

January 14, 2009

Dear Friends!

I am starting something new as part of my efforts to stay in touch with you. This is the first of a monthly quick visit with you over the internet. The main purpose to say hello, and hopefully offer a little information that may be useful to you, or at least interesting.

Happy New Year! I hope that your transition into 2009 was gentle and that you are feeling encouraged about the future. Truly we are going through many changes as a nation and as individuals! It will be interesting to see what develops as the months roll by.

With much of the country in the deep freeze, enjoying time outdoors can be challenging. Take some extra precautions with your health and wear your scarf and hat! You may have heard me reiterate a saying I learned in school that I have taken to heart – “The wind carries with it the thousand diseases...” I may have paraphrased that, but what it means to me, is protect the back of your neck from the wind and cold. Think about how the neck and upper back feels as a cold takes hold of you. Make an extra effort to stay hydrated as we breathe the dry air. Remember, by the time you feel thirsty, you are already dehydrated!

January 26th starts the Chinese Year of the Ox. The Chinese calendar is divided into 12 year cycles, with each year representing an animal. “People born in the Year of the Ox are patient, speak little, and inspire confidence in others. They tend, however, to be eccentric, and bigoted, and they anger easily. They have fierce tempers and although they speak little, when they do they are quite eloquent. Ox people are mentally and physically alert. Generally easy-going, they can be remarkably stubborn, and they hate to fail or be opposed. They are most compatible with Snake, Rooster, and Rat people.” (From the Chinese Culture Center of San Francisco web site.) If you were born in 1925, 1937, 1949, 1961, 1973, 1985, or 1997 then you fall into the Year of the Ox. Do any of the character traits fit you? Happy Year of the Ox!

I don't want to burden you with lots to read, and this is an experiment, so I will sign off for now. If you do not wish to receive my monthly notes, please reply to this email with a removal request, and I will take you off the list. Rest assured that I do not share my email list with others.

Enjoy the rest of your January and I hope to hear from you soon. Stay warm and healthy!

Colleen