

THIEVES! PROTECTING YOUR MOST VALUABLE ASSET

Online auctions are becoming more and more predominant especially in the era of the pandemic, but, as an auctioneer you still need to take care of your vocal cords, your most valuable asset! How do you take care of your voice? Are you able to speak at any given time when spoken to or auction for several hours when you have a long auction? I'm sure most of you seasoned auctioneers have figured out what you need to do to keep up with your health and your voice. I'm going to share my best advice that I have passed along to my family auctioneers and other family members as well.

I have only been sick 11 times since I married my husband, David, 33 years ago. I used to rely entirely on Vitamin C, Vicks VapoRub (my Dad taught me), and tried to get as much rest as possible in order to stay healthy and keep my vocal cords working efficiently. About nine years ago, I was informed of another way to stay healthy by one of my auction clients: Essential Oils, specifically Thieves. The story behind the name is due to the Black Plague which killed thousands during the dark ages. In France during the 15th century, thieves would sneak into graveyards to rob from the dead and dying. They protected themselves by creating a special aromatic combination composed of Clove, Rosemary, and other botanicals. Today, Thieves essential oil blend is inspired by those tales of old, combining Clove, Cinnamon Bark, Lemon, Eucalyptus, and Rosemary. Thieves is also used in Emergency rooms to prevent infections.

My antique buyer informed me that I could put 2-3 drops under my tongue, and it would take away my sore throat! It did! My son, Logan, has not been sick for over three years since he uses Thieves every time he feels a scratchy throat coming on or doesn't feel quite himself. I also have my spray bottle near me when I'm auctioneering. Since it is all natural, it can also help protect you from the virus!

I hope to see you all at the Summer picnic on June 27 at Canterbury Park in Shakopee or in Minneapolis at the NAA Conference and Show which runs July 13-17. You are also welcome to see us at the 43rd Annual Headwaters Pro Rodeo in Park Rapids, July 2-3-4.

Respectfully submitted,

Jolene Jokela Veo

2021 MSAA Board of Directors

2008 MN State Champion Auctioneer

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