

System and District

u3a

learn, laugh, live

JAN
2025

Vitality!

Official newsletter of the System and District u3a

CHARITY No 1180152

FROM OUR CHAIRMAN

Hi Everyone,

I hope everyone had a lovely Christmas and New Year. It was very pleasing to see members enjoying the chance to chat and supporting our marvellous ukulele & singers at our Christmas meeting. Many thanks to those groups for making it so special.

Can I thank the committee, group leaders and all our members for a great year and I am looking forward to the next 12 months.

Clive

WE WANT TO LET YOU KNOW

PROMOTIONAL VIDEO

Those of you who attended the Christmas Social will have had the chance to see our promotional video, aimed at giving people an insight into what we are about. Even for existing members it's worth a watch, it may open your eyes to aspects that you weren't aware of. You can also point prospective members to it on our website, rather than just trying to explain.

You can find it using either of the links below

[Home | System & District](#) or <https://youtu.be/ZLGsL9k-NU8?feature=shared>

Thanks to all those who were involved, especially to Steve Kenney and Jill Kempton-Hayes who put it together and edited the content.

GROUP NEWS

NEW GROUP IDEAS

If you have any ideas for a new group please contact Barbara Sargeant our groups organiser sadu3agroups@gmail.com or speak to her at one of our monthly general meetings. Alternatively contact her assistant Angie Baker email sadu3agroupsasst@gmail.com Acting as a group organiser doesn't have to be onerous, it doesn't have to be down to just one person, and it doesn't mean you have to organise everything the group does.

Is the group you want to join currently full? How about starting a second group? Barbara and Angie are happy to provide support and guidance on how to get going.

ARTS AND CRAFTS GROUPS



As we enter a new year, are your fingers feeling creative? If so, how about joining one of our art or craft groups? We have two art groups, a craft group aimed at those using yarn or thread, and another that looks to try out a variety of different crafts. Or, what about beading?

Our website Groups page will give you more information, just click on the link below

[Groups | Syston & District](#)

FAMILY HISTORY GROUP

The group enters the new year still meeting on zoom. We continue to have members who are unable to attend at a central venue, and sadly members who find themselves no longer able to take part due to their own ill-health or that of close family members. As a result our numbers are a bit depleted, which makes hiring a room financially difficult. All that said, with new members, we would look to have some "in person" sessions.

Are you interested in your family history? Don't know where to start? We can help you. Already done some research, but hit a brick wall? Again we can try and help you. We have experienced members who are happy to have one to one sessions with beginners. If enough beginners are interested we would be willing to have a one off workshop aimed at getting you started. It doesn't have to be an expensive hobby. If you'd like more information contact me juliedjohnson@yahoo.com

LITTER PICKING GROUP



This photo shows 2 of our group members litter picking in our new Hi-Viz tops around the streets in East Goscote on Thursday 19th December. Although you can't see the lettering on the back clearly it let's people know that it is the Syston u3a doing the litter picking. That our u3a is Syston and District means the group is not confining it's work to Syston alone.

PHOTOGRAPHY GROUP



On our last meeting of the year, (last Thursday in November) 6 members of the photo group met at Abbey Park, Leicester.

It was a bright, sunny morning, but very cold and frosty, which led to plenty of opportunities for some interesting photos. After spending a couple of hours there, we had a break in the café for a chat and a warm drink.

Here are a few sent in by members.



Photo: Steve Kenney



Photo: Iain Yexley



Photo: Iain Yexley



Our next meet will be at Syston Community Centre on January 30th, where we will be looking at how some simple editing can give an image more impact, together with some friendly critique on images taken during the year, to help improve our photography skills.

PLAY READING GROUPS

Our group one invited group two to join us in December for a shared reading of “Toad of Toad Hall”.

We had 13 members playing 28 parts ! Luckily we had enough books to have one each.

Some parts were bigger than others, such as Toad, Mole, Ratty and Badger. Other parts were very small such as the jury members. All Turkey had to say was gobble gobble and Duck who had to say Quack quack. The wild woods were full of ferrets and weasels. There was plenty for us all to join in with such as the chant “ Down with Toad “ we had a short break where we shared a few nibbles and swapped parts. We had booked the room for an extra half hour which gave us the chance to finish the play with minutes to spare.. Many thanks to both groups for making this a brilliant morning .



