

JULY 31, 2022

VOLUME 07

# The Family Corner Newsletter



## JULY IS A MONTH FOR FAMILY REUNION AND BONDING

It's important for families to establish a routine of having a reunion to make sure that far-flung relatives don't drift apart from one another.

Even in families that see each other often, having a dedicated day or weekend when the focus is all about togetherness is useful in helping relatives reconnect.

Reunions are also a way for families to celebrate their shared heritage and culture, to exchange family stories and to honor the memories of any relatives who have passed away.

Those are big, meaningful reasons to have these events. But for some families, a reunion is just a great excuse to take a wonderful vacation with all your nearest and dearest relatives.

## Newsletter Highlights

July is a month for family reunion and bonding

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Upcoming family programmes

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# WHY FAMILY REUNION IS IMPORTANT POST LOCKDOWN

The past three years have been unfortunate as the world battled with the pandemic. The pandemic just came with no announcement and its impact on humanity was unbearable. It all started like a joke but it was not a pleasant one.

Human beings have been created with inter-dependencies. Human beings are social beings. This characteristic was well tested during the isolation periods. The pandemic resulted in a lot of social restrictions for example social gatherings were restricted, visiting each other was restricted, travelling was restricted, even school attendance was shifted to online engagements and many more.

Another reality was, as people were dying from Covid, the funerals were handled was not the usual way people conduct funerals. Depending on country regulations some countries were not allowing night vigils, number of funeral attendees were heavily restricted, days of mourning were reduced and all this affected the grieving process.

All these regulations were a shock to the system and humanity still needs to recover from these traumatic experiences.

This goes without saying that families were negatively affected by the pandemic and especially the lockdown regulations affected family relations. Visitations were restricted, gatherings and celebrations were not permitted. So now it is the time to rebuild our family relationships which were eroded by the lockdown restrictions. We have to be intentional to rebuild our families and nurture the relationships. Family Unions are almost a must post lockdown.

Use the reunions to celebrate all the achievements that happened during the lockdown period, use the reunions to tell stories that transpired during lockdown, use the reunions to grieve together lives that were lost during the lockdown periods. Celebrate new lives that have been added to families during lockdown be it births or marriages.

Families are sitting with a lot of celebrations backlog so don't push it away any further organise a family reunion and reconnect with each other once again.



Rose Zunga

# WHY EVERY FAMILY NEEDS A REUNION



It's not uncommon for families to spread out across the country. New job opportunities or exciting adventures pull people into different cities and states. Over time, a family might rely on video calls and holiday cards for updates on their once-close cousins, aunts, and siblings.

But a family reunion can change all of that. They can bring relatives together who may not have seen each other for several years and help new family members feel welcome. From a simple afternoon get-together to a weeklong getaway, learn why (and how) you should put together a reunion for your family.

## **1. HELP YOUR KIDS UNDERSTAND WHERE THEY COME FROM**

Family reunions can connect the next generation to their past. From kids hearing stories about the family history and trying recipes that have been passed down over the years, family reunions help kids form identities about who they are. Even hearing funny stories about their parents getting into trouble as teenagers can provide kids with a sense of belonging and connection with their immediate family members.

## **2. GET BACK IN TOUCH WITH RELATIVES**

Whether you fell out of touch with your relatives because they moved away or because life got in the way, a family reunion is a great place to catch up with those you love and miss. Families can play volleyball by the beach or relax by the pool and enjoy some much-needed time together. Some families even spend hours telling stories and filling in gaps in time.

## **3. CREATE NEW MEMORIES TO BRING EVERYONE TOGETHER**

One of the best parts of a family reunion is being able to create new memories along with celebrating old ones. Families can leave the reunion with funny stories, breathtaking adventures with cousins, and fond memories with older relatives. This allows you to look forward to the next event when everyone comes together.

Family reunions are meant to be fun – but they are also an important time to set aside the stress of life and focus on family.





