





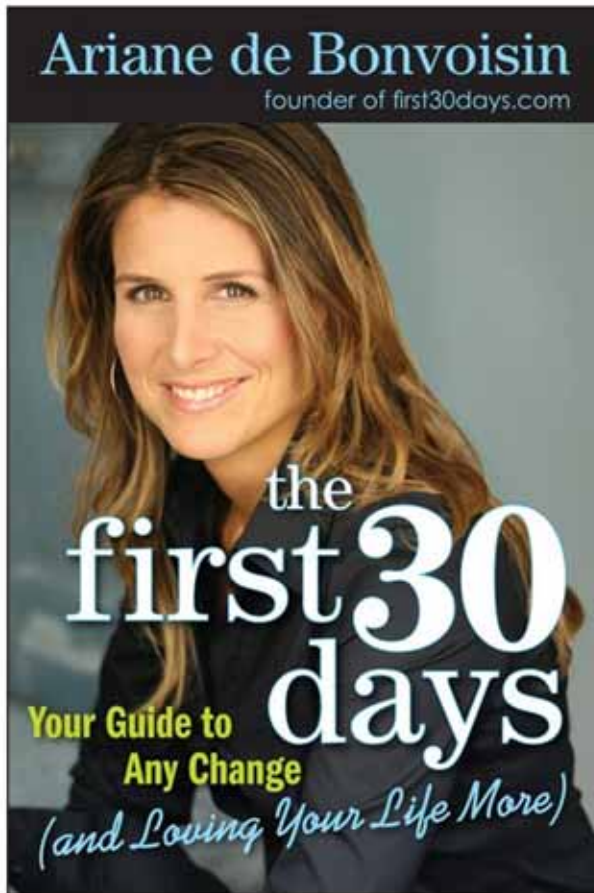
Michael J. Fox is someone who was faced with an incredible change that was not of his making, nor his choice. When the famous Canadian-born actor was diagnosed with Parkinson's disease as a young man in his thirties, he was at the height of his television and movie career.

People who want to know how he dealt with this unwelcome state ask, "Do you say to yourself 'Why Me?'". Michael tells them, "Why not me?" This amazing man has decided to use his high profile to raise awareness and



# INFORMATIVE

## EMBRACING CHANGE



We recently came across some useful change-related information from Ariane de Bonvoisin, the founder and CEO of [First30Days.com](http://First30Days.com), a company dedicated to helping people through life changes.

Her new book, *The First 30 Days: Your Guide to Any Change (and Loving Your Life More)* (Harper One), talks about how we can become good at accepting change. She says that people who are good at change always focus on the positive that will inevitably come from any transition. If you believe that change is difficult and terrible, then you will probably have a difficult and terrible time.

But if you believe that change exists to teach you something--to make you a better person and put you on a new path--the transition will not be so daunting. Similar to the process of creating your ethical will, it starts with identifying your beliefs--what you think and say to yourself and others during change--and turning them around to emerge from the change positively.

## HONORABLE MENTION

We were thrilled to have the Steve and Sylvia Rogers, and Greg Rogers, Founder & CEO of RayLign Advisory, LLC present with us at the Marriott Marquis in New York City at the Family Firm Institute 2009 Conference.

Their stories were inspiring and educational and we all enjoyed their presence. Thanks to them!



L-R: Sylvia Rogers, Greg Rogers, Stephen Rogers, Iris Wagner

# VISIONARY: IT'S IN US ALL TO CREATE CHANGE



Rather than being passive about situations that seem unjust, imbalanced or otherwise simply wrong, we find ourselves being impressed by those people who create change by their actions. In some cases it's a small action that makes a great impact, such as starting a new tradition around the Thanksgiving table where we place an MP3 recorder and everyone shares a thought, a person, or a memory for which they're truly grateful. Or sometimes it is more momentous, like Cirque du Soleil founder (and fellow Montrealer) Guy Laliberté's effort to bring attention to one of the world's great crises, the lack of clean drinking water for much of the world's population.

Whatever your mission, however great or small, it is within all of us to become agents of change to create the kind of world we want to leave behind.

For more information on Guy Laliberté's One Drop Foundation, visit [www.onedrop.org](http://www.onedrop.org).

## RECENT/UPCOMING EVENTS

- September 21-23, 2009  
*South Dakota Trust Company's Forum on Private Family Trust Companies, Sheraton Hotel, Sioux Falls, South Dakota*
- September 23-25, 2009  
*Family Firm Institute, Marriott Marquis Times Square Hotel, New York City*
- November 20-22, 2009  
*Mindfulness Meditation & Spirituality Retreat, BAKOL, Saint Donat, Québec, Canada*

PLEASE LOOK FOR OUR FAMILY BUSINESS MAGAZINE ARTICLE TO BE PUBLISHED IN DECEMBER 2009—Legacy Edition—"It's Not About the Valuables—It's About the Values"...

## 'MEMOIRABLE' QUOTE

“ If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream.

MARTIN LUTHER KING JR. ”



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