

What's in your Cup - Stan Southwick



A few weeks ago, I became quite frustrated with a client, or more accurately, how a specific situation on a particular project was being handled by our client. The aggravations had been building up and this was the "straw that broke the camel's back", the "spark that lit the fuse", and I blew up. I started calling the client all sorts of names and letting them know how stupid the whole thing was. Thankfully, I was alone, and all this quickly played out on the stage of my mind. I immediately realized that this was not helping the situation in any constructive way. I then decided to be more "win, win" in my approach and offer some solutions that could help solve the issue. The frustrations of the previous weeks immediately left as I started working with that client toward a common goal.

Have you ever been standing with a cup of water in your hand and get bumped by someone passing by, causing the water to spill? Why did you spill water on the floor? Because someone bumped you? No, because there was water in the cup. Had there been soda in the cup, you would have spilled soda on the floor. Whatever is inside the cup, is what will spill out. So, when life comes along and bumps you... and it will... whatever is inside you will spill out. It is easy to fake it or hide it, until you get rattled. Ask yourself, "what's in my cup?" Take a few minutes every morning to fill your cup with good things. You'll be happier, those around you will be happier and everything during the day will go just a little better.

"Once you replace negative thoughts with positive ones, you'll start having positive results."
Willie Nelson

Favorite Flora:

Eremophila glabra ssp.carnosa Winter Blaze Emu Bush - Jon Marenfeld

Now that fall is officially upon us and the temperature is finally starting to drop a bit a lot of spring and summer blooming plants won't show their colors again for a few months. If you're looking to add a pop of color to your yard this fall and winter one shrub you should consider is Eremophila glabra ssp. carnosa Winter Blaze commonly known as the Winter Blaze Emu Bush. This shrub is referred to as 'tough as nails' because it can handle a variety of conditions. This Australian evergreen native grows to 4' high and 5' wide, has a compact form, requires no trimming or shaping, and its red tubular flowers are a favorite of hummingbirds. Best of all it blooms heaviest in the cool season but will bloom on and off all year.



To get the best results plant the Winter Blaze in full sun and/or reflected heat locations. Once established, like all other desert adapted plants, it only requires minimal irrigation. Because hummingbirds and butterflies

like it so much make your yard an oasis for them by pairing the Winter Blaze with Desert Willow (Chilopsis linearis), salvia, Yellow Bells (Tecoma stans), Woolly Butterfly Bush (Buddleja marrubifolia), or Red Yucca (Hesperaloe parviflora). Hummingbirds love variety so plant native species with varying colors and shapes of flowers for a hummingbird haven. Also, ensure they have perches and trees nearby for nest-building and resting so they can scout out your territory.



Kapolei Lagoon
Kapolei, HI
Tina Poto