



January 2022 Newsletter

Magazine Section

*FRIENDSHIP, FELLOWSHIP
AND FUN*



New Year Resolutions

The first New Year's resolutions date back over 4,000 years to ancient Babylon. The Babylonians are said to have started the tradition during Akitu, a 12-day New Year celebration.

During the Akitu festival, the ancient Babylonians would plant crops, crown a new king (or pledge their loyalty to the reigning king), and make promises to the gods to pay their debts and return any borrowed items. They believed that if they kept their word, the gods would look favourably on them for the year ahead.

If the Babylonians broke their promises, they would fall on the bad side of their gods.

The history of New Year's resolutions continued in ancient Rome. Emperor Julius Caesar introduced a new calendar in 46 B.C. which declared January 1st as the start of the new year. This new date honoured Janus, a two-faced god who symbolically looked back into the previous year and forwards into the new year. The Romans would offer sacrifices to Janus and make promises of good behaviour for the year ahead.

New Year's resolutions were also made in the Middle Ages. Knights would renew their vow to chivalry by placing their hands on a live or roasted peacock. The annual "Peacock Vow" would take place at the end of the year, as a resolution to maintain their knighthood values.

New Year's resolutions appeared to be common by the 17th century. In 1671, Scottish writer Anne Halkett wrote a diary entry that contained several pledges such as "I will not offend anymore". Anne wrote the entry on January 2nd and titled the page "Resolutions".

By 1802, the tradition of making (and failing to keep) New Year's resolutions was common enough that people satirised the practice. Walker's Hibernian Magazine wrote a series of joke resolutions such as "Statesmen have resolved to have no other object in view than the good of their country..."

A Boston newspaper from 1813 featured the first recorded use of the phrase 'New Year resolution'. The article states:

“And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behaviour, and with the full belief that they shall thus expiate and wipe away all their former faults.”

The history of making and breaking New Year's resolutions continues to this day.

Modern New Year's resolutions are a largely secular practice, with most people making resolutions to themselves rather than promising gods. The focus of the tradition is on self-improvement, with people taking time to reflect on their goals.

Today's resolutions are often health focused, driven by the indulgence of the Christmas period. The symbology of the New Year also makes it a great time to wipe the slate clean and start fresh after December 31st.

At least 40% of people in the United States set New Year's resolutions, while 22% of people in the UK aim for self-improvement with a resolution.

Yet, research shows that 80% of people break their resolutions by the first week of February and only 8% are successful in achieving their goals at all.

Despite having over 4,000 years of practice, these figures aren't likely to improve any time soon. Experts say we're doomed to fail when making New Year's resolutions thanks to unrealistic expectations.

We set lofty goals that quickly become overwhelming, and we fail to make a plan to achieve these goals. The key to completing your resolution is to break it down into small, tangible steps. Instead of saying, "I want to get fit", set a specific goal like going to a gym class every Monday and Wednesday.

Writing in *A Tale of a Tub* in 1699, at the age of 32, **Jonathan Swift** — best-known as the author of *Gulliver's Travels* — compiled a list of 17 aspirations for his far future, titled "When I come to be old."

When I come to be old.

Not to marry a young Woman.

Not to keep young Company unless they reely desire it.

Not to be peevish or morose, or suspicious.

Not to scorn present Ways, or Wits, or Fashions, or Men, or War, &c.

Not to be fond of Children, or let them come near me hardly.

Not to tell the same story over and over to the same People.

Not to be covetous.

Not to neglect decency, or cleanness, for fear of falling into Nastyness.

Not to be over severe with young People, but give Allowances for their youthfull follies and weaknesses.

Not to be influenced by, or give ear to knavish tatling servants, or others.

Not to be too free of advise, nor trouble any but those that desire it.

To desire some good Friends to inform me wch of these Resolutions I break, or neglect, and wherein; and reform accordingly.

Not to talk much, nor of my self.

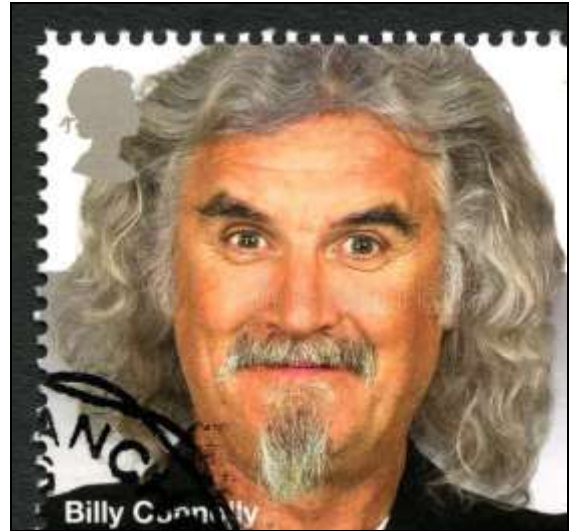
Not to boast of my former beauty, or strength, or favor with Ladyes, &c.