# FAMILY REUNION CHECKLIST

## **4-6 Months Before:**

- Organize a committee to prepare for the event.
- Appoint a coordinator and organize teams (finances, food, activities).
- Research and compile family reunion ideas perfect for your family.
- Poll the family: One-day reunion, two-day reunion?
- Research availability of reunion locations.
- Pick a date and a location.
- Set your budget & determine payment methods.
- Begin building an invitation list.
- Start pulling together family recipes.
- Research caterers if you need one.
- Contact local hotels and make bookings for out of town visitors.

## **3-4 Months Before**

- Choose and reserve the location.
- Choose caterer and provide him with family recipes so they can practice.
- Start menu planning.
- Compile your guest list.
- Prepare and send out the invitations.
- Start creating to do lists and supplies needed lists.

## **2 Months Before**

- Compile local weather information and clothing tips for out-of-town guests.
- Put together maps and directions for out-of-town guests.
- Build a shopping list.

## **1 Month Before**

- Confirm your reservations.
- Have the committee discuss any outstanding bills.
- Start getting your own family ready for this event.
- Start purchasing non-perishable items: dry goods, decorations, supplies, etc.

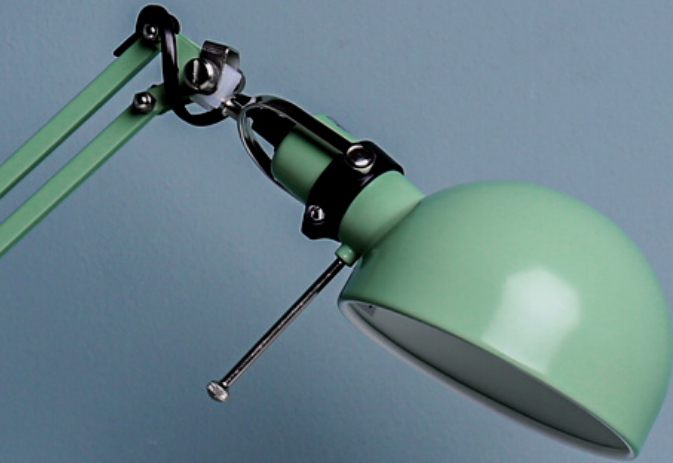
## **2 Weeks Before**

- Call family members who have not RSVP'd.
- Plan activities for the adults and children.
- Buy all supplies (for example, disposable cameras, paper plates).
- Re-confirm your reservations.
- Reunion
- Have fun and relax!



# FAMILY REUNION TOOLKIT

1 X FAMILY REUNION GUIDE  
1 X FAMILY REUNION PLANNER  
1X BUDGET PLANNER  
1 X FAMILY TREE TEMPLATE



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# TRAVELLING AS A FAMILY

Travel is an eye-opening experience. It teaches you about people and cultures in a way you don't learn in school. Visiting a new place and going on an adventure creates unique memories. It's a break from routine and gets you out of the daily grind.

Yes, travel enriches the individual.

But traveling as a family offers a different perspective. And whether it's traveling with kids, planning a trip with your siblings or with your (grand)parents, there are numerous benefits to traveling with family.

You'll end up developing a stronger bond with your partner and kids or parents and siblings. However, you get to gain so much more than that.

We often get caught up with work, school, or running a business. So, time spent with parents, siblings, or kids is limited. When you travel, you intentionally set time to be with the individuals who matter most.

## 1. Travelling with family allows you to unplug and connect

Let's face it, we all spend a lot of time on our phones, laptops, or tablets these days.

Traveling together gives family members the chance to unplug from email, social media, and engaging apps.

With all the new experiences during a trip it's easier for everyone to spend more time away from devices and connect more with the family members we're traveling with.



## 2. Traveling with family creates life long memories

Traveling as a family helps strengthen your bond by creating lasting memories.

Those memories will form an important part of your children's childhood. And being able to share these experiences is priceless!

## 3. Experience & education through travel make the best presents

Traveling with family is one of the most rewarding experiences you can have. Visiting a new city or country enables families to form a stronger bond.

Little ones learn new skills. They develop a better understanding of the expanding world around them.

Adults get to move at a slower pace. They gain a greater appreciation for life through memories made.





# FAMILY TRAVEL MADE EASY

Get a step by step family travel expert and family travel planner for just \$1.99



Travelling as a family can be quite expensive.

