
SUE AND GARY

2021 Seasons Greetings

Once again our year like yours was constrained by the limitations imposed by the coronavirus. However, many of those limitations are now being lifted so we anticipate a return to a more usual set of activities. Already, we have enjoyed visits to family in Newfoundland and Washington state. It has been a wonderful return to normalcy to spend time with our family members face to face.

Sue's volunteer activities at the Morrison Center have been restarted. This has taken a fair amount of time since many previous volunteers have elected not to continue after the 2 year break in activities. As a result, training new volunteers and adopting new procedures has required much of Sue's time. Similarly, the Daughters of the British Empire have also been reactivated after their hiatus.

Gary had an aortic valve replacement about a year ago. Following a minimally invasive procedure, he has benefited from increased stamina and energy and at times cavorts about like a youngster in his early 60's. Notwithstanding that improvement, both Sue and I have begun to carefully define ourselves as 'older' as we modify some of our previous behaviors. While this entails some cautions, it also has allowed us to be more patient, tolerant and at times even take advantage of help with heavy lifting. Our walks and bicycle rides are as frequent but often more modest. It is reassuring to find that many of our outdoor friends also seem content with our new definitions.

Our garden flourished as a result of being home and having daily interactions. Tomatoes and carrots were especially sweet this year and have now been preserved in the refrigerator and freezer. Today tomato soup at lunch reminded us how productive the garden had been.

**We Wish you a Happy and Healthy New Year.
Merry Christmas!**

For more information, visit us at <http://www.itater.com>

Please note that our email addresses have changed to
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