Not to hearken to Flatteryes, nor conceive I can be beloved by a young woman, et eos qui hereditatem captant, odisse ac vitare.

Not to be positive or opiniative.

Not to sett up for observing all these Rules; for fear I should observe none.

Billy Connolly Approaching 80



A fostered-off schoolboy going nowhere fast, turned apprentice welder on the Clyde. A welder turned regionally popular musician. A musician turned nationally popular comic. A comic turned Hollywood actor and an actor turned New York artist, then a retiree living in the Florida Keys... Billy Connolly has already been through one or two big transitions in his life.

Perhaps it's no surprise that the 78-year-old, who has been ill with Parkinson's for some time, can face up to the next transition (the last one) with such a playful disposition. If he ever finds himself brooding on death, Connolly confesses, he will shake along his wrist a little bracelet made out of small, plastic skulls. He wears the bracelet most days now and in his mind the skulls represent death. But (twist!) they have all been cast in bright, jolly colours. "I find that takes the scare away."

In the early 2010s, Connolly was in Los Angeles to make a guest appearance on a talk show when a doctor he passed in the street gave him a quick, blunt, street-diagnosis of Parkinson's disease, based entirely on Connolly's gait. It was a shock, of course but formal tests confirmed the diagnosis.

He sits forward in an easy chair now, explaining that it will take some getting out of, this chair, when he's done. Lots of rocking and jerking, he guesses, until he's upright. But he'll face that problem when he gets to it. "What works on a Monday, to get you out of a chair, doesn't always work by Wednesday. It can be a cruel disease."

Connolly has long white hair that he's tied back. The famous beard, striped with grey, has been shaped into a sort of dangling sporran over his mouth, chin and throat. He wears black circular specs and black clothes, quite a forbidding look; but his is one of those warm confessional personalities, and quickly you feel you can ask him anything, just so long as questions come from a place of honest curiosity about the human experience. It's something he's very curious about himself.

I want to know, if he's not scared of death, then does he resent it as a moment when the busy ride of life has to stop? Does he think about all the events and funny-anecdotes-in-the-making that will go on taking place without him, afterwards?

Connolly chuckles softly. "I do feel that. Cheated, in a way? But it hasn't

happened yet. So how can I have been cheated? And who knows? It might be so lovely on the other side that you don't ever think about that."

Connolly does not refer to Parkinson's by name. Instead, he calls it "it", part of a deliberate strategy to belittle the illness and diminish its hold over him. "I'm still quite ignorant about it,"

Connolly smiles. "There are lengths I choose not to go to, in terms of information about it. And that works for me. Once, I was invited to a meeting of people that had it, in a hotel here in Florida, and I went with my son. I couldn't *wait* to leave. Place was full of people who thought about it all the time. They had obviously surrendered themselves to it. I haven't."

He runs his hands into his hair, making the skull bracelet clack. "Though sometimes I think of it like a strange animal. One that sits beside you and says, 'How will you get on without this?' – before it takes away something else. I can't play the banjo any more. My handwritings gone. My yodelling's gone..."

Connolly suffered through some exceptional and appalling things in his youth, especially as a very young child in Glasgow. He and his sister, Florence, were abandoned by their teenage mother in the 1940s. They were cared for (barely) by aunts.

Later, at the hands of his father, Connolly suffered sexual abuse. In his 20s and 30s, even while he rose to prominence as a banjo player and a

comedian, he was a functioning alcoholic. Still, he survived all this. And at a certain point, the story of Connolly's life became one of somebody forever landing on their feet.

He was once described by a friend as "a welder who got away with it" and Connolly puts a lot of store by that appraisal. After all, he rose from a crappy childhood and a youth as a labourer to become a sir, an honorary doctor (four times over), a close friend to Pythons, Beatles and Stones, a king in one of the *Hobbit* movies, a co-star of Cruise and Dench.

He has lost a lot of people close to him in recent years, including his manager Steve Brown and various actor friends, including Sean Connery and Robin Williams.

