

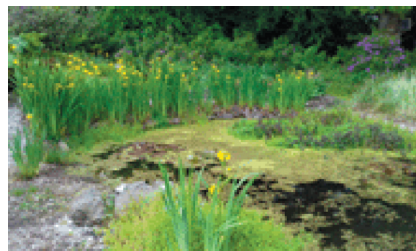
Seasonal Update

We have tried very hard not to allow this year to be dominated by Covid 19 (after all, it's 2021 now) but many plans have again been put on hold, in particular the much anticipated celebration of Emily's 40th in New Zealand and Australia.

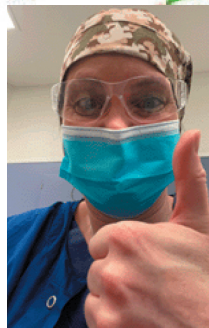
Other plans have been successfully adapted - more zoom classes including some excellent concerts, virtual tours and informative courses, many of which have only been accessible because of the technology. The Kintyre Way Ultra, John and Emily's mountain marathon and the Scottish 6 Days were all accomplished satisfactorily, being outdoor events and we achieved a long held ambition to camp/kayak round Bute.

This was partly prompted by the "We're 70 this year, for goodness sake what are we waiting for" also known as the "while we can" effect. But also enhanced by the offer of shore support by Emily who had the coffee on and tables and chairs set up wherever we landed (in between geocaching). As someone said, it's not the years in your life, it's the life in your years and we are both grateful for being in good health and able to do pretty much everything we enjoy.

John is still singing, running, 'doing things in the shed' and linking up through ancestry with previously not well known cousins. Suse is still doing qigong and taiji, writing and gardening and has a new job as assistant editor of the Tai Chi Union magazine.



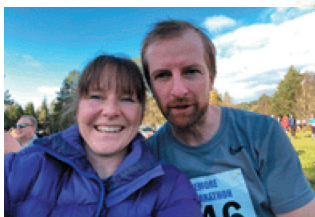
Jo had her first taste of ICU when anaesthetics personnel were called upon to support a surge in Covid 19 in Victoria. Fortunately it didn't last long and she is back in 'normal' theatres. Australia's strict curfews and border closures have certainly helped keep the numbers manageable there. John H has had a rough time with an ankle injury that needed full reconstruction but should be back at work in the New Year. Johnny is into double figures and has survived home schooling with very good academic reports. He also looks like being a super soccer player and I hope he will still be a little bit shorter than I am when we finally get to see them again.



Emily's return to work (part home, part office) sort of coincided with Roslyn starting school, if you can believe she is 5 already. Richard has a truly rubbish job looking after all the landfill sites in Scotland and the incorrigible Caitlin is also thriving. Both girls are doing well at school and go to a mountain biking club and enjoy park run (and orienteering when it's available) not to mention swimming and gymnastics. Caitlin has just taken up the cornet so their pursuits are not one-dimensional.



As omicron begins to grip we are pretty much isolating so that nothing messes up our planned Christmas get together but who knows what the future holds.



We said last year we hoped that we would be able to see more people and that has indeed happened but to the rest of you, you are still in our thoughts and fingers crossed we can do something about that next year.



Wishing you health and happiness,

John and Suse