UKELELE GROUP

On a wet and very windy Saturday night (8 December) a small group of band members, led by Len, provided an evening of entertainment for the audience at Abbots Road United Reformed Church, Leicester.

The audience were very lively and sung along with us to a variety of songs, including some Christmas ones. During the interval, we were provided with delicious sandwiches, mince pies, tea and coffee, which were very welcome by the group.

We must have been good, as they have asked us back again!

Many thanks to Joy, one of our members (PA to Len!) for providing the audio set up, which really helped in such a large room.



A few members of the u3a ukulele group visited Sir Robert Martin Court over the festive period, to provide entertainment to the folk living there. We had the audience dancing, singing and clapping along to our varied mix of songs, including many Christmas ones.

Afterwards, we were provided with delicious chip cobs, freshly made by the staff.

The staff very kindly gave us £50 donation, which will go directly to Syston Volunteer Centre.



EVENTS – PAST, PRESENT & PLANNED

DESERT ISLAND DISCS

I guess we have all heard the radio programme ?

I have an idea to have a one off event where we can recreate the theme.

Choose a record, choose a book, choose a luxury item .

Explain your survival technique (if you want to escape of course !)

I think it would work well as an afternoon tea type session ?

If I get enough interest in this idea I will follow it up and set the wheels in motion.

I will be mentioning it at the next talk on Wednesday 8th January where I can take your name.

You can email me on sadu3agroups@gmail.com with your name if you wish.

Once I have enough names I will be able to let you know more.

Barbara Sargeant.

WHAT'S ON NEXT

GENERAL MEETINGS

In the Brookside Room at the Community Centre – talks usually start 10.30am
Tea/coffee and mingling from 10.00am

Jan 8th, 2025



Joanna Richart presents a talk on how nature can help us cure most common illnesses.

We all suffer from common illnesses. As winter strikes and our energy reserves get depleted just to keep us warm, our immunity system needs boosting up. This talk will show you which medicinal plants can be harvested to treat common colds, coughs and flu and how to get our immunity super boost for free from nature. Yes the cure is all around us. We will also look at plants that help us with anxiety and stress, cancer, loss of hair, inflammation of joints and more. Which wild greens have the most vitamins to keep us healthy all year round?

You will learn all that and much more if you join this amazing talk "Forage for health"

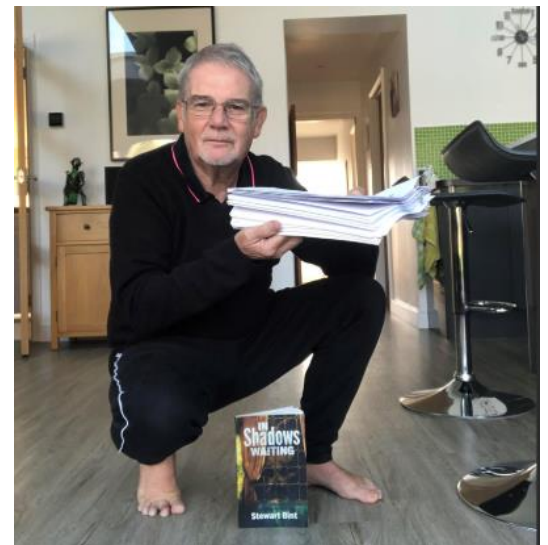
Remember, Charnwood Foraging Ltd also organizes private and public outdoor foraging courses, some suitable for mobility scooters and even small children. These help you to identify the plants from our talks in nature.

Feb 12th 2025

My Writing Journey' by author Stewart Bint: Novelist and magazine columnist, writing sc-fi, paranormal and satire genres.

He is a member of the influential international authors group, The Awethors, and as a former professional broadcaster, he has worked as a radio newsreader, current affairs presenter and phone-in show host.

Stewart Bint supports the mental health charity Lamp Advocacy.



March 12, 2025



Derek Holloway returns with a talk/presentation on Ratcliffe Airport.

Very few people seem to be aware that a major and important airport existed at Ratcliffe on the Wreake between 1930 and 1950. It saw many famous visitors and the first flight of the first Auster plane. It was an important base in the war with over 50,000 war planes delivered.

Today many of the buildings survive as the Rosmini Prayer centre and it has been my privilege to rediscover its amazing history and share with you.

