



August 2020 - Reflections From the NCNC President



What is *Disappointment*?

A feeling of loss, an uncomfortable space (or a painful gap) between our expectations and reality. When we believe that there's something we must have to be happy and fulfilled, we can set ourselves up for disappointment.

I was sitting with a friend the other day (*yes, we were practicing social distancing*). We started talking about how we missed going to dog events, the movies, lunches with friends and many other “social” activities. As we were talking, I received a notice regarding yet another cancellation of a dog show. For me, this was a hard disappointment as I was so looking forward to showing with friends and doing something I love.

We also realized that we were feeling disappointed that our club has not been able to hold events such as the water test, a face to face general membership meeting, our annual picnic or any type of social get-together. To many this is a huge disappointment. It is for me too! Let's be honest – a general membership meeting using ZOOM is a little too much like work! That being said, I know it's especially hard for those who have spent many hours and money planning an event and to those who have been training countless hours for the ONE BIG DAY.

We all know it's true that *disappointment* is part of life. We never welcome the feeling, but it is inescapable. So how do we put a spin on what's turning into a YEAR of disappointments? I think the best way is to get some perspective and see the **BIG** picture. No matter how hard it might seem, you have to take a step back and look from a distance.

For small disappointments, this is fairly easy. For example, I might be bummed that we can't have a splash and swim date this year like we planned, but I can be grateful for all of the wonderful things I still have!! I'm able to spend one on one time with my girls, swimming with them, grooming them and training them. I can invite a friend over and try out some yummy new recipes and laugh over whether we like them or not!

When faced with the big disappointments, perspective can be tough to come by so don't be afraid to recruit loved ones to help you see the big picture. And, for added inspiration, make a list of everything going right in your life. I am **grateful** for

each day, my family, my friends and my amazing Newfie girls. I am **grateful** for **ALL** the blessings I have - from the extra tomatoes on my plants to the wet newfie drool left on the wall.

Find YOUR happy place!

I am **grateful** for each NCNC member and for what each member shares of themselves to make our club successful. We may be in changing times but we will make the best of it.

There's a great saying out there - "Don't let today's disappointment cast a shadow on tomorrow's dream."

Keep dreaming friends!

Dona Baker-Austin
President
North Central Newfoundland Club

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