



## Summer Ice Cream

I went out for ice cream last night with my husband, and well yes, my dog (she likes vanilla!) I recalled a woman I met a couple of years ago at a weekend retreat for executive women. Towards the end, we were asked to draw a picture of our future. One woman, who was a jet-set, human resources executive, drew just an ice cream cone. She had been traveling extensively for work and the ice cream cone signified the simplicity of spending quality time with her 8-year old daughter and her husband.

I also thought the important people in my life with whom I have been lucky enough to enjoy some ice cream. Parents, grandparents, siblings, nieces and nephews, friends, my husband. There always seems to be fun memories of summer and smiles - maybe even a few laughs. Each person enjoying their favorite flavor. What a great American pastime.

Summer is my favorite season and it is just beginning. There have been too many summers I've 'missed' - too busy with work. Too many important things to do. Too many deadlines. Too many things I can't even seem to remember. Maybe they weren't as important as I thought at the time. I do remember people I was with and the love shared around eating ice cream though. It didn't seem too important at the time - but somehow it does now.

So my message this month is to enjoy some ice cream this summer with those you love. They will remember and I am sure you will too. Laugh if it drips or ends up on your mother's nose! And if you are watching calories ... a big, cold, two-handed piece of watermelon will do the trick - especially with seeds!

After all, it isn't really about the ice cream, is it? Just the simplicity of a few moments of quality time with those you love.

