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February 15, 2013



Food For Thought



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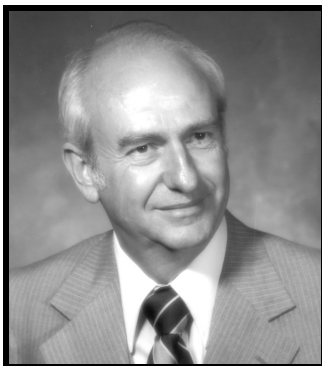
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Raymond Louis Lemke (Co-founder)

July 25, 1929 - February 1, 2013

Maun-Lemke Speaking and Consulting was formed in 1984. I had the honor of putting this fine organization together with a great gentleman, **Ray Lemke**. On February 1, 2013, Raymond Lemke passed away of complications from heart surgery. He is sorely missed by friends, family, and our company. He made an unbelievable impact on everybody he touched and came in contact with.

His life was a testament to the book he wrote, [Yes You Can!](#) Positive affirmations, personal happiness, sense of accomplishment, positive attitude, and the ability to move your life and other people's lives in a forward direction was what Ray was all about. I found him to be a coach, a mentor, a friend, a business partner. I also saw how he made a difference to people over the years and years that he spoke and consulted with our organization.

I continued to stay in contact with Ray through his retirement and was with him shortly before his final surgery and untimely passing. I've had the opportunity to reflect for a period of time about this fantastic man and what he's meant to the people near to him. I've also had a chance to positively

reflect about what a difference he made through our company by the lives he touched. I'm sure many of you have had the opportunity to hear Ray speak or to meet him personally, and I know you have the same fond remembrance.

I would like you to take a moment to view Ray's life through raymondlemke.com and see a video tribute that was put together recently for his funeral (see **Memorial Video** on video page). If you have comments or memories regarding your time with Raymond Lemke, we would appreciate receiving your emails so we may pass them on to Ray's family and friends. I know that he'll always be remembered, he'll always be thought of in a positive way, and he'll also be known as the man who truly exemplified those three great words, *Yes You Can!*

-Clint Maun

Stressed? Take time to breathe with this simple, relaxing technique!

As a healthcare professional, you may already know that between 75 to 90 percent of all doctors visits are for stress-related conditions. But, what's easy for many of us to overlook is our own stress. Indeed, as we get caught up in our busy and hectic schedule, it's all too easy to forget to take even one minute to take a deep breath and relax. And this simple act of deep breathing can do wonders to help you relax and relieve that stress.

Deep Relaxation Breathing Exercise

To quickly and effectively manage some of the stress that comes along with your day, try this simple deep breathing exercise.

Simply count backwards from 10 and say the following to yourself as you go:

- 10 - Breathing in, deeply
- 9 - Getting more and more relaxed
- 8 - Breathing in again, deeply
- 7 - Feeling the relaxation growing in throughout my entire body
- 6 - Breathing in through my nose and out through my mouth
- 5 - My hands are feeling heavy and warm
- 4 - My arms are feeling heavy and warm
- 3 - My entire body is feeling heavy and warm
- 2 - Breathing in again, deeply
- 1 - I am now deeply, deeply relaxed

You can repeat this countdown as many times as you like.

"It's not stress that kills us, it is our reaction to it."

—Hans Selye

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