

# From My Desk

By  
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ISSN 1832-9888

Vol 3, Issue 2  
28 February 2006

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Contents	Page
Welcome	1
Latest from the Hoax-Slayer	2
Autumn - A Time for Retreat and Transition	3
Autumn - the Season following Summer by Said Spouse	4
Self Help Tool Gallery	5
Hang on Help is on its Way	5

"I'm not afraid of storms,  
for I'm learning to sail my  
ship"

Louisa May Alcott (1832-1888)  
American novelist

## Welcome to Issue 2 of *From My Desk*!

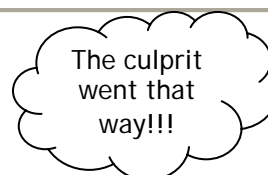
Greetings and welcome to you all.

What an amazing month of learning February was! My website had to be completely deleted from my server due to coding issues and be rebuilt, painstakingly, page by page. I was in a pretty celebratory mood when days later, the last page was uploaded!

The following week my computer died, just like that. It was resurrected to my immense relief just before *Said Spouse* had to go away for training. Not to be outdone the washing machine broke down, a few more heart stopping IT problems were dealt with (some as recent as this afternoon), some ghost walking was happening (Who's that ghoul?...you're in my house get out!) and the rest doesn't bear mentioning (pardon the pun).

Several bottles of Emergency Essence later, a house clearing, a few self-coaching sessions and all is calm and well...well almost.

What I'm really looking forward to this week is attending a one day Self Discovery workshop using mandalas, mask making, body imagery and creative journaling. I'm off to the beautiful Currumbin Valley on the Gold Coast for this workshop - one of my favourite places - I can hardly wait!



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Last issue I wrote about the Q1 Tower, the world's tallest residential tower on the Gold Coast and the speed of its elevator. The lift travels 77 storeys in 49 seconds - which I thought was quite fast, however a reader calculated the speed to be a mere 21.5kph - thanks for your feedback - could be why I was thinking "Are we there yet?"

Until next issue, have many wonderful moments and may abundance of all that is good find you wherever you are!

See you then!

*Michaela*

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## Latest from the Hoax-Slayer

As some of you know I subscribe to a variety of newsletters (I love information gathering) one of which is from the Hoax-Slayer (<http://www.foax-slayer.com>). This site is one of many I use to check the authenticity of emails when the information doesn't gel for me. For example I sometimes receive emails from ebay (it's not really ebay) requesting my personal information. This is a phisher scam - designed to trick unsuspecting people into revealing sensitive, personal information. For more information on anti-phishing try the Anti-Phishing Working Group at <http://www.antiphishing.org/index.html>.

A few topics covered in this month's Hoax-slayer newsletter, which are either scams, hoaxes or partially true, are:

- × Visa & MasterCard Telephone Credit Card Scam;
  - × Free Golden Retriever Puppies Hoax;
  - × Saddam Hussein Nigerian Scam;
  - × Image of the North Pole with the Moon and Sun (pretty awesome photograph);
  - × Breast cancer site email; and
  - × MSN Close Down Hoax message.
- 

## A day in the life of IT Support

The second day I worked doing phone tech support, I was called by an elderly woman who was sobbing and panicked. After spending twenty minutes getting her calmed down, I finally found out what her problem was. She had been on the Internet and received the ever-popular message "This program has performed an illegal operation and will be shut down." Immediately afterward, she had heard police sirens down the road and thought, "They're coming to lock me up!"

Source: <http://www.rinkworks.com/>

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## Autumn - A Time for Retreat and Transition

I love Autumn. It's a time of changing of colours, the air we breathe seems more fresh and crisp, it's a time for retreating, slowing down, and transition. It's now when the old is released so that the new can be embraced without constraint.

Like the deciduous trees releasing their leaves of golds, reds, oranges, and browns, the next three months provide an opportunity to assess what's no longer needed in our lives, what we can let go and maybe colour our lives in a different way.