NATIONAL U3A ITEMS

u3a TALKS



Flight Inspiration Aviation Meeting: January

Bentfield Charles Hucks (1884–1918) was an aviation pioneer, famed as the first Briton to perform a loop and for inventing the Hucks starter. A daring test pilot and innovator, he advanced early aviation before his untimely death from the Spanish flu, leaving a lasting legacy in flight history.

Tuesday 7 January at 10am

Free – online via Zoom

Book [here](#)



Sculpting after the Holocaust – The Story of Naomi Blake

Anita Peleg, from Generation 2 Generation, presents her mother's remarkable story of survival & her sculpture to express her experiences.

Thursday 16 January at 10am

Free – online via Zoom

Book [here](#)



Secrets of the Human Brain: How can we age better?

Join Bob Pullen, as part of our Future Lives series, to unlock the secrets to a healthy ageing brain with neurology insights and practical mind-strengthening tips.

Tuesday 21 January, 2pm

Free – online via Zoom

Book [here](#)

Redefining Later Living

CEO of the Third Age Trust, Iain Cassidy, features in 'Redefining Later Living', a news-style programme hosted by ITN Business. The programme challenges traditional ideas about ageing and instead presents ideas about what makes healthy and happy later lives.

In an interview with host Sharon Thomas, Iain talks about how u3a can contribute to a better later life. He says, "Research has shown time and time again that it's the quality and quantity of your social connections that are the best indicator for not just a long life but a healthy later life as well. I think what the u3a model does is allow those connections to be developed."

Within u3a, members connect together in informal interest groups where they learn subjects chosen by the members themselves. As such, subjects within u3a are varied - from French to Fashion, from Walking to Woodworking. Rather than the traditional teacher-learner structure, in u3a, members learn from each other. In his interview, Iain argues that this model is especially beneficial in retirement.

Iain explains, "what people don't often appreciate is that when you retire, you lose the social connections you get when you're at work. You lose the structure and often the meaning - being able to say, 'I'm a doctor', 'I'm an electrician', 'I'm whatever your work purpose is. Through taking part in learning, you can create new meaning. All of a sudden you're a volunteer, you're a learner. You've got that meaning and that structure that allows you to get the most out of life."

The interview with Iain sits alongside conversations with other organisations that contribute significantly to conversations around ageing, including Alzheimer's Society and the British Menopause Society.

Watch the full programme, and Iain's interview, on [the ITN Business Hub](#).

NOT u3a BUT YOU MIGHT BE INTERESTED



Kickstart the New Year than with our Annual Winter Steam Gala.

Taking place on the 23- 26 January and including a special twilight train service, this action-packed four-day event will feature an intensive timetable for both passenger and goods trains as well as special guest locomotives for you to enjoy.

The Great Western 'Grange' Class No. 6880, Betton Grange, completed just this year, will make its first appearance at our gala. This remarkable locomotive was funded and built by dedicated enthusiasts after none of the original 80 'Grange' locomotives survived the 1960s. The first 'Grange' rolled out in 1936, so this new addition bridges nearly 90 years of steam history.

'Betton Grange' will be joined by more guest locomotives to be announced soon, as well as locomotives from the GCR's home fleet.

Get ready for a dynamic timetable, running an array of both passenger and goods services throughout the event. Whether you're a dedicated rail enthusiast or just looking for an unforgettable experience, there will be something for everyone.

More information: <https://tickets.gcrailway.co.uk/events/91505>



Open: The People's Exhibition

This annual exhibition showcases artistic talent from across the East Midlands – open to anyone, from beginners to seasoned professionals.

A variety of artworks, from paintings, to sculpture, textiles, and more celebrates the creativity of the...

28 Dec 2024 to 31 Jan 2025

Where: Leicester Museum & Art Gallery, 53 New Walk, Leicester, LE1 7EA

Contact details: 0116 225 4900



Japanese Culture Workshop Winter 2025

You will learn Traditional Calligraphy and Modern Art Calligraphy in the first session. After the Calligraphy session you create the Origami frame for your Artwork. Additionally, you create a good luck Origami Daruma Doll.

11 Jan 2025 *Open 10:30 - 13:00*

26 Jan 2025 *Open 10:30 - 13:00*

Where: University Of Leicester, University Road, Leicester, LE1 7RH

Contact details: 0116 233 3111



Beginners Sewing Day

Been watching The Great British Sewing Bee and fancy giving it a try? Had a sewing machine collecting dust and need a little help to get started? This is the workshop for you!