When his sister Florence died six years ago he experienced an unsettling season of paranoia. "She used to beat people up at school who were picking on me. She ended up being a school teacher. When Flo died I got an irrational terror that I was gonna be picked on again. A wave would come over me, that I was unsafe, that I was exposed. Then it would go away again."

Years earlier he had been unable to visit either his father or his mother on their deathbeds, despite, in both cases, getting all the way to the hospital car park. The mixture of sadness, love, resentment and pity was always too much.

With thanks to Geoff Jones

*If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
It's ok to stay in bed.*

*If the day ahead weighs heavy
And your plans feel like a curse,
There's no shame in rearranging,
Don't make yourself feel worse.*

*If a shower stings like needles
And a bath feels like you'll drown,
If you haven't washed your hair for days,
Don't throw away your crown.*

*A day is not a lifetime,
A rest is not defeat,
Don't think of it as failure,
Just a quiet, kind retreat.*

*It's OK to take a moment
From an anxious, fractured mind,
The world will not stop turning
While you get realigned.*

*The mountain will still be there
When you want to try again,
You can climb it in your own time,
Just love yourself till then.*

During covid lock down, I found it difficult to be suitably groomed. With a little help from a set of scissors and a bowl, my grooming had a little to be desired but with a large hat, I was able to get by in the community.

After the opening up was announced, I called on my Freshwater barber but an appointment could only be made in a week's time for a "repair" job.

When that time arrived, the barber talked to me about his experiences in the first week he was allowed to open. Apparently, he was much appreciated by those in the community who were there to provide the essential services during lockdown. He mentioned that after he had closed to the public, he cut the hair of the local florist and in appreciation of the community work he did during the shut down, the barber did not charge the customer. Well, the next morning when he arrived at the front door of the barber shop, there was a wonderful bunch of flowers with a simple card just saying "Many Thanks"

The following day he also attended to the butcher's hair needs on the same basis without cost for the same reason. Yes you guessed it, the next morning there was a meat tray kept cold in an esky in front of his barber shop with a similar "Many Thanks" card.

On the Saturday he provided a free haircut to a politician as an appreciation of the politician's community service. On the Monday morning there were ten politicians outside his Barber shop.

Roger Morrow

7 ways to stay active and healthy in retirement

When it comes to living a longer, healthier, more active lifestyle, a good approach can often involve easy tasks that you can turn into everyday habits – even when social distancing is on the agenda.

1. Get the blood pumping

The Government Department of Health recommends older Aussies do at least 30 minutes of physical activity on most (preferably all) days and says it doesn't necessarily have to be done all at one time.

The World Health Organization says regular physical activity has the potential to:

- Reduce the risk of some cancers, coronary heart disease and diabetes
- Reduce the risk of falls and hip fractures.
- Ease feelings of depression
- Improve energy levels and weight management
- Enhance muscular and cardiorespiratory fitness

If your local gym or aquatic centre is temporarily closed, remember you can still go for a walk, jog or cycle and there's a range of online group classes available. Or click on these for ideas:

[Active Ageing Australia](#)

[Active Seniors](#)

[Safe Exercise at Home](#)

2. Stay up to date with your appointments

While many health issues can be aided by physical activity, you may still need to talk with your doctor, physiotherapist, podiatrist or local fitness centre about the type and amount of activity you can do.

Remember, making time for regular check-ups is a great way to take care of your overall health and ensure you stay on top of any issues before they escalate.

Due to COVID-19, there are also different options for accessing health services. For instance, you may be able to access bulk-billed appointments with your doctor, nurse or mental health professional via phone or videoconference. If you'd like to arrange a telehealth appointment, speak to your GP.

3. Eat well and minimise the bickies

Eating a nutritious diet could help you reduce the risk of diet-related chronic diseases and improve your wellbeing.

If you're looking for a little info, the

[Australian Dietary Guidelines](#)

recommend enjoying a wide variety of nutritious foods and give evidence-based recommendations on the types and amounts of foods people should eat. It includes lots of fruit and veggies, and less sugar, salt and alcohol.

4. Keep the brain ticking

Researchers believe many supposed age-related changes are in fact lifestyle related. Memory loss, for instance, can reportedly be improved by 30% to 50% simply by keeping the brain active.

Below are a few avenues that could be worth exploring

- [Learn a new hobby](#)

[YOURLifeChoices](#)

[About Over 50s](#)

These sites have many ideas including everything from fishing and photography to gardening and chess.

- [Up your tech skills](#) – There are various community colleges and groups such as

[ReadyTechGo,](#)

that offer a range of how-to workshops on everything from emails to social media.

