal at <https://mont-royal.bciti.com>

Please make sure you download the bciti+ app and not the bciti app.

DÉNEIGEMENT

ATTENTION AU RECYCLAGE ET AUX ORDURES!

En obstruant le passage des chenillettes lors de précipitations abondantes, les bacs et autres contenants malencontreusement placés sur le trottoir retardent le déroulement des opérations de déneigement, en plus d'augmenter les risques de collision.

Rappel : Il est interdit de placer tout objet sur la voie publique (rue et trottoir) conformément aux articles 25 et 28 du Règlement n°1358 et à l'article 46 du Règlement n°1380.

Information: Sécurité publique 514 734-4666

SNOW REMOVAL

MIND YOUR RECYCLING BINS AND REFUSE!

By blocking the passage of sidewalk plows during heavy precipitation events, bins and other containers placed on sidewalks slow down snow removal operations and increase the risk of collision.

Reminder: Under sections 24 and 28 of By-law No.1358 and section 46 of By-law No.1380, no objects may be placed on a public way (street or sidewalk).

Information: Public Security, 514 734-4666

RENSEIGNEMENTS GÉNÉRAUX 514-734-2900

Urgence 9.1.1

Bibliothèque 514 734-2967

Loisirs 514 734-2928

Sécurité publique 514 734-4666

Heures d'ouverture régulières
Lun-Ven 8h30 à 16h30

Hôtel de ville - 90, avenue Roosevelt H3R 1Z5

GENERAL INFORMATION 514-734-2900

Emergency 9.1.1

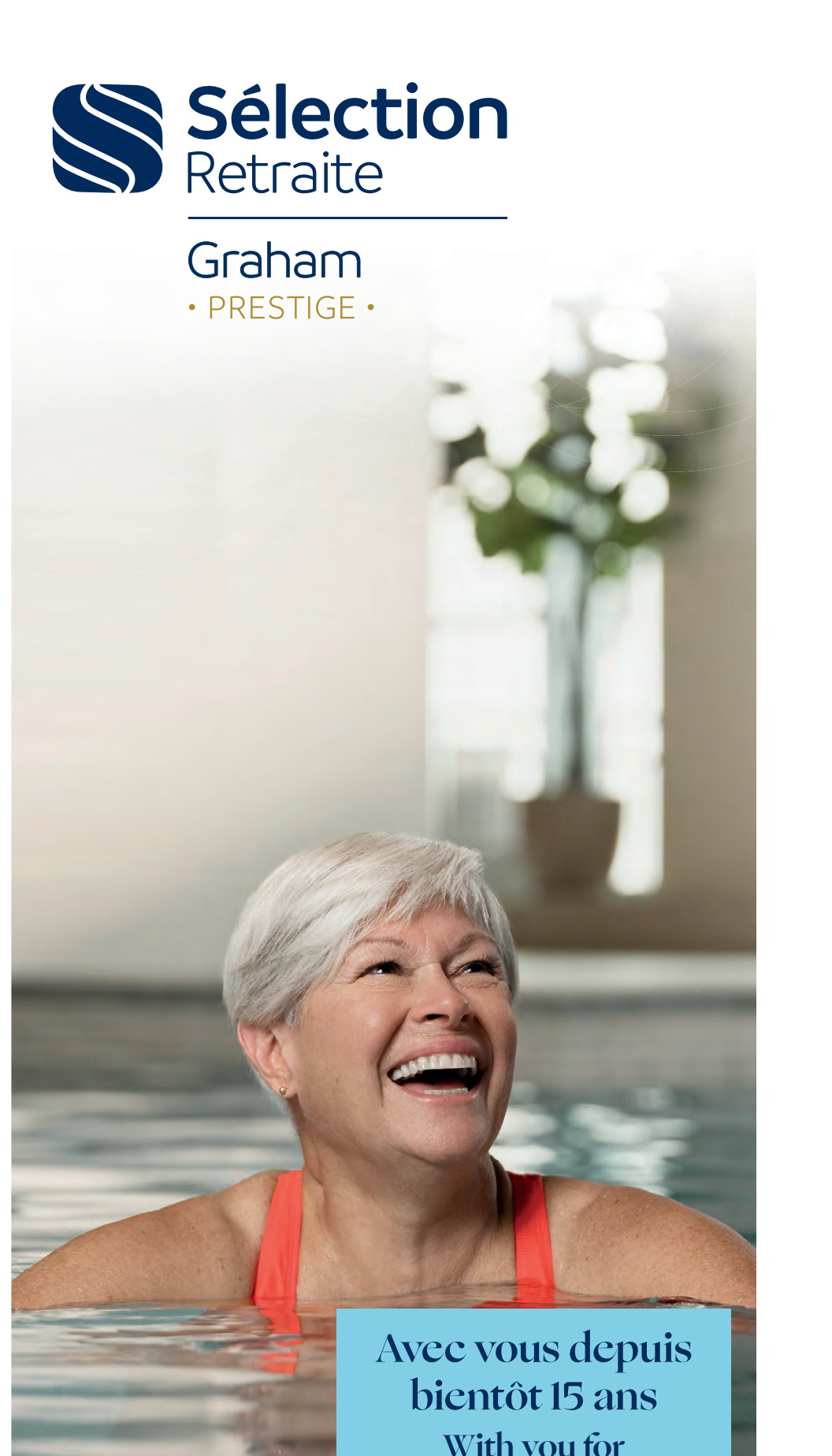
Library 514 734-2967

Recreation 514 734-2928

Public Security 514 734-4666

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Town Hall - 90 Roosevelt avenue H3R 1Z5



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POLICE TO CRACK DOWN ON DRUG USERS IN MOHAWK PARK BY SPRING



Seen here with town manager Ava Couch during last week's Public Security Neighbourhood Watch meeting, Mayor Peter Malouf questions members of the Public Security staff, two representatives from the Montreal Police and a guest speaker from the School of Criminology at Université de Montréal.

Photo: Martin C. Barry, TMR Poste)

MARTIN C. BARRY

Speaking during the TMR Public Security Dept.'s second Neighbourhood Watch presentation last week, a Montreal Police official said the force plans to intervene at Mohawk Park by spring, following reports that students from École secondaire Pierre-Laporte have been gathering in the park and using drugs.

