Thursday, January 27, 2005. c:/wklylt5.5wc04

 (2005 NHN&WR letter/story/poem/card # 2)

**Resolutions**

 This A.M. it is minus 25 degrees C (-15 degrees F). We think it is a good day to write letters. Plus, the queued up barrel is running on empty. How do people who write daily columns do it? Amazing! Our subject today, … how are our New Year’s resolutions going? Well, … not too bad. And what were they? Well, … alphabetically: Abstinence, Exercise, French, Piano, Watercolors, & Wine-Making. One at a time;

 Abstinence. ‘Piece’a Cake’. Day twenty-seven of eighty, … dried-out and counting.

 Exercise. ( Not preaching, just reporting, … you who want to be over weight couch potatoes, … hey, it’s OK with us.) Our exercise program consists of fourteen disciplines. (For masochistic detail, see addendum.) Here, we are also sitting at day twenty-seven and this A.M.’s was not a ‘Piece’a Cake’. Ken exercises in the basement, Lucile does selected disciplines in the bedroom and Jason is not yet convinced of the program’s inherent benefits. We start doing one each of our disciplines on January 1st and increment one a day till reaching twenty. Feel a bit ridiculous on New Year’s Day. Psyche oneself up for strenuous workouts and then do one sit-up! But that’s okay, gradual works best for old folk. Actually, feeling pretty good, … may go for thirty this year.

 French. The ploy for twenty dollar tuition at Algonquin College dissolved into *“International Student”* air. *“International Student Tuition”* was out of our price range. Fell back to Plan B, … go to the library and get a book. The book selected (only one they had), *“Ultimate French”*. The text suggests having the accompanying eight hours of recordings, bummer … they were already checked out by another anglophile. Not to panic, Ken has an onsite pronunciation expert readily available. And boy! Pronunciation is something else! Like is said in Pygmaillon, *“The French don’t care what you do, as long as you pronounce it correctly”*. Status: halfway through lesson 3 of 40. (Would write “lecon”, but don’t think we have the funny looking ‘C’ with a tail in our print train.

 Piano. Santa Claus brought us a ‘Key Board Piano’. It sounds like a piano, looks something like a piano, takes up less room than a piano and definitely costs less than a piano. It is keeping the P.C. company in the office. Ken practices in the morning. Lucile practices when Ken & Jason are out for walks. Jason, not yet convinced of the piano’s inherent benefits, is yet to give it a try. If Ken does not know the tune of the song he is trying to play, … Bad. He is managing to get through most of the pieces in Beginners Book I though and thinks *“Molly Malone”* & *“When the Saints Go Marching In”* might even be recognizable. Very much in the “bad” category, is *“Amazing Grace”* and he even knows that melody well. Also there is a book of Jerome Kern music which isn’t too much harder. For the pieces over one sharp or one flat we have to pen them in right by all the notes. Messy.

 Watercolors, or maybe we should make it sound French, … Aquarelles. The artist studio in the basement is all set to be re-occupied. A trip to the art store is required to replace blocks of paper ruined by *“The Flood”.* Gotta get this activity going before we forget how to paint.

 Wine-making. This resolution was dictated by the cost of wine in Canada. In the U.S., Chateau Cardboard retails for about $2.00 a liter. In Canada, comparable wine retails for about $10.00 a litre. On a December visit to Ste-Agathe des Monts in Quebec, Lucile’s cousin Jeannine and spouse Claude gave us a wonderful winemaking demonstration and chardonnay concentrate. That lit the fuse and got us started. Wine making equipment came next, … $95’s worth. We are supposed to end up with 30 bottles of wine. That’s $3.17 a bottle, not too bad for starters. The ‘must’ (Vintners term) should be tasted periodically over the first month or so. This presents a problem for “wagon-neers”. Jason would gladly volunteer, but he’s not too good imparting an opinion on body & bouquet. Just have to fly blind we guess.

 So much for resolutions, Unfortunately, we had a fatality in the office last week. Our mouse had a stroke which paralyzed horizontal movement, … poor thing could only go up & down. Think he was worn out playing Spider Solitaire. Needless to say up & down didn’t cut it. We held a short service *(“Amazing Grace*” as a matter of fact) and disconnected him. His replacement is a new breed for us, an Optical Mouse (Souris Optique). No more little rubber ball like used to be in the center of golf balls. He has a piercing red eye instead and is supposed to be immune to strokes. We’ll see. He has been named “Optimo”.

