

By Helen Vogt Greene impossible dream.'

Can you imagine how hard it has been for our young children and their parents? The question of safety at school still weighs heavy. Just daily life, finding satisfying and rewarding routines must be a challenge.

Those who have been part of the 'work-force' have been amazing. How can we ever thank those who have had their lives changed so drastically, especially the lifesaving personal such as doctors, nurses, police, and firefighters.

Those who are the 'golden agers' have been doing their part. Most have been the voices of reason and calm to those that have suffered from anxiety.

Change has become part of our lives. Is there something in your life that is whispering, “It is really time to lose that Covid-19 weight, stop smoking, or find that alone time?”

Change, for the better, is a good thing, but it is something that 'you' have to want to do. You must be willing to do those things that will produce those changes. Yes, those difficult changes may mean giving up a bad habit, living a different lifestyle or even the people that encourage that destructive behavior.

There are those that find writing down those things they wish to change. It is important that you are realistic. For example: It is not healthy to lose 30 lbs. in three weeks. You do not want to make your changes ‘an

impossible dream.'

It is important to remember that you do not need to make these changes alone. There are people that are there for you. There are people in your life, like magic that can change a night into day. They may be a stranger, saying just the right words. There are really still those people.

Is there some one that is a real friend? A friend, you can really trust? Not a 'blabber mouth'. Someone who, because they care for you as a person? A friend who is a truth-teller and will listen to you?

June is a wonderful time to make changes. You have the sunshine of summer to set some practical goals. Probably, the hardest changing problems to solve are the excuses. They are so easy to find in our lives. What is your favorite excuse?

The most important first change is that your life has value. It is hard to change that mindset. Changing your perspective may just what you need to do. Be thankful for the little goals and the little steps.

There are voices that are saying... I don't smoke, I don't drink, I am not over weight. Good for you! But, just how long has been since you read a book? Wrote more than an e-mail to a cherished loved one? Learned something new? Took a trip to a new place? Maybe, you need a change in your life.

Change in your life is a learning experience. For some of us it is harder. It takes caring, discipline and a willingness to want to change. Make June a time for your Six Month Check Up. Let's make this a time to unmask and change our lives.

Top-level U.S. Government leadership positions have historically been dominated by men. However, since 1933 more than 40 different women have served in a Presidential Cabinet level position. So, who was the first?

On April 10, 1980, the USPS reminded us that Frances Perkins was named by President Franklin Roosevelt as the first woman to lead the Department of Labor. Our first woman

Cabinet Secretary served from 1933 until Roosevelt's death in 1945. This 15 cents stamp (Scott #1821) shows a left facing profile in light blue on a dark blue background. The First Day City was Washington, D.C.

Born in 1882 into an affluent Boston family, she was well educated and offered a very comfortable life. However, she turned her attention the less fortunate who sweated out a miserable life in horrendous working

conditions. Her role was sealed when she witnessed the Triangle Shirt Factory Fire in New York City on March 25, 1911. Due to negligent management, 146 young women and child laborers were killed in this fire.

She went to the State Capitol in Albany, New York, and her vigorous lobbying for improved safety and working conditions caught the attention of Governor Franklin Roosevelt. She

became Roosevelt's State Commissioner of Industry and later when Roosevelt was elected President in 1933, he selected her to be the first woman Cabinet member in U.S. history.

Add this prominent and powerful American woman (in stamp form and on First Day Cover) to your U.S. collection.

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