### During autumn:

- 
- ✘ Spend time in quiet reflection on what is working for you and what isn't.
  - ✘ Connect with nature, go on nature walks, discover parks and gardens near you.
  - ✘ Now is the time to ask yourself, what do you want to accomplish next year? Start kicking around some goal-setting ideas, for example:
    - ★ Start some volunteer work
    - ★ Start a rock band
    - ★ Write a book
    - ★ Set up a support group
    - ★ Change careers
    - ★ Learn to play guitar
  - ✘ Give thanks for the abundance you have in your life. Abundance comes in many shapes and sizes and could be the quality of your friendships not the quantity, having employment, having the time to read and write (many don't), your good health, education, etc.
  - ✘ We readily donate to charity, donate time for *you* each week and do something that doesn't need to have a purpose attached to it, ie work related, caring for others etc, do something that is fun for *you*.
  - ✘ During this time let go or change limiting beliefs. For example:
    - ★ Do you believe you deserve lots of money?
    - ★ Do you believe you deserve a loving relationship?
    - ★ Do you believe you are worthy?
    - ★ Do you believe others will listen to you?
    - ★ Do you believe others will notice how well you work?
    - ★ Do you believe you are deserving?

If you've answered yes, that's fabulous. If you've answered no it may be time to let go of those beliefs and create new empowering ones instead.

For Transformational Coaching email [enquiries@michaelascherr.com](mailto:enquiries@michaelascherr.com) or visit <http://www.michaelascherr.com/TransformationalCoaching.htm>

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## Autumn - The season following Summer...which followed Spring...which followed Winter...and then started all over again

From my perspective, I actually don't love Autumn. It brings with it many extra duties for the 'stay at home male mum' (namely me). You may have read my last brilliant piece on role reversal and how I am adapting to 'the stuff that chicks do as housewives'.

Many of you have contacted me to let me know how poignant and heartwarming my literary portrayal was and how you associate with the struggle we face to gain acceptance and recognition from our 'husbands'... others rang or e-mailed and threatened to perform non-surgical procedures or to cook exotic recipes with certain parts of my anatomy as the main ingredient. But all feedback is good isn't it?

So what is my Autumn advice for the modern housewife/husband? During autumn may I suggest you:



- ✘ Polish the lawnmower and fit new blades, make sure the neighbours notice them when you mow the lawn - it's all about looking good.
- ✘ Complain that the cool weather has ruined your jewellery - have spouse buy all new items and make sure they're shiny.
- ✘ Throw out all your 'pre-Autumn' clothes and buy a complete new wardrobe including matching shoes for each outfit. Oh, and don't forget a matching handbag - the price is irrelevant.
- ✘ Order a new Credit Card, a nice Platinum one that gives you lots of 'Reward Points' if you spend like crazy. Don't forget to claim all the 'Rewards' and then transfer the balance owing to your spouse' card (serves him right for not buying the best jewellery in the first place).
- ✘ Go on a holiday to an exotic location (preferably the Riviera) to recover from Summer. Think 'Rewards' when using your Platinum Card - make sure wherever you're going is warm and expensive (you get more points).

Seriously, Autumn really is a great time to reflect and take stock. Adopt the 'third person' position and look at what's changed over the past year and what you might do differently in the year ahead - you might be pleasantly surprised.

Use the new season and the cooler weather to focus on a new beginning, and enjoy the comfortable temperatures and greener surrounds.

I look forward to 'connecting' with you next time, in between my domestic duties and my unofficial role as the 'voice of the modern house-husband'

*Said Spouse*



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## Self Help Tool Gallery



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New subscribers to *From My Desk* receive (for a limited time) a 23 page Relationship Questionnaire 101 - much like a love quiz and for anyone falling in love

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### Hang on, Help is on its Way!

This story has been around for awhile...

Once upon a time there was a small township with floodwaters rising dangerously due to the teeming rain.

A devout man climbed up onto the roof of a building clinging desperately to the chimney, waters rising rapidly below him. Presently, along came someone in a canoe and said "Let me help you"

The drowning man said "No. I have no need of you. God will save me"

A short while later an emergency rescue boat saw him and offered to take him onboard but the man refused to go. "God will save me", he said.

As he was gulping water and calling for God a helicopter appeared and hovered above him, offering to rescue him. "No, no" he said, "God will save me!"

Eventually he drowned.

Upon arriving at the Pearly Gates he said to God "I have prayed to you all my life. Why didn't you save me?!"

God said, "Have you any idea how much organising I did to get that canoe, boat and helicopter there to pick you up?!!!"

**Author unknown**

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