Public Security hosted the presentation during the evening of Jan. 26 in the Royalmount Room at town hall. During the meeting, there were three short presentations followed by a question period.

Resource persons from TMR Public Security and the SPVM (Montreal Police Department) were also on hand to share information with the public. A special guest speaker from the School of Criminology at Université de Montréal gave a talk on the perceived effectiveness of neighbourhood watch programs.

The Mohawk Park issue was raised by Balfour Ave. resident Romana Rogoshewska. While noting that students from all over Montreal are enrolled at the Rockland Rd. high school, she maintained that there are drug problems in Mohawk Park.

She asked Station 26's Lieut. Stéphane Rodrigue, who was invited by Public Security to the meeting along with another Montreal Police colleague, whether the police might be able to intervene in the park with students in a non-aggressive way just to let them know they are being watched.

Lieut. Rodrigue said the station's community relations officers have been working collaboratively with staff at École secondaire Pierre-Laporte on the issue.

"Without going into detail, there are some actions coming in that dossier," said Lieut. Rodrigue. As for Mohawk Park, he said it is one of the priority areas in the town that will be more closely scrutinized by spring, and that Public Security had also indicated it would be taking actions of its own.

"We are aware of the situation," added Lieut. Rodrigue. "It is a recurring problem. So, every year we go back. And in the meantime, if you see things happening, let us know."

Summing up the value of the Neighbourhood Watch program, TMR Public Security Community Relations Officer Daniel Leporé said, "A neighbour can be a great friend, an ally and someone who can be there for you in your time of need."

Résumé

S'adressant à la problématique de l'utilisation de drogues dans le parc Mohawk près de l'École secondaire Pierre-Laporte sur le chemin Rockland, un représentant de la SPVM affirme que des policiers interviendront au printemps lorsque les étudiants seront dehors.

« Sans entrer en détail, il y a quand même des actions qui s'en viennent dans ce dossier-là », expliquait le lieutenant Stéphane Rodrigue de la SPVM, au cours d'une séance d'informations sur la surveillance de quartier organisé par le département de sécurité publique de VMR à l'hôtel de ville la semaine passée.



