HELLO SPRING
Cali Williams shared a list of what she loves about herself. Her list of positive traits shows that she is self-aware and has confidence. Cali asks, "How would you like people to describe you? Make a list of your positive traits and share the things you love about yourself!"
1. You must like yourself and therefore it will materialize to the next person.

2. You must love yourself and therefore it will all materialize to the next person.

3. You must respect yourself and therefore it will all materialize to the next person.

4. You must be devoted to yourself and therefore it will all materialize to the next person.

5. You must devote yourself completely and therefore it will materialize to the next person.

6. Remember smiles mean a thousand words in how you feel inside your heart. Wisdom, knowledge and experience, they all come from the heart.

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What does the Spring Equinox mean? It means the hours of daylight and night are equal. After the Equinox the hours of daylight will grow slightly longer each day until the summer solstice on June 21, 2022. This day has the longest hours of daylight of the whole year.

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Daylight Savings Time

Starts Sunday, March 13, 2022 at 2AM
Spring Forward
Set your clock 1 hour ahead!

https://www.farmersalmanac.com/spring-equinox-first-day-spring
Congratulations!

Big Hearted / Artists
2022 Gotta' Have Heart

John Agostini
Debbie Alvarez
Coleen Baucom
Amber Bobbitt
Francesca Boccia
Cheryl Bogar
Elmer Buck
Aaron Butler
Katia Calia

Heart © Tiffany Simpson

Heart © Mark Rimland

Heart © Chandra Deal

Heart © Mitch Gricman

Heart © John Agostini

Heart © Kristina Van Gelder

Heart © Ethan Coss

Gretchen Cameron
Joel Clark
Ethan Coss
Madie Davis
Chandra Deal
Caitlin DeCoro
Adriana Diaz
Anthony East
Katie Ellison
Terry Esche
Owen Godfrey
Mitch Gricman
Gabe Harmon
Valerie Haste
Clayton Hauer
Conner Hauer
Catherine Iraci
Gabriel Johnson
Jake Kellogg
Susan Kendricks
Kathy Kilander
Charlie Lizarraga
Kristin McKenney
Michael Mercadante
Mark Miller
Tonya Mitchell
Lynn Murray
Lauren Papworth
Susie Pfingsten
Matthew Phillips
Libby Pieti
Sabrina Pomeroy
Jonathan Reynolds
Mark Rimland
Tiffany Simpson
Stevenson Sapper
Yolanda Tkacik
Angela Thomas
Davie Tolley
Kristina Van Gelder
David Walton
Monica Waters
Cali Williams
You can count on the artists at Sophie’s Gallery to produce timely, beautiful works of art. This month is no exception. SMSC is holding its Morning Glory Brunch soon, so we are working on sketches for metal garden chairs with a spring theme to raise awareness of this important event.

I chose sunflowers as my subject. They bring me a lot of happiness because they are bright and colorful. I chose to use colored pencils because they spread the cheer that I am trying to express. I think the world could use more cheer right now.

I hope you’ll enjoy viewing the finished artworks as much as we had creating them. If you buy one, you’ll be beautifying your home and making it possible for us to produce more artworks in the future.
Happy St. Patrick’s Day

From St. Madeleine Sophie’s Center

Fairy © Maevis Hutson 2017
St Patrick’s Day

Morning Glory Brunch Frog

SALE

Two Frogs for $75

A SAVINGS OF $25 - OFFER ENDS - MARCH 18, 2022

Supporting our Aquatics & Garden Programs

CONTACT
Events Team
events@stmsc.org

For more information visit
https://stmsc.org/2022-morning-glory-brunch/

21st Annual
MORNING GLORY BRUNCH

Save the Date
APRIL 30th 2022
International Nowruz Day was proclaimed by the United Nations General Assembly in February 2010. The word Nowruz means new day, although its spelling and pronunciation may vary by the different countries that share this holiday including Afghanistan, Azerbaijan, Albania, the Former Yugoslav Republic of Macedonia, Iran (Islamic Republic of), India, Kazakhstan, Kyrgyzstan, Tajikistan, Turkey and Turkmenistan.

Nowruz marks the first day of spring and is celebrated as the beginning of the new year by more than 300 million people all around the world. Nowruz promotes peace and friendship between people and contributes to cultural diversity and friendship among peoples and different communities.

https://www.officeholidays.com/holidays/novruz

Monday, March 21
Happy Birthday!

MARCH 2022

Tricia Anderson
Janine Barth
German Carranza
Adriana Diaz
Tom Dutcher
Carol Etheridge
Thomas Fisk
Gabriel Harmon
Valerie Haste
Jennifer Hietala
Auden Jamil
Carl Lingvall
John Lingvall
Earle Miller
Jessica Moland
Christopher Moon
Mark Rimland
Michael Rose
Adam Spurzem
Joseph Terhaar
Leslie Wable
Robert White
Sheree Wright
Cody Yeargain
Mar 1st Carnitas tacos, rice, and beans
Mar 2nd Grilled chicken over garlic roasted mashed potatoes w/ green beans
Mar 3rd Fish and chips w/ coleslaw
Mar 4th Pepperoni pita pizza, w/ side Caesar salad

Mar 7th Garlic glazed sticky pork over steamed rice and broccoli
Mar 8th Penna pasta with parmesan cream sauce, garlic bread, and side garden salad (veg meal)
Mar 9th Green chili enchiladas, black beans, and rice
Mar 10th Italian sub sandwich, macaroni salad w/ pickle
Mar 11th Fried chicken, baked beans, w/mac and cheese

Mar 14th Lemon pepper chicken over rice pilaf and roasted vegetables
Mar 15th Garlic roasted pork in a mushroom sauce over mashed potatoes w/ vegetables
Mar 16th Pasta primavera, side salad, and garlic bread (veg meal)
Mar 17th Corned beef and cabbage
Mar 18th Ground beef tostada salad w/ cilantro lime dressing

Mar 21st Orange chicken rice bowl w/ carrots and broccoli fried noodles
Mar 22nd Stuffed pasta shells, garden salad, and garlic bread (veg meal)
Mar 23rd Classic cheeseburger, French fries, and pickle
Mar 24th Asian pork tenderloin over wild rice and roasted carrots
Mar 25th Pollo asada tacos, refried beans, and cilantro lime rice

Mar 28th Rolled tacos, refried beans, and Spanish rice
Mar 29th B.L.T sandwich, potato salad and pickle
Mar 30th Chicken parmesan over pasta, side Caesar salad, and garlic bread
Mar 31st Shepard’s pie and side garden salad