- [Enter online gaming](#) – there are plenty of online forums available if you are looking to play card games, trivia or bridge with neighbourhood and far away communities. Similarly, there are mobile apps, such as Words with Friends, where you can play with other people.

- Enrol in a free course – There are a variety of free online TAFE courses as well as courses available through

Open University

- Go back to work- If you're in a position to do so and you've been thinking about getting a part or full-time job, this website may have some suggestions.

Older Workers

5. Stay socially connected with people, or animals if you prefer them

Older people who remain connected with others are likely to have better quality of life and delayed mental decline, while enjoying greater independence.

If you're looking for further ideas, you can check out activities and excursions through groups like Rotary, Leagues and Surf Life Saving clubs.

If you're keen on helping others (it could be at a soup kitchen, or animal shelter if cats and dogs are more your thing), you can also find a national database of opportunities at

GoVolunteer.

Meanwhile, if you need assistance in this area, there are social support services that can help you maintain an active social life by having someone visit you at home, or by arranging visits and outings.

6. Give mindfulness a go

The website

Smiling Mind

says mindfulness is paying attention to the present moment with openness, curiosity and without judgment.

Mindfulness is proven to lead to better attention, memory, regulation of emotions and self-awareness. In turn, improvements in these areas can lead to reduced stress, anxiety and depression, better academic skills, social skills and self-esteem.

Smiling Mind is one of many free meditation resources you can tap into if you're looking for tools developed by psychologists and educators.

Meanwhile, you can find additional health and wellbeing resources on the

Global Centre for Modern Ageing website.

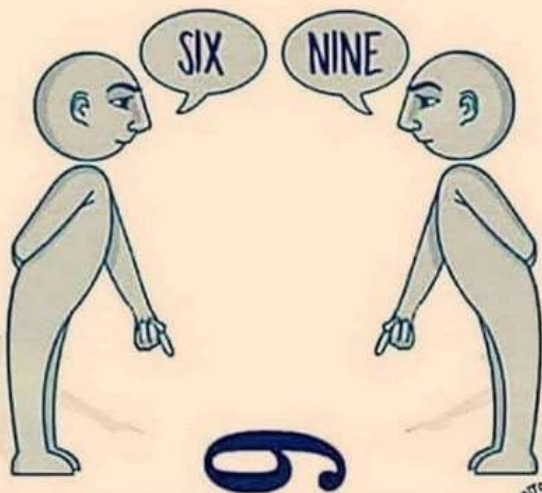
7. Reach out and talk to someone if you're struggling

Hopefully the ideas above provide some food for thought.

Meanwhile, if you're struggling a bit and would like to talk to someone, you can access free support through Beyond Blue (1800 512 348) and Lifeline (13 11 14)

Or your fellow Probus members.

This is one of the realist things I've read...



Just because you are right, does not mean, I am wrong. You just haven't seen life from my side.

LESS | MORE

| | |
|---------------|-------------|
| TALKING | LISTENING |
| PLANNING | DOING |
| SODA | TEA |
| JUNK FOOD | SALADS |
| COMPLAINING | ENCOURAGING |
| WORRYING | HOPING |
| DOUBTING | BELIEVING |
| LAZING AROUND | WORKING OUT |
| FROWNING | SMILING |

INTERESTING HISTORY

History repeats itself. Came across this poem written in 1869, reprinted during 1919 Pandemic.

This is Timeless....

And people stayed at home
 And read books
 And listened
 And they rested
 And did exercises
 And made art and played
 And learned new ways of being
 And stopped and listened
 More deeply
 Someone meditated, someone prayed
 Someone met their shadow
 And people began to think differently
 And people healed.
 And in the absence of people who
 Lived in ignorant ways
 Dangerous, meaningless and heartless,
 The earth also began to heal
 And when the danger ended and
 People found themselves
 They grieved for the dead
 And made new choices
 And dreamed of new visions
 And created new ways of living
 And completely healed the earth
 Just as they were healed.



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Thursday, November 7th, 1918

CORPORATION OF THE CITY OF KELOWNA

PUBLIC NOTICE

Notice is hereby given that, in order to prevent the spread of Spanish Influenza, all Schools, public and private, Churches, Theatres, Moving Picture Halls, Pool Rooms and other places of amusement, and Lodge meetings, are to be closed until further notice.

All public gatherings consisting of ten or more are prohibited.

Kelowna, B.C.,
 19th October, 1918.

D. W. SUTHERLAND,
 Mayor.



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With thanks to Jan Staniland

*New Year's Day
The Morning After the
Night Before*

