


WELCOME TO THE m³ Newsletter

I'm so glad you're here!



A Courageous 'No'

One of the most courageous words we can learn to say is 'no'.

At first glance, that may sound counterintuitive. Many of us have been taught that saying 'yes' is the hallmark of generosity, commitment, and service. We volunteer, raise our hands, and take on one more responsibility because we want to help. While those intentions are admirable, I've learned that saying 'yes' to everything doesn't always lead to our greatest impact.

Sometimes, the most meaningful contribution we can make is recognizing when our gifts are better used elsewhere. Each of us has unique talents, experiences, and strengths that allow us to make a difference in ways only we can.

When we spend our time on tasks that don't align with our strengths, we may unintentionally prevent someone else, whose gifts are perfectly suited for that role, from stepping forward. Saying 'no' creates space for everyone to contribute, showcasing the value in others while empowering them to use their own voices, talents, and strengths.

If each of us focused our energy where we can create the greatest value, while trusting others to do the same, our workplaces, our volunteer organizations, our communities, and even our families would become stronger, more collaborative, and more effective. Imagine what could happen if we all embraced that mindset.

This month, I invite you to reflect on where your unique strengths are needed most. Consider whether there are opportunities to graciously step back from responsibilities that no longer align with your gifts and confidently step into those that do. Because when each of us contributes our best and empowers others to do the same, we create stronger teams, stronger communities, and a stronger future.

Sometimes, a courageous 'no' can open the door to the most meaningful 'yes' of your life.

Melissa Wandall



My Product Recommendation

A MUST FOR YOUR PUP

The intense heat of summer can necessitate more frequent bathings for our canine friends, and this SPA by TropiClean Renew Pet Shampoo keeps my Prince squeaky clean. After every bath, he's soft, shiny and smells great.



The Mark Wandall Foundation Awards Scholarships

The Mark Wandall Foundation is honored to announce the recipients of this year's scholarship awards, listed below with their intended institution and field of study. Each student received \$2,500.

Applicants for the annual scholarship(s) must be graduating seniors or young adults (age 25 and younger) are eligible to apply, be residents of the state of Florida seeking post-secondary education and have experienced the death of a parent, sibling or guardian. The scholarship application opens in December.



Devaughn Bell
*Palm Beach
State College*
(Lake Worth, Florida)

Pursuing a
Finance Major,
with plans to achieve
CFA certification



Analee Cotto
Valencia College
(Orlando, Florida)

Pursuing her
Associate in
Arts Degree



Catherine Howard
University of Florida
(Gainesville, Florida)

Pursuing her
Bachelor of Science
Degree in Nursing



Jaxson Pate
*University of
Georgia*
(Athens, Georgia)

Pursuing his
Bachelor of
Science in
Neuroscience



PODCAST GUEST



CrashTalk 3D brings together survivors, advocates, lawmakers, medical professionals, and everyday people who have been touched by drunk, drugged, and distracted driving. I was honored to be a guest on the [CrashTalk 3D podcast](#) last month, speaking with hosts LaDonna Claude and Michael Gershe.

Check out the podcast episode [here](#)!

REGISTER TODAY!

FOR THE MARK WANDALL FOUNDATION'S 23RD ANNUAL MEMORIAL GOLF TOURNAMENT

Join us in “Teeing Up for Joy and Connection for Children in Grief”!

Whether you choose to golf in or sponsor the tournament, your participation helps us advance our mission, sustain our programs, and provide hope and support to the grieving families we serve — all while honoring and celebrating the life and legacy of Mark Wandall.

Friday, October 30th

Heritage Harbour Golf Club

8000 Stone Harbour Loop, Bradenton, FL 34212

Registration/Raffle/Auction: 10:30 a.m.

Lunch: 12 to 12:30 p.m.

Shotgun Start: 1 p.m.

**Lunch, snacks, and beverages sponsored by
Station 400, Bonefish Grill & Texas Roadhouse**

\$165 per golfer OR save with \$600 per foursome

*A few planned highlights: Air Cannon; Putt Now, Pour Later Putting
Competition; Longest Drive and Closest to the Pin Competitions;
Unique Raffle Gifts*

SPONSORSHIPS ARE ALSO AVAILABLE!

NATIONAL STOP ON RED WEEK
AUGUST 2 - 8, 2026

**A red light lasts only moments.
The consequences of running
one can last a lifetime.**

National Stop on Red Week is an opportunity to raise awareness about the dangers of red-light running. Join me, the National Coalition for Safer Roads, Verra Mobility, and partners across the country as we share the importance of roadway safety with this year's theme, **Stop Today. Protect Tomorrow.**

The campaign is a reminder that every choice behind the wheel has the power to shape a safer future and thoughtfully follows the path from awareness to action, focusing on the choices we make at every intersection, the human impact behind the statistics, and the shared responsibility we *all* have to create safer communities.

NCSR's website and toolkit include templates, flyers, daily messaging, ready-to-share social media graphics, moving videos, and critically important statistics.



National Coalition
for **Safer Roads**

When sharing on social media, please help us celebrate your participation and extend the campaign's reach by using **#StopOnRed2026** and **#StopTodayProtectTomorrow**.

A Great Day with our Families at Mote Marine Aquarium

The sky may have been gray outside, but it was all smiles inside as The Mark Wandall Foundation partnered with Empath Health Blue Butterfly for our summer reconnect at Mote Marine Laboratory & Aquarium!

Our families had a wonderful time exploring the exhibits, meeting the animals, and enjoying the interactive displays. From sharks, otters, and penguins to seahorses and many other fascinating marine animals, there was something for everyone to discover and enjoy.

To make the day even sweeter, everyone was treated to Jeremiah's Italian Ice inside the aquarium.

A special thank you to Brad at Mote Marine for his exceptional hospitality and for helping make this experience so memorable. We would like to thank Danielle, Joan and the Blue Butterfly team for your continued partnership. We are grateful for our longstanding relationship and cherish these opportunities to come together in support of the children and families we serve.



**Will you be attending
the NAWHSL**
(National Association of Women Highway Safety Leaders)
or GHSA
(Governors Highway Safety Association)
conferences?
August 27-September 2, 2026

LET'S CONNECT!



Email me so we can meet up!

WWW.MELISSAWANDALLADVOCATE.COM

