

A friendly, active and open group.

Winter is definitely here, it is cold, it is snowy, it gets dark too early, and the sun hardly ever shines. Christmas is over, the New Year brought in with a lot of hopes and dreams. The partying and festive season is now over, in our culture anyway, which means it is time to get back to work. I personally have high hopes for this new year. I always look forward to seeing what each new year brings. A person's attitude has a marked effect on how they approach everything in life, so making an effort to always look at the positive rather than the negative potential in every situation you are confronted with would be a good resolution for this new year.

I have always been a victim of seasonal light deprivation. I fight it every single year. It does not stop me being active. It does not stop me getting things accomplished. It does not make me depressed, in fact, it does not have much effect on me at all because I will not let it. I know what its potential is as I have watched other people fall under its spell. They withdraw into a shell and reduce their social contact, they stop doing things they enjoy; they basically cease to function as they usually do. Some people head off to sunnier climates this time of year to combat it. Sorry to tell you this, but you are leaving too late, the worst time is before Christmas. That is when the days are the shortest, that is when the cloud cover is at its most persistent. November is bad, the first weeks of December are worse, but the beginning of January, and especially February, are time to get out and enjoy winter for what it has to offer. The days are getting longer, and the sun is more likely to be shining through the clouds. Skiing, snowshoeing, skating, sledding, building snowmen/women, you name it, are activities to get your motivation running once again. The big secret to ridding yourself of the winter blahs is simply to get off your ever expanding hind end and do something out of

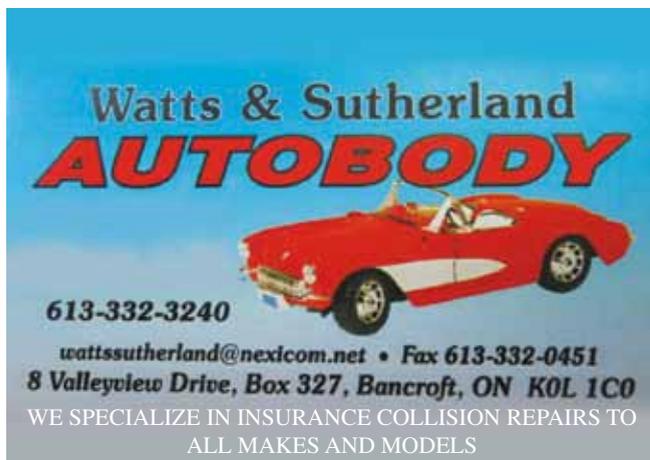
doors. There is a secret ingredient out there and it is free for the taking. It is called sunshine!

Light deprivation syndrome is just that, a lack of the usual amount of sunshine your body has come to anticipate and expect. It is up to you to replenish it by getting out of doors and doing something, anything, but if it is enjoyable then so much the better. There are simple things you can do to offset the lack of sunlight such as changing your light bulbs to "daylight" bulbs, rather than the standard "soft white" bulbs. We have done that in our home, and it helps, but the main ingredient is your attitude and willingness to combat the effects, and do something about it.

December, as I mentioned last month, was when Laureen and Colin prepared a roast beef luncheon for our little group. What I did not know at the time, is that they donated the ingredients with which they made the meal. Thank you both very much, the meal was great as well. Our foray to the "Old School House" in Ormsby for our annual Christmas dinner on the 13th was a very enjoyable affair. The meal was very good just as it was last year. The program however was changed somewhat, instead of listening to a recording of the 1939 Orson Wells Christmas Story broadcast, this year we had two professional storytellers entertain us in person. Our own Micky Beck was joined with her friend from Havelock, Angelica Ottewill. Micky's rendition of The Night Before Christmas was very well done. She was followed by Angie performing on the harp while leading us in a number of Christmas Carols, followed by a short story as well. Both performances were very well received by the appreciative audience. Thank you both for an enjoyable experience.

January brings not only the New Year, but Mike and Diane preparing our first meal of the new year. They will be followed by Reta and Mansel making the meal for the second meeting of the month. I usually try to get a hint of what is going to be on the menu, but in both cases here I must admit to failing in my duty, so surprises they will be. I can, with some certainty, tell you in advance that both meals will be worth the trip to the Hall in Glen Alda (2nd and 4th Wednesday of each month) to enjoy as both couples have never let us down in the past.

Remember we are a friendly, active, sociable group, and you may experience our hospitality by giving us a call at 705-656-1620 to find out more. Ask for Doug or Bev.



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