

To my crazy friends,

# HAPPY GALENTINE'S DAY!

Thanks for proving that our  
friendship will always be enough.

XO  
Cheryl



As most of you know, I'm not only celebrating Girlfriends (Gals) at this little online party, but also my retirement from my day job. Thank you for joining me on this little retreat and kicking off a new life for me. In retirement, I hope to write more, play more, read more poetry and inspirational writings and get out in nature.

At the party, we will explore questions from my second book, *Facing Life Challenges: A Journal To Healing Your Heart*. I know some of you don't like surprises, so here are the questions to ponder prior to our gathering:

**Whimsy**—What does being “whimsical” mean to you and how could you — or do you — add whimsy to your life?

**Unconditional Love**—Who do you feel unconditional love for and how do you show it?

**Gratitude**— Can you list five things you are grateful for?

Thank you again for joining me on this little jaunt to retirement. I am most appreciative of having you in my life.

## *Party Plan*

Introductions

Prizes for the most whimsical drink or treat at the party.

Journal Questions

- Whimsy
- Unconditional Love
- Gratitude

Poetry Reading

Card Reading

Loving Kindness-Meditation (have candle ready)



## Enjoy a Spa Day At Home

While we'd all like to get out of the house and enjoy a day at the spa, the pandemic makes it risky. Here are a few ideas on how to create your own bit of heaven.

Before you begin, you're going to need to gather some items for the experience: a candle, preferably beautifully scented; some essential oils (my go to is Lavender), a bouquet of fresh flowers, your favorite relaxation drink whether it be a tall glass of chilled Prosecco or a cup of herbal tea; a cucumber, avocado and honey.

Choose some relaxing music. I like the Spa Stations on Amazon Prime or Pandora. Or music at 528 hz can do the trick. Pick something that puts you in relaxation mode.

Apply your favorite face mask. If you don't have one, just get creative and mash half an avocado and a tablespoon of honey, then apply to your face with your fingertips. Lie back and relax for at least twenty minutes. Once removed, the mask will leave your face silky soft.



Now try an eye mask. Just like in the movies, cut up a few slices of cucumber and place them over your eyes.

Now with your masks ready to put on, dip into a long hot bubble bath. Not just any old bath, mix it up. First make sure it's as hot as you can stand. Then add Epson salts, essential oils and some flower petals from a bouquet you picked up just for this purpose. Plan to meditate, read or watch a show while in the bath. Or just soak up the sounds of your music of choice and breathe, all while sipping on that favorite drink you prepared.

Not ready for an entire bath, try a foot soak. First fill a basin of warm water to go up to your ankle. Then add your preferred infusions like Epson salts, essential oils or herbs. A chamomile soak can help heal cracked heels. Just steep 6 chamomile tea bags in the water and add your favorite aromatherapy oil. Plan to sit with your feet immersed for 30-60 minutes.



## Phenomenal Woman



By Maya Angelou

Pretty women wonder where  
my secret lies.

I'm not cute or built to suit a  
fashion model's size

But when I start to tell them,  
They think I'm telling lies.

I say,

It's in the reach of my arms

The span of my hips,

The stride of my step,

The curl of my lips.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

I walk into a room

Just as cool as you please,

And to a man,

The fellows stand or

Fall down on their knees.

Then they swarm around me,

A hive of honey bees.

I say,

It's the fire in my eyes,

And the flash of my teeth,

The swing in my waist,

And the joy in my feet.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Men themselves have won-  
dered

What they see in me.

They try so much

But they can't touch

My inner mystery.

When I try to show them

They say they still can't

see.

I say,

It's in the arch of my back,

The sun of my smile,

The ride of my breasts,

The grace of my style.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Now you understand

Just why my head's not

bowed.

I don't shout or jump about

Or have to talk real loud.

When you see me passing

It ought to make you proud.

I say,

It's in the click of my heels,

The bend of my hair,

the palm of my hand,

The need of my care,

'Cause I'm a woman

Phenomenally.

Phenomenal woman,

That's me.



