

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Clear Channel Markers Make for Good Communication

By Susan Dunn

Clear Channel Markers Make for Good Communication by Susan Dunn, MA Clinical

Psychology, cEQc, The EQ Coach™

So here I am, driving on wide, beautifully-maintained roads, seeing glimpses of ocean through tall pine trees - occasionally dense, always straight and orderly - and thinking I could not be farther from my hometown of San Antonio, Tx. If Texas is "God's country," there must be more than one!

In San Antonio, the scrub oaks grow thick and irregular and not very tall. The limbs are gnarled. They bend and twist. One wonders that they grow at all given the lack of rain.

The pine trees on the Florida Gulf Coast grow to the sky, straight and tall, and always look like some caring Johnny Pineseed took a plumbing line and planted them carefully 3.5' apart, then admonished them to "tow the line," stay straight and tall, stand and deliver. It's especially sweet to me to see the "babies." Evidently they're prolific and among the tall old ones, there are infants, toddlers, and teenagers learning how to become grown-up pine trees.

But what's this? Night has fallen as we head for a restaurant, and along the road are signs I've never seen before. They stand out almost alarmingly, in Christmas colors of red and green. They have only numbers on them. They are geometric shapes. They reflect the headlights in ways billboard manufacturers should know about. What I am looking at are channel markers people have stolen and placed ashore - a bit of Coastal mayhem.

My friend is an accomplished sailor and is introducing me to his world. When we walk at night, he shows me Sirius, and Orion with his belt. We search for the Big Dipper. He tells me to look at the Pleiades from the side of my way. Sailors must know the sky. It will always be there while instruments will not. It is a distant and silent world, and so is the sea.

So what are these channel markers? They communicate vital information to sailors under the circumstances peculiar to life at sea.

Clear Channel Markers Make for Good Communication

As the boating safety manual will tell you, there are many signs, symbols and markers on the waters where you do your boating. They serve the boater in the same way highway signs serve the driver. They provide information on where the "safe" water or "channel" is, and about direction and distance. They do this in three ways - by shape, color, and use of a number. These signs are "reflectorized" - you get the message 3 ways, you get it loud and clear, and you get it without words.

And, historically, your average ship contained a captain and then ... well, the crew -- men of action, back when everyone wasn't taught to read and write. The signs don't say "Ubiquitous presence of submarine obstacles." Nope. Just a color, a shape, and a number. Quick and comprehensible.

Don't you wish everyone would communicate with you so clearly - giving you the message in three ways?

In the case of the channel markers, if you are on a river traveling upstream, keep the red daymarker on your right (starboard) side. Hence the term "red right returning" from the sea.

So, as you set sail on your various adventures, keep the channel markers in mind. Communicate in as many ways and as clearly as you can. It will keep you safe!

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." ~ Mark Twain And communicate!

©Susan Dunn, MA Clinical Psychology, cEQc, The EQ Coach™, <http://www.susandunn.cc> . Emotional coaching to positively impact all areas of your life - career, relationships, transition, learning, leadership, resilience, self- and other-management. Take The EQ Foundation Course®, and visit the eBook Learning Center: <http://www.webstrategies.cc/ebooklibrary.html> . [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE eZine.

Helpful Online Wedding Planning Resources

By Melissa Burton

Having the most up-to-date wedding information at your fingertips is essential. Long gone are the days when you had to drive all over town searching for a list of items. You will undoubtedly use the Internet to obtain wedding information quickly. While there are many websites that offer wedding information, the Wedding Channel is one of the more trusted sources for information. What makes the Wedding Channel such a good source? Let's take a look.

It's true that the Internet is a valuable resource for just about any kind of information you need. However, not all websites provide information that you can use. The information that is available is often duplicated and not about something new and innovative. In some instances you will have to research several websites to find the information you need. The Wedding Channel features articles about the most current topics in wedding planning. Most of the articles that are available on the

Clear Channel Markers Make for Good Communication

Wedding Channel are written by industry professionals, so you can rest assured that the articles contain information you can use.

The articles that are available on the Wedding Channel are categorized so that you can easily locate what you need. Whether you need ideas for decorating your wedding venue or tools for planning your ceremony, the Wedding Channel can help. There is also a search function that enables you to search for a keyword throughout the entire website. There is also a directory featuring professionals who can assist you with your wedding. The directory is organized according to regions, so you simply select your region and the search returns a list of wedding vendors in your area. If you need to show someone the list, the results page contains an e-mail feature so that you can easily forward the list.

Who doesn't enjoy getting extras? The Wedding Channel partners with some of the largest retail shops including Tiffany and Company, Bloomingdale's, Pottery Barn, and Neiman Marcus, as well as hotels. There are opportunities on the Wedding Channel for you to win prizes through some of these partners. You can also register with these shops at the Wedding Channel website. In addition to obtaining special deals from the Wedding Channel, you can also manage all the registries that you have already setup. You will need to register with the Wedding Channel website and then log in to view your personal information. There is also a wedding registry guide in this area of the Wedding Channel to assist you.

Download our excellent discount wedding planning mini-course absolutely FREE at



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!