We'll start at the very beginning with a fullrun throughof the parts of...

25 Jan 2025 *Open 10:30 -*

Where: Attenborough Arts Centre, University of Leicester, Lancaster Road, Leicester, LE1 7HA

Contact details: 01162 522455



The Charnwood Orchestra
 Music Director Nic Fallowfield
 Patron Thomas Bowes
 Est. 1973

Happy Birthday Strauss

**Saturday
 11th January 2025
 7:30pm**

**Humphrey Perkins
 Community Centre, Cotes Road,
 Barrow upon Soar LE12 8JU**

**Conductor and violin
 Nic Fallowfield**



Nic Fallowfield

Tickets:

- The Orchestra website
- tickets@charnwoodorchestra.org.uk
- Taylor's Florist, 17 High Street, Barrow upon Soar LE12 8PY
- Members of the Orchestra
- At the door, cash and card payments

£16.00 (£14.00 concessions)
£5.00 - 18s and under or NUS members

f /charnwoodorchestra
x /charnwoodorch

We celebrate this year's bicentenary of the birth of Johann Strauss II with a selection of the Waltz King's most popular works, including *Die Fledermaus Overture*, *Tales from the Vienna Woods*, *Emperor Waltz* and *Blue Danube Waltz*.

The programme also features a selection of orchestral favourites including Mendelssohn's Wedding March from *A Midsummer Night's Dream*, Schubert's Entr'acte No.3 from *Rosamunde*, and Beethoven's Romance No.2 for violin.



Next Concert: 22nd March 2025 - please see website for details

www.charnwoodorchestra.org.uk

The Charnwood Orchestra is a Registered Charity in England and Wales. Registered Charity No.1206690



Bring your knitting, sewing, embroidery, crochet or any project you are working to the library. It's a chance to share your skills and creativity, and connect with a wonderful community of fellow crafters.

Starts 4th February 2025

EVERY TUESDAY MORNING 10:15 TO 12:15

**System Library
 Upper Church Street**



**Take some time out and get creative
 No booking required.
 Tea/Coffee will be provided
 For more information call **0116 305 3500****





System and District Volunteer Centre
 Registered Charity No: 310412

Trustees Wanted

Would you like to be part of this very important and Award Winning System charity serving the local community?

We are currently looking for new trustees to join the board.

The board meets once a month at the centre.

Each Trustee holds a specific role and they all take an active part in the running of this charity.

For more information and to arrange a chat with the Chairman
Call now on 0116 260 7888

FROM OUR MEMBERS

A NEW YEARS RESOLUTION

Did you know that if you live in Leicester/Leicestershire you can request a breast screening appointment even if you are over 71?

Prior to reaching 71 women over 40 automatically receive a breast screening appointment every three years but this stops after their 71st birthday.

However you can call the Glenfield Breast Clinic on 0116 258 3644 Mondays to Fridays or email Breastscreening@nhs.uk and request an appointment. You do not need a G.P. Referral.

Screening is the best way to stop cancers at an early stage.

Thank you Helen Disley for this information.

HOW THE INTERNET STARTED

You either understand or you don't

How the Internet started (according to biblical scholars).

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take him to himself, a healthy young wife by the name of Dorothy.

And Dot Com was a comely woman, large of breast, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, "why does thou travel so far from town to town with thy goods, when thou can trade without ever leaving thy tent?"

And Abraham did look at her as though she were several saddlebags short of a camel load, but simply said, "how, dear? "

And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale and they will reply telling you who hath the best price. The sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)"

Abraham thought long and decided he would let Dot have her way with the drums.

And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent.

To prevent neighbouring countries from overhearing what the drums were saying, Dot devised system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures – Hebrew to The People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung, they were called Nomadic, Ecclesiastical, Rich, Dominican, Sybarites, or NERDS. And lo, the land was so feverish with joy at the new riches, and the deafening sound of drums that no one noticed that the real riches were going to the enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. Indeed, he did insist on drums to be made that would only work with Brother Gates', drumheads and drumsticks. And Dot did say, "Oh, Abraham, what we started is being taken over by others." And Abraham looked out over the bay of Ezekiel, or eBay as it came to be known. He said "we need a name that reflects what we are. " Young Ambitious Hebrew Owner Operators". "YAHOO" said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com. Abraham's cousin, Joshua, being the young, Gregarious, Energetic, Educated, Kid (GEEK) that he soon started using Dot's drums to locate things around the countryside. It soon became known as God's Own Official Guide to Locating Everything (GOOGLE). That is how it all began. And that's the truth!?