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Open letter

“THE SILENT KILLER: SEEKS WOMEN OF ALL AGES.” A PERSONAL JOURNEY

**A special collaboration from
Dr. Romana Rogoshewska**

Montreal, 2019, December 24th, 11 pm: I got a call from St. Mary's Hospital where my mother lay dying of heart failure and taken a turn for the worst. I was told to come back.

In a rush, I slipped on the ice in the parking lot, bad fall, and hobbled to ER thinking I suffered a fracture. The doctor walked in with my X-Rays. "Good news. No fracture."

I was relieved, ready to go.

"But..." There's always a but. "We found something else."

Ovarian mass. I thought they had the wrong patient. I had no symptoms--healthy, athletic, take no medications, and anti-ageism so my chronological age not a factor. I knew nothing about ovarian cancer except "the silent killer."

But there it was--my name on the report. I remember little else except thinking the worst: "cancer cancer cancer." My world slammed into the wall. This can't be happening.

While waiting for more results, in a stupor I made it up to my mother's room facing St. Joseph's Oratory lit with Christmas lights. Joy to the world. I talked about snowflakes, her cat lodging with me... And faked it.

Praying for a miracle. Mother and I are both dying. She needs me...Who goes first.

She did.

Ovarian cancer doesn't discriminate. Women of any age and race are candidates and, unlike other gynecological cancers, more lethal since there are no symptoms until too late. As result, it's the 3rd most common cause of death in women, approx. 3000 in Canada with an estimated 1,950 will die this year. More lethal than other gynecological cancers, difficult to spot at early stage with only vague symptom, unlike breast cancers detected with mammograms .

Worse still, women are unaware it isn't part of their regular Pap test as I wasn't. In fact, the Pap screens only for cervical, unable to detect ovarian and endometrial cancer unless already spread. At higher risk are the post-menopausal, unhealthy lifestyle (obesity, smoking, etc.), heredity, and certain ancestry including women of color or East European Jews.

Meanwhile, women are walking around like the living dead.

I know first-hand.

Fast-forward, 2023:

My ovarian nightmare began that Silent Night. I'm high-risk for general anaesthesia and surgery necessary to remove the mass for further laboratory analysis--they can't just take a sample. I had a near-fatal car accident in my 'twenties and suffered heart failure on the operating table due to the anaesthetic. Gone. Emergency tracheotomy, resuscitation...I didn't see any "light the end of the tunnel" when I came to in the recovery room, just tubes hooked up to my orifices and a guy mopping up the vomit.

As result, my file was directed to the Jew General Hospital and Dr. Walter H. Gottlieb.

In the midst of the emotional whiteout that Silent Night, I got lucky.

Dr. Walter H. Gottlieb is considered a pioneer of robotic surgery in gynecologic oncology in Canada. Internationally acclaimed, he's Director of Gynecologic Oncology at the Jewish General Hospital (JGH) in Montreal and Director of Surgical Oncology at McGill University. Together with his team of clinicians and researchers, Prof. Gottlieb has pioneered robotically-assisted laparoscopic surgery using the Da Vinci Surgical System, a machine with four robotic arms and state-of-the-art instruments to assist precision via a high resolution video monitor in the operating room.

The main difference between open surgery and "keyhole" robotic is the latter is less invasive, more accurate, and shorter hospital stays. New hope: in development is a uterine Pap for earlier detection called PapSEEK that extends a brush into the uterus to detect genetic mutations.

Risk vs. benefit: I'm not a medical doctor but have a Ph.D. in Eng. Lit. & Language, trained in research and deconstruction. This wasn't Shakespeare but my ovarian mass was large with the "appearance" of benign, size not an indicator of malignancy. However, no certainty without surgery. An axe hanging over my head. If it grew any further, open surgery could be unavoidable.

My options were roulette, a life gamble: either I could die on the operating table Monday or take a risk and--die next year. I did more research, Dr. Goggle a new friend, listened to my gut, and my mother's guiding presence. I refused surgery. I had no symptoms, blood tests, MRI and Ct-Scans all good. We opted for wait-and-see approach. Screening every six months, fresh agony each time.