The figures involved leaves most couples spending time worrying about holiday budgets and working on how to bring them down.

This can be very stressful and sometimes most people end up giving up without even trying.

Did you know you can still have your dream vacation without breaking the bank?

Yes, you can make travel more affordable by avoiding certain flights, vacation homes, travelling during peak seasons and avoid making last minute bookings amongst other things.

The travel toolkit is a 2 in 1 guide to help you plan your next trip without sweating or breaking the bank. click the button below to get your copy.

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# IMPORTANCE OF TAKING TIME OUT



Just like our mobile phones, our bodies and minds have a battery limit that wears down the longer we use them without recharging. Psychologists have found that engaging in complex, mental tasks which require extended focus and attention eat into this battery, forcing it to deplete. This is why you can feel so tired after an extended study session or after working on a big assignment.

To rejuvenate, sleep or mindfulness meditation is really essential. Having a quick nap or setting aside a few minutes to meditate offers your brain the chance to switch off from thinking about the past or the future and just exist in the now. All it takes is 5 or 10 minutes of mindfulness a day to see a reduction in stress & anxiety levels, increased overall health & well being, and even improvements in academic success.

Find the balance. Take time off work to check-in on your mental health, practice self-care, or self-regulate.

Organising your time to make priority for all important areas of your life maximises your chances of happiness and success! We need to nurture ourselves, to give ourselves the physical and mental energy to face the challenges that arise before us.

We expect so much of ourselves, yet most of us stubbornly refuse to cut ourselves even the tiniest amount of slack. It isn't surprising we feel unable to cope from time to time. It's important to take time out so that we can nurture ourselves and treat ourselves with kindness, care, compassion and self-love.

Our lives require balance, which means time spent nourishing and cultivating a range of areas, aside from work and study, which are central to our well being.

# TIPS ON HAVING A BUDGET FRIENDLY FAMILY TRAVEL EXPERIENCE



Traveling takes us out of our comfort zone and as such, parents are more susceptible to spending money on a whim. We want to make our kids happy and often find ourselves digging out our wallets and throwing money at a situation instead of keeping a level head and saying no.

We have put together a list of ways to save money when travelling as a family:

## **1. Stay in Vacation Rentals**

Bunking at a nice hotel, one that includes inviting amenities and activities for all ages, is a wonderful treat. But it can often be quite costly as well, making it hard to vacation on a budget. Staying at a Vacation rental can help you to save money as you can negotiate deals for longer stays and cook your own meals as a family.

## **2. Book Tours and Activities Ahead of Time**

Do your budget and your family a favor and research the tours and activities you'd like to participate in long before you embark on your vacation. Not only will the cost of the tours be paid for before you even travel, but if you have a tight budget, you can be sure to prioritize the activities your family really wants to do.

## **3. Go On Free Days**

Museums, parks, and even theatrical performances or plays often have free or discounted entry days. Find out when these days are and make the most of them during your family vacation. If you can plan or rearrange your visits to a few of those days, then you can save more money for other activities and help yourself stay on budget.

## **4. Explore On Your Own**

One of the best parts of a family vacation is the quality time spent together away from electronics, and the myriad distractions of everyday life. Take this quality time to the next level and save money while you're at it by opting to skip the guided tours and explore new places on your own as a family.

Even better, when you explore independently, your family can spend more time in places that are of interest to your brood, and less time in expensive tourist shops or places that don't align with your family's passions.





Whether you have a family photography session annually or once ever couple of years, your choice to invest in family photography does matter and it is important. Your family portraits bring your family together. It reminds your family of it's love for each other.

It's easy to forget. I'm always trying to figure out ways to hold on to memories.

One thing I do is keep a daily one-sentence journal. I don't have the time or energy to write much every day, but I can manage to jot down one sentence. Photographs are another easy way to record little moments that are precious but easily forgotten. If you don't have photos to remind you, you might get fuzzy on the details of the days you just got married,

The day your little one turned one, Or your first daughter's reaction when you welcomed your second born child. Don't just take photos on special occasions—take photos of everyday life.

That's what will interest you later. Invest in a family photoshoot today.



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