Originally published on our Facebook group by Dave Palmer

IT'S NOT THAT CHRISTMAS DOESN'T FEEL THE SAME — IT'S THAT IT NEVER WILL.

I stumbled across this on Facebook, after a difficult first Christmas following the loss of both parents, it resonated with me. I shed some tears, but remembered Christmas past, and got through Christmas day somehow. I hope the same is true of anyone else experiencing their first Christmas without some of their loved ones. ED

Every year, I say it: "It just doesn't feel like Christmas anymore." And every year, it feels LESS like Christmas.

This year, I barely managed to pull the tree out of the box three days before Christmas. No ornaments—just enough effort to say I did it. I sat there, staring at it, feeling empty.

Then my daughter looked at me and said:

"Mom, this IS Christmas. It's how it always is. YOU'RE the one who feels different."

And she's right.

Christmas hasn't changed. I HAVE. WE ALL HAVE.

When we say "It doesn't feel like Christmas anymore," what we're really saying is, "It doesn't feel like the Christmas I remember." The one with the PEOPLE who aren't here anymore. The traditions we've let go of. The laughter that filled the house when it was still full.

We're chasing a version of Christmas that doesn't exist anymore. The one before life got hard. Before the empty seats at the table reminded us of who we've lost. Before we knew how much it cost—emotionally, financially, physically—to make the magic happen.

THIS YEAR HURTS EVEN MORE. Groceries cost more. Gifts cost more. LIFE COSTS MORE. And no matter how much we try to hold onto the magic, it feels like it slips further away every year.

But my daughter was right about something else too. She said:

“For me, this IS Christmas. The tree. The lights. The way you always say it doesn’t feel like Christmas anymore. THIS is Christmas. It’s just not the Christmas YOU grew up with.”

And that hit me hard.

Because the truth is, Christmas will NEVER feel like it did back then. It can’t. The people who made it feel magical—our grandparents, parents, aunts, uncles—are older, or gone. The traditions we cherished have faded because life got too busy, or we didn’t keep them alive.

It’s not that Christmas is broken. It’s that the version we’re holding onto is GONE.

Christmas is still here. It’s just different. And maybe that’s the hardest part—accepting that this season will never feel like it did when we were little. But that doesn’t mean it’s any less real.

This year, it hurts. And next year, it might hurt too. But maybe the magic isn’t gone. Maybe it’s just waiting for us to stop comparing it to the past and see it for what it is now.

IT’S NOT CHRISTMAS THAT CHANGED. IT’S LIFE. IT’S US.

DECLUTTER DEN

Did you get a Christmas present that means you have something that you no longer need? Are you determined to declutter and get rid of things that you haven’t used in an age this new year? Dare I suggest that you might have received a present or two that you’d rather you hadn’t? *(I think most of us have a friend or relative that has a reputation for poor choices when it comes to gifts)*



If you have something that you are prepared to give away – **strictly no items for sale!** Let me know and I’ll put it in declutter den and hopefully we can help each other free up some space, whilst giving others something they have a use for, even if we don’t.

Email: sadu3aed@gmail.com

If you feel you need to be a bit more discrete about advertising an item, please consider using [Syston helping hands | Facebook](#) or [WasteNot Leicestershire Reduce, Re-use, Recycle | Groups | Facebook](#)

WHAT IF THERE'S A PROBLEM CHRISTMAS GIFT OR A SALE ITEM?

There are consumer rights to protect you when you buy goods. These are rights by law, which a shop or online seller can't ignore.