Meanwhile, I took charge of my body. Set up my own parallel "treatment." Cleanse, increased walking to 3 miles daily to de-stress, and went into monastic-mode i.e. no booze-sugar-fat or sinful stuff. Candles and incense like a post-hippie. Whatever works.

2023: my last 6 month follow-up coincided with Christmas holidays again. Waiting for results in the cancer ward with other women in various stages of dying or recovery comparing notes, I kept hearing familiar echoes from that Silent Night: What am I doing here...this can't be happening.

"Good news." Dr. Gottlieb and a Resident beamed. Miracle...? "The mass has shrunk." I was ready for "It's the size of a stadium and we'll need bulldozers." It's still there but decreased. "See you in six months." I don't remember how I got home but floating had something to do with it.

Conclusion: the Turning Point. Either Life does it for us--like giving the car keys to a stranger-- or we take the wheel and make the turn ourselves. The latter preferable.

Everything happens for a purpose. We just have to locate it.

TMR CURLING CLUB WELCOMES SCOTTISH COMPETITORS FOR STRATHCONA CUP

MARTIN C. BARRY

A 120-year-old event took place last Sunday morning at the Town of Mount Royal Curling Club. After being welcomed by TMRCC members, 20 curlers from Scotland played in five games against 20 curlers from the local curling club.

The gathering was part of a tour by 60 Scots curlers, playing 385 games from Newfoundland to Vancouver Island, in 85 of the almost 1,000 curling clubs across Canada. The three-and-a-half week-long tour takes place in Canada every 10 years and five years later in Scotland.

The curlers were playing to become custodians of the Strathcona Cup. The overall winner between Canada and Scotland is determined by the total score for each country across all 350 games played. The final banquet will be taking place on Feb 2 at the Ottawa Hunt Club in the nation's capital.

"Curling is a sport that brings people together and what better opportunity than the Strathcona Cup to demonstrate this," Clément Savard, the TMRCC's president, said in some welcoming remarks to the Scottish curlers last Sunday morning.

"I hope you enjoy the games, have fun, and most of all we look forward to seeing you at our club for the 2033 edition of the Strathcona Cup," he added.

When Baron Strathcona and Mount Royal retired to Scotland and learned about a curling competition between Canada and Scotland in the early 1900s, he commissioned a trophy in his name.

The cup is a very large, solid silver trophy with images of Canada engraved on it. It is kept



Curlers from Scotland as well as from the Town of Mount Royal Curling Club are seen in the background during opening ceremonies at the TMRCC for the Strathcona Cup last Sunday morning.

Photo: Martin C. Barry, TMR Poste

under lock and key at a jeweler in Edinburgh, and due to its value is only brought out when the competition is held in Scotland.

Sir Donald A. Smith, as Baron Strathcona was perhaps better known in Canada, immigrated to Canada in 1838 and was employed by the Hudson's Bay Company, administering the fur trade along the Labrador coast.

He rose to become the governor and principal shareholder of the company, as well as

president of the Bank of Montreal, Chancellor of McGill University and founder and chief financier for the Royal Victoria Hospital.

Many Canadians will perhaps recognize Sir Donald as co-founder of the Canadian Pacific Railway, and as the man who in 1885 drove in the last spike at the conclusion of the construction of Canada's first transcontinental railway.

Le dimanche 29 janvier au Club de curling de Ville Mont-Royal avait lieu une compétition en date de 120 ans. Vingt joueurs de curling écossais visitaient le club sur l'avenue Montgomery pour prendre part au tournoi pour la Coupe Strathcona.

La tournée de trois semaines et demie a lieu au Canada tous les dix ans, et en Écosse cinq ans plus tard. Les Écossais voyageaient à 85 des quelque 1,000 clubs de curling à travers le Canada, pour aboutir en Ottawa le 3 février.

