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### "Quotes"

*"I haven't had a vacation in years. I'd really like to sneak off and just run around on a beach for a while."*

~Irene Cara

*"If some people didn't tell you, you'd never know they'd been away on a vacation."*

~Kin Hubbard

*"Everybody wants to get away and feel like they're on vacation, even if it's just for the night at home when you can't go anywhere."*

~Paula Jenkins

*"I just want to take a vacation. Maybe it's time for new and fresh ideas."*

~Frank Sipkovsky

*"The alternative to a vacation is to stay home and tip every third person you see."*

~Unknown

*"A vacation is what you take when you can no longer take what you've been taking."*

~Earl Wilson



Dear Friend,

### Gone Fishin'

These days I'm embracing the fact that I'm getting older. (Not "old", mind you, just older.) Over the years, I've seen much. And, I've lived through days that were far different from our todays.

For instance, I remember times when we didn't need to "unplug" because we weren't constantly connected in the first place. In fact, we really weren't reachable unless we chose to be. We didn't have the challenges of 24/7/365 access that have been made far easier by modern technology. (Now, I can't fault technology exclusively; people set their own levels of connectedness. I remember a summer job once with a lawyer who was supposedly on "vacation", but who called into the office several times a day, every day, for long conversations on cases that were nowhere near the critical stage. His inability to detach made many of us wonder not only why he'd wasted his vacation days but also why he had burdened his family with constant pit stops to find phones. And, we won't even mention how much these calls were costing! After all, these were the pre-mobile phone days.)

No, with a few exceptions, time off used to mean just that. Whether or not you went away, when you took time off, you were OFF. You planned well. You organized the tasks that were likely to arise while you were gone. You prepared the people who would fill in during your absence. You left emergency contact information that was to be used...you've got it, for bona fide emergencies. You did the equivalent of posting a "Gone Fishin'" sign, and you took off.

You left to rest. You left to recreate. You left to reconnect with family and friends. You left to recharge.

Well, times have changed. However, our need to rest, and recreate, and reconnect, and recharge has not.

So, this summer, or not too long thereafter, I hope you get the opportunity to do just that. Take some time off...truly off...so that you can get away and come back fresh.

With that said, I'm going fishin' for the rest of the day. Want to join me?

All the best,

*June*

June Melvin Mickens  
Executive Advantage, LLC

## About Executive Advantage

At **Executive Advantage**, we are committed to providing results-based business and management consulting, leadership development, and coaching support. We partner with business leaders to build healthy, well-functioning organizations, where goals are met and people thrive. We also partner with individuals to create professional (and personal) lives with clearer direction, improved results, and greater balance.

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