

A friendly, active and open group.

We had some reports of snow today, (mid-October), but Bev and I, having experienced many a year "up North" in the Bancroft area, are used to seeing snow as early as August most of the years we lived there. The rest of this week looks like temperatures will be in the high teens, and low twenties, so winter isn't here yet folks! Besides, I still have some outside tasks to perform. Let's enjoy the waning days of nice weather, wish the kids a good evening for Halloween, and get the most out of the fall weather that we can before we are forced to bundle up to combat the winter's cold and snow.

On a more pleasant thought, this fall, with its warmer temperatures and less rain, has allowed me to finish up a number of outside tasks that I have been putting off all summer. That said, I can still find the time to relax and enjoy the nicer days, or perhaps, read or putter my way through the rainy days. I am, for instance, still puttering away on my now 2 1/2 year and counting Royal Enfield restoration project. I have taken apart and put together the transmission more than once, in fact, several times already today. Some days I am better off to walk away from frustrations like this and do something else, which is what I ended up doing today. It was just a simple thing which was thwarting me. I had reinstalled the gears, and bolted the cover of the transmission on when I realized that the shifter which selects the gears was not operating smoothly enough to suit the perfectionist in me. I took it apart once again, removed the gears, checked everything once more, and reassembled the whole thing. Unfortunately, when I went to reinstall the cover, it would not slide all the way into place. Something was blocking it. So of course I redid everything once again. Same result. I redid my work once more, same result.

Rather than blow a fuse like I might have done in my younger days, I locked up the garage and grabbed some lunch, then Bev and I got in the truck and off we

went to enjoy a very fun filled afternoon of Chair Volleyball with a great bunch of people at the Legion in Coe Hill. Even an older relic like me can learn better ways of handling the trials and tribulations life sometimes throws at us. Today, my break from struggling with frustration is a lesson many of us can benefit from. Sometimes it is better to just walk away. When you are ready to handle it, then, and only then, should you return to an aggravating situation. For example; when you are in a different frame of mind and able to calmly address the situation which caused the frustration in the first place, that is the time to tackle the thing which precipitated the situation in the first place. Don't lose your cool, think rationally, do some thinking about what the problem is, and make a plan or checklist of the steps to take to rectify what is thwarting you. What is the bottom line here? Take the time to think it through, then, and only then, put your thoughts into action ... problem solved, nine times out of ten.

October was once again a good month to be having fun with the Glen Alda Seniors group. Barry, and I am sure mainly Sally Rand, prepared chilli chicken for the main dish for our first meeting of the month. The meal was a roaring success – however, the desert table was wickedly tempting for those like me who find it difficult to pass up something sweet. It is too bad that some people had to miss this meal. Nancy and Garry DeGuerre prepared individual meatloaves, baked potatoes, and squash as the main ingredients for the second meal of the month. I know that this meal was enjoyed by all who were fortunate enough to be there. The highlight of this meal was not only good food, and great company, but also the pleasure of watching The Rocky Horror Picture Show while dressed up in our Halloween finery. What a great time!

November will no doubt see a change in the weather, but that does not affect the G.A.S. that much, as this time of year most of our activities are indoors, and a good meal is most definitely in the works for a couple of occasions to brighten up the usual dreary November transition to winter. Join us for a chance to meet a grand group of open friendly active people.

We meet on the second and fourth Wednesdays of every month between 11:00 and 3:00. For more information, please call Barry Rand at 705-656-1850.

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