## FRIENDSHIP

Sharing is friendship.  
Moon and sun are  
best of friends.  
They take turns to  
shine.

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Write a hai ku or  
poem on friend-  
ship (or bring one  
of your favorites)  
and share it at the  
party.

Syllables by line  
for Hai Ku: 5,7,5

## Mom's Dairy Bars

On special occasions, my mom would bring out the dairy bars for a delectable chocolatey Wisconsin treat, sure to please.

Here's her recipe for your enjoyment.

½ C Butter; ½ C Sugar; 6 T cocoa; 1 beaten egg

Melt these four ingredients together in a double boiler.

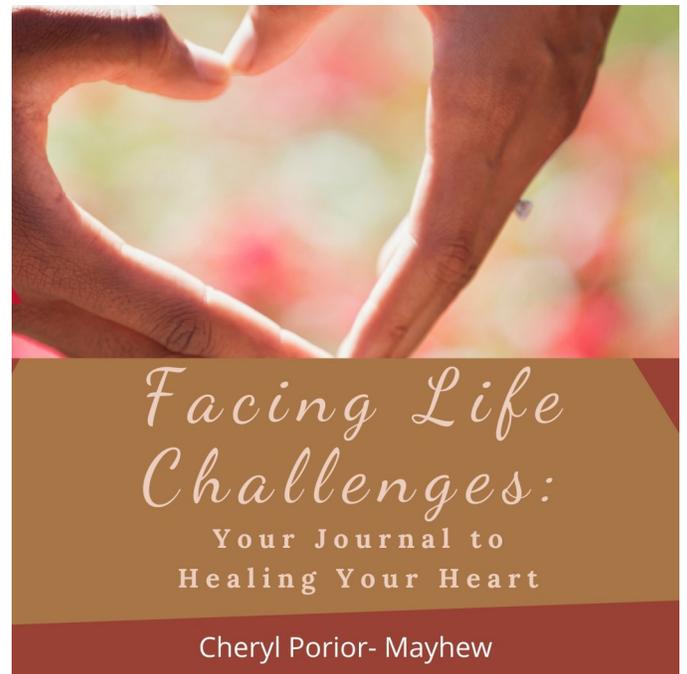
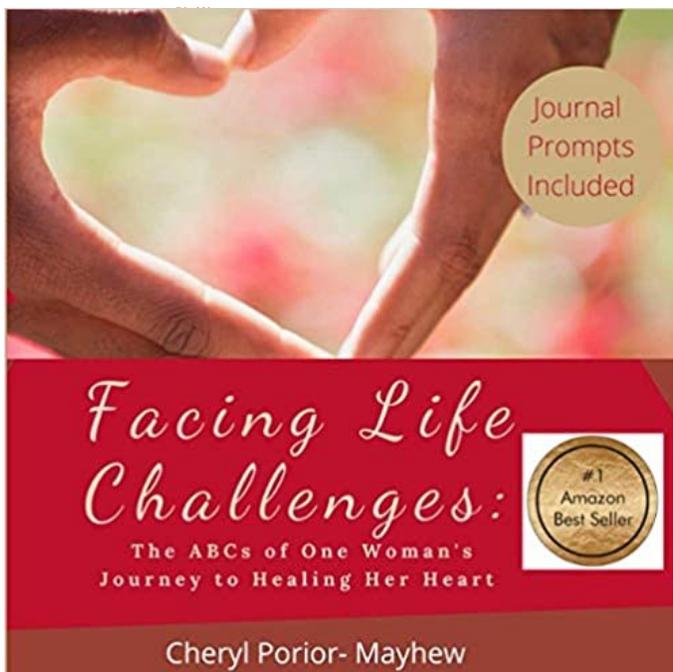
Then add to the mixture: 2 C crushed graham crackers; 1 C angel flake coconut; ½ C chopped walnuts

Mix well and put into a 9 x 12 cake pan. Mix 1 ½ C powdered sugar; ½ C melted butter, 1 ½ T milk. Spread over top of mixture.

Chill

Melt 8-10 Hershey bars and spread on top.

Cut into squares.



Available on Amazon