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An Ode To Dad

By News Canada

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by: **News Canada**

(NC)–For over a hundred years, we have dedicated the third Sunday in June to honour dear ol' Dad. This year, treat Dad like a king and honour him in style. Yvonne Diesing, Dockers® Brand Manager, provides the following gift ideas to help make this Father's Day perfect for him:

Grill him – Present Dad with a new set of accessories for his outdoor grill. Make his day by breaking them in and creating his all-time favourite meal.

Score a hole in one – Treat him to an afternoon at the driving range or play a round of golf together. A new putter or a new outfit, such as a pair of shorts and a pique tipped V-neck shirt from Dockers®, is always a hit.

A little 'R&R' – Let Dad enjoy his day in peace and quiet. Wrap up a CD and the latest best seller from his favourite author with a 'Do Not Disturb' sign attached.

Take him out to the ballgame – Enjoy quality time with Dad and treat him to a day at the ballpark with tickets to a baseball game.

Dad the Explorer – A pair of Dockers® khaki pants make a perfect gift for travel-lovers. They are wrinkle resistant and offer easy-care and stress-free packing, and are available in an array of styles and colours for every type of Dad.

Get creative – Make Dad something special just for him – a hand-made frame with a picture of the two of you, a personalized coffee mug or T-shirt, or a delicious breakfast in bed, complete with the sports section!

For the 'Gadget Guy' – A pair of Dockers® Mobile Pants™ with 'invisible' storage pockets is designed specifically to accommodate the on-the-go guy while maintaining the same comfortably

An Ode To Dad

tailored look and feel of classic Dockers®.

No matter what you decide to give Dad this Father's Day, make sure to include some quality time with him and show him what a great guy he is.

To locate the Dockers retailer nearest you call 1-800-DOCKERS.

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Music of the Heart Will Not Be Silent

By Stephanie West Allen

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Most of Beethoven's masterpieces were composed while he was deaf. He had inside him music that would not be stilled by life's circumstances. His music triumphed over suffering.

The last movement of the Ninth Symphony is choral music Beethoven set to Friedrich von Schiller's poem "Ode to Joy." Beethoven believed this poem celebrated the brotherhood of

man.

On May 7, 1824, when the Ninth Symphony premiered, Beethoven was on-stage conducting. Also on-stage was a supplementary conductor necessary because of Beethoven's deafness. When the "Ode to Joy" movement was over, the audience erupted in applause. Beethoven did not turn around as he could not hear them.

Turn Around and See What You Have Created

One of the chorus members broke protocol and moved towards Beethoven. He took hold of the composer's arm. Beethoven gave him a fierce look but the chorus member persisted gently turning him around. By then the applause had subsided.

As Beethoven looked out into the audience, they began to rise in standing ovation. First one person and then many and then all. It is said that a single, small tear of joy slipped down the composer's cheek. It is also said that another tiny companion tear rolled down the cheek of the chorus member standing next to him.

Some Questions for You

What gift inside of you is so strong that it must triumph over any adversity (or shyness or inactivity or busy-ness) and come out for others to enjoy? Are you still holding it in, sapping creative energy by squelching it? What will it take for this ability, this genius, to flow out of you on a stream of inspiration?

We all have our genius with which we can make our world and that of others a more beautiful place. Part of being a member of the brotherhood of man is sharing our gifts with each other. What will bring your tear of joy?

And one more question, who in your life gently turns you around when you are facing in the wrong direction so you can see your standing ovation?

And Today . . .

Read these words from "Ode to Joy":

An Ode To Dad

"Let us raise our voices in more pleasing and more joyful sounds!"

Sing today. Sing, sing, sing the happiest songs you know. As the words flow out of your mouth with gusto, feel every cell in your body spinning and dancing and cavorting with joy. Each song will be a workout of gladness for your whole being. Yeah, it may feel silly at first but do it anyway. Soon the happiness will permeate you and all feelings of silliness will fly out the window, never to return.

Get others to sing with you. Let's make this day an international day of song

if you find yourself in a situation where you cannot sing right that moment, hum in your head. Head humming is highly beneficial for you, too.

Make today a symphony of song and jubilation. And before you go to sleep, give yourself a rousing round of applause. What a day this can be.

Merry Method To Accelerate Success_. Excerpts at <http://www.allen-nichols.com/success.cfm> She coaches people in using the two MerryMaxims, WYTUG (What You Think Upon Grows) and LULU (Loosen Up, Lighten Up), to achieve health, wealth, creativity, and harmonized relationships. Contact her at <mailto:Stephanie@allen-nichols.com>

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