Exercise outline and new 2005 distribution list follow.

The Boss, the Editor and #3.

219 Atlantis Ave

Ottawa, ON

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Sunday, January 02, 2005

JANUARY-MARCH EXERCISE REGIMEN,

(On January 1st, do one of each exercise. On January 2nd, do two of each exercise, then continue increasing daily, till the exercise’s number/minute is reached.)

1.    Golf Swings. 20
 Can’t do too many of these.

2.    Stretch leg tendons. 5
 Important.

3.    Rotate neck 20
 Make like an owl.

4.    Squats. 20

5.    Heel/toe rocks. 20
 Switch weight from toes to heels.

6.    Make fists, alternate right & Left. 10
 Tense alternately & relax.

7.    Push offs. (Like from counter.) 20
 45 degree pushup.

8.    Touch toes. 20

9.    Deep Breathing. 5
 Get rid of that air you took in yesterday.

10.    Jumping Jacks. 20

11.    Jog in place. (Minutes) 10

12.    Sit ups. 20

13.    Exercise bike. (Minutes) 10

 14 Daily walks. 2
Time estimate by January 20th: 2 hours a day.

2005 Recipients. c:/wklyltr5.05recip

*NHN&WR* is currently available to 68 readers @ 40

 E-mail addresses(\*) & 6 Snail-mail addresses.

1.      \*Armstrongs 3 Carol, Bruce & Mackenzie,                                                                                                     business & nursery cohorts

                                                                                                 from Atlanta days.

2.      \* Bennett, Charlie 1 Cousin of Ken.

3.      \* Bennett, Gerry-Anyango, Carol 2 Son of Lucile & Spouse..

4.      \* Bennett, Marc-Burke, Michelle 2 Son of Lucile & Spouse.

5.      \* Brock, Beth 1 Sister of Ken

6.      \* Brock, Jeff, Susan, Elizabeth, Taylor, Gracie 5 Jeff is son of Beth

7.      \* Cotton, Gene & Marilyn 2 Atlanta friends.

8.      \* Dawson, Anne, Keith & Victoria 3 Ottawa friends

9.      \* Dawson, Gail - Plummer, Reg 2 Ottawa friends

10.  \* Demand, Nancy & Erhart 2 North Hero neighbors.

11.  Gaspe, Louise & Jean Michel 2 Cousin of Lucile & partner

12.  \* Jefferson, Bill 1 Son of David & Nancy

13.  Jefferson, Clara 1 Spouse of Ken’s uncle Ted

14.  \* Jefferson, David & Nancy 2 Brother of Ken & spouse

15.  Jefferson, Greg & Kathi 2 Son of Ken & partner.

16.  \* Jefferson, Lucile, Jason & Ken 3 NHN&WR Management.

17.  \* Jefferson, Linda-Hoffpair, Kelly, Sara &               4 Linda is daughter of Nancy.                         Nick.

18.  Jefferson, Matt, Heide & Morgaen 3 Matt iis son of Ken.

19.  Jefferson, Mike. 1 Son of Ken.

20.  Jefferson, Phil. 1 Son of Ken

21.  Kelly, Marz 1 Son of Heide

22.  \*Klein, Myr, John & Willow 3 Myr is daughter of Heidi

23.  \* Looloolabas 2 Australians’ Andrew & Mark.

24.  \* Sue McCleskey 1 Daughter of Ken

25.  \* McDevitt, Frank & Etta 2 Linda McD in-laws.

26.  \* McDevitt, Linda & Norman 2 Daughter of Lucile & spouse

27.  \* Thomas McDevitt 1 Nephew of Norman & Linda

28.  \* Peck, Sara, Bill Jr, Dan & Colin 4 Daughter of Ken, spouse & sons.

29.  \* Perry, Jane & Bob 2 North Hero neighbors

30.  Peterson, Gladys & ‘Pete’ 2 Vermont friends of Lucile & Ken.

31.  \* Snow, Jean 1 Florida friend of Charlie                                                                                              Bennett.

32.  \* St John, Moira & Eric 2 North Hero neighbors.

33 \* Ward, Art & Addie 2 Pennsylvania friends of