Résumé

VISIONNEZ LA SÉANCE DU CONSEIL DU 24 JANVIER 2023 VIEW THE JANUARY 24, 2023 TOWN COUNCIL MEETING



<https://www.youtube.com/youtown001>

Les sujets abordés / Topics covered

- **Quartier sportif et communautaire**
1er et 2 février 2023
En personne, webdiffusé et en différé sur YouTube
- **Déneigement**
Suite aux chutes de neige importantes
- **Quartier sportif et communautaire**
February 1st and 2nd, 2023
In person, webcast live and on replay on YouTube
- **Snow Removal**
Following the heavy snowfalls



TMR Poste

Bonjour à tous nos citoyens, visiteurs et lecteurs occasionnels; ci-bas est la liste courante des points de dépôts publics ou vous pouvez trouver La Poste de VMR.

Hello to all our citizens, visitors and occasional readers; here beneath is the current list of public deposit points where you can find The TMR Poste.

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TWO MAGIC WORDS FOR LOVE

The Internet is filled with articles and videos from relationship gurus with sage dating advice: how to attract and keep your partner; how to introduce yourself with guaranteed success; ways to make your partner become committed to you and no other. On and on it goes with suggestions that ensure relationship success in every area. Fascinating. Especially in a time when meeting and dating has become so difficult.

Drs. John and Julie Schwartz Gottman, psychologists state: "For the past 50 years, we've been putting love under the microscope. As psychologists, we've studied more than 40,000 partners about to begin couples therapy. We've also been happily married to each other for 35 years, so we know a thing or two about successful relationships.

"While every partnership is unique, with its own set of challenges, there's one thing that all couples have in common: We want to be appreciated. To be acknowledged for our efforts. We want to be seen. The No. 1 phrase in successful relationships is 'THANK YOU!.' A thriving relationship requires an enthusiastic culture of appreciation, where we're as good at noticing the things our partners are doing right as we are at noticing what they're doing wrong.

"But it's easy to fall into the trap of only seeing what your partner is not doing. You develop a narrative where you're the one putting in all the effort, and you start to believe it's true. Getting rid of this toxic mindset requires a new one: scanning for the positives and saying 'THANK YOU'.

We may say, 'THANK YOU' in many situations during the day as we go about our work or shopping. "But in our intimate relationships, we can forget how important saying 'THANK YOU' really is. For many of the couples we've worked with, we found that when one person started the cycle of appreciation, it became easy for the other to join in and strengthen it."

Here's how Drs. Gottman suggests you start: "Thank them for something routine that they're doing right, even if it's small, even if they do it every day - in fact, especially if it's small and they do it every day. But don't just say, 'Hey, thanks'. Tell them why that small thing is a big deal to you: 'Thank you for making the coffee every morning. I love waking up to the smell of it and the sounds of you in the kitchen.. It just makes me start the day off right.'

"If you're having trouble getting out of the negative perspective try to separate the negative feelings about what happened

in the past. Focus on the here and now, this specific moment, this specific person. If you feel that you're seeing the positives but your partner is not, remember that you're trying to change your own mental habits. You're not changing your partner. Ultimately, how they think and feel is not within your control. But changing your own way of looking at the world is powerful."

The American Psychological Association describes gratitude as a sense of thankfulness and happiness in response to either a tangible benefit or a fortunate happenstance. To most, this powerful emotion is about embracing life as it is and being thankful for your have's rather than focusing on your have-nots.

According to Dr. Chandni Tugnait, a life and business coach and founder of GATEWAY OF HEALING, expressing gratitude has a positive effect. "When we express our thanks for the good things in our lives, whether to those directly responsible or simply to the universe at large, we tap into a sense of positive energy that ripples out to affect those around us." He adds: Gratitude can also help us develop a growth mindset and see opportunities instead of obstacles. When we focus on the good in our lives, we create a powerful force that helps us overcome challenges."

Dr Tugnait points out three easy ways to begin to experience and express the power of gratitude: 1. Write down three things you're thankful for each day. 2. Take time during your day to express your appreciation for someone close to you. 3. Simply tap into the feeling of gratefulness and internalizing it.

I imagine that there are those reading this article who think their situation is so bad, or their relationship is so broken, that they have nothing to be thankful for. But here is one of the most empowering words from the Apostle Paul which can change your life: "In everything give thanks, for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18)

Every man and every woman needs the sense of being appreciated and affirmed in their lives. Adding these two words "THANK YOU", together with appreciation and affirmation, will bring a radically positive change in your relationships. Guaranteed!

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