

*A friendly, active and open group.*

I will not be being too long winded this month unfortunately, as typing with the other hand, coupled with limitations regarding the weight of a cast suspended over the keyboard, I am not at my chatty best today folks. Actually I am using both hands as always, just many of the fingers are doing double duty for those fingers which cannot do any duty whatsoever. Adaptation is what it is called.

Editor's Note: As an aside here, Doug explained that his cast is the result of treatment for a case of severe osteoarthritis. His left thumb joint has been replaced with the goal of getting pain relief along with improved strength and an improved range of motion. He may also have future treatments to deal with similar issues with his right thumb and shoulder.

It looks as though winter is sending us its first reminders that it is that season again, so if you have not yet finished all of your fall chores, and wish to have them complete before the snow falls, then I suggest you get started any day now. Bev. and I have been working our butts off getting as much of these things done as possible before the surgeon goes to work on correcting all the things wrong with my dominant hand. The surgeon has now done his work, but not all of our chores have been completed. That is tuff, but not the end of the world, as by the time spring comes around again I am counting on being in great shape to finish up what I could not accomplish this fall. That is this month's topic I guess. Look after those things you can, plan to accommodate any little surprises life throws at you, and cover the others on a first come first done basis. There is absolutely no benefit to be gained in worrying about things over which you have no control, so why worry about something which in fact may never happen anyway. My philosophy in life is that any day I wake up healthy and well has got to be a great day. I wish more people saw life that way, there would be far less worry about what is going to happen maybe, perhaps tomorrow, or some other time in the future. This line of reasoning can go on and on and on for some people, so give them a hand up and encourage them to stop worrying and start living. Living is much more rewarding, whereas worrying begets nothing but more worrying, a nasty vicious circle if there ever was one.

There is always so much to be thankful for in this moving experience we all call life. The secret of living a full and rewarding life is to give as much or more than you get from life. You do not need all the latest gizmo's and gadgets to make life rewarding, all you really need is a zest for life, and a willingness to accept and live with what life has to offer you. The ability to recognize the opportunities that allow you to share your feelings with

others you meet on this journey, and the willingness to do so. I am a happy person, not all of the time, but certainly most of the time, and extremely fortunate to be married to Bev. for the past fifty years, and that folks is a lot to be thankful for.

Cluck, Cluck, Cluck, October was chicken month for the Glen Alda Seniors. Barry and Sally started things off with a smile this month as their chicken chilli casserole was scrumptious, and soon disappeared into the mouths of the willing diners who were fortunate enough to be in attendance. Penny and Peter, (will you assist Peter?), shared their culinary skills with another chicken casserole, albeit different, from the one served earlier in the month. I know that this will be as rewarding to sample as the last as having been served food prepared by them before it was a taste delight. President Barry invited Connie and her partner in crime to take us through the on line electoral process. This was well presented and enough time was spent to ensure that all questions were answered. Thank you two ladies, job well done.

November, and winter looms ever closer, so our cooks for the month have their work cut out for them. The first meal of the month is good venerable old Pot Luck, which is always a favourite of mine.



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