

*The BCTMA is an organization, its an association, its a group of people with a common cause.*

*The BCTMA is a family that gathers to sing and play and enjoy music.*

*We learn from each other: We learn songs, we learn how to play them,*

*We learn that some can lead, some can follow,*

*Some can lead and follow, and some struggle to do either.*

*We learn patience, we learn to be thoughtful of others,*

*We learn that you'll never do anything if you don't try,*

*And so then we just Go For It!*

*We Sing and we Play and we Have Fun and we Laugh!*

*And that is what makes the BCTMA worthwhile- The Laughter*

*“Only three things in life are real:*

*God, human stupidity, and laughter.*

*But the first two pass our comprehension;*

*we must do what we can with the third,”*

*I love to laugh. I like to work hard and have fun. And I like to make people laugh – whether it is a member of my family, a friend, someone I have met for the first time or a server at a restaurant. Some people are just too serious and have no sense of humor. They seem to be angry about everything in life. They have no patience. I feel sorry for them. They miss out on so much fun.*

*We all face adversity in life. To survive such adversity is not funny. But laughter is our best weapon against life's miseries. The happier you are the better you feel. Laughter is an expression of joy and can be infectious – and that is one infection worth spreading!*

*We are lucky. We are blessed with the greatest gift of all: the capacity to laugh. Laughter has been known to be therapeutic for many centuries. But laughter is becoming a rare event in most of our lives as the world becomes faster, smaller and more complicated.*

*Laughter is a tranquillizer with no side effects. Laugh today and every day and make somebody laugh - that means you care. The most thoroughly wasted of all days is that on which one has not laughed. If you find something to laugh about every day then you are doing well. That will compensate for all the stupid things you have done that day.*

*“Seeing the bright side of life strengthens the mind, eases pain and tightens social bonds.”*

*-Seek the company of people who are happy and funny*

*-Think funny -and humor in different situations*

*-Be the target & poke fun at yourself*

*-Share your humor with others*

*-Sing and dance to music!*

*In the BCTMA, we sing and we play, we have fun and we laugh.*

*We love it and we love each other, cause that's all you really need,*

*Especially at this time of the year is hope, peace, joy and love*

*And folks, we've got it and we are truly blessed.*