Here's a quick summary of your rights:

- **You DON'T have a legal right to change your mind & return store-bought goods.** Even if you've bought the wrong colour or size, stores don't legally have to refund you simply because you've changed your mind. (It's different if items are faulty.)
- **In reality, many shops offer more generous returns policies.** If stores have published returns policies, they have to stick to them. Many will allow you to change your mind and get a full refund, but always check before you buy.
- **The rules are different when shopping online – you DO have a legal right to change your mind.** For most items, you have up to 14 days to notify them of a return, then up to 14 days after that to send it back. Some sellers extend this over Christmas.
- **If items are faulty, it doesn't matter where you bought them.** You will usually be entitled to a refund, repair or replacement, depending on when you find the fault.
- **You don't need the actual receipt where goods are faulty.** You do need proof of payment, but this could be a bank statement, or credit card slip or statement.
- **You may need the actual receipt when looking for a refund if you've changed your mind.** Different stores have different policies on this. Some won't refund in these cases, but will exchange or issue a credit note.
- **You don't need the original box or packaging to return a faulty item.** This applies even if the item was bought online. Obviously you have a duty to package an item properly if you send it back.
- **Legally only the buyer of the goods has a right to return them if they are faulty.** However, some sellers offer a "gift receipt" that can be used, or alternatively you can inform the seller of your intention, and get them to note the ordinary receipt of who the gift is for. This effectively transfers the right in law.
- **Check whether you can register a product for a free extended warranty.** Some manufacturers offer this, but remember that your initial statutory warranty or guarantee is with the seller, NOT the manufacturer. Don't let the store fob you off.

POETRY CORNER

Wishes for a New Year by John P Read

Brush away old heartaches.
Learn from our mistakes.
Another year is finally over.
A new dawn awakes.

Let the old year out.
Welcome the new one in.
Bury the bad things of the past
As a new year now begins.

Make your New Year wishes
As simple as you can.
Pray for peace and love,
Not for wealth or fame.

Pray for health and happiness.
Pray for your fellow man.
Pray for all the ones you love.
Pray for those who've lost their way.

As the midnight hour chimes,
We leave the old and embrace the new.
I wish the things you wish for yourself,
And may God's love stay with you.

THE YEAR By Ella Wheeler Wilcox

What can be said in New Year rhymes,
That's not been said a thousand times?

The new years come, the old years go,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.

We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.

We laugh, we weep, we hope, we fear,
And that's the burden of the year.

A JOURNEY TO A NEW YEAR by Sumira R Arain

First day of the New Year.
It's time to shine for a new day.
Forget your past,
Your sorrow, your pain.
New ideas are waiting ahead.
It's time to recall all your memories,
Beautiful dreams that remain uncovered,
Painful parts of life when your heart gets
crushed.
But don't be afraid.
The future is in your hand.
Hold it in your hand.
Start your race,
A new journey,
That leads you to success.
You will rise again
You will shine again.
Happy New Year!

JANUARY'S DAWN by Patricia L Cisco

Deep in this dark, cold, last night of December,
is one tiny flame of a flickering ember.

like so many memories of Decembers gone by,
tucked in our hearts, memories safely reside,

reminiscing our blessings through all the past
years,
of those we have loved, our regrets, and our
tears.

As December surrenders to January's dawn,
that one tiny ember still flickers on,

sparking the flame to new memories born
on the horizon of this New Year's morn!

And finally.....

“The new year stands before us, like a chapter in a book, waiting to be written.” – Melody Beattie

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”- Helen Keller

“Your life does not get better by chance, it gets better by change.” – Jim Rohn

“What a wonderful thought it is that some of the best days of our lives haven’t happened yet.” – Anne Frank

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” - Socrates

“You are never too old to reinvent yourself.” – Steve Harvey

“Sometimes a year has been so disastrous and so terrible that entering a new year will automatically mean entering a wonderful year!” – Mehmet Murat Ildan

“He who breaks a resolution is a weakling; he who makes one is a fool.” —Farquhar McGillivray Knowles

“Many years ago, I resolved never to bother with New Year’s resolutions, and I’ve stuck with it ever since.” —Dave Beard

“I made no resolutions for the New Year. The habit of making plans, of criticizing, sanctioning, and moulding my life, is too much of a daily event for me.” — Anaïs Nin

“Youth is when you’re allowed to stay up late on New Year’s Eve. Middle age is when you’re forced to.”
—Bill Vaughan “Old age is when you can’t stay awake long enough” anon. addition

“New Year’s is a harmless annual institution, of no particular use to anybody save as a scapegoat for promiscuous drunks, and friendly calls and humbug resolutions.” - Mark Twain

“A New Year’s resolution is something that goes in one year and out the other.”

“For last year’s words belong to last year’s language. And next year’s words await another voice – hopefully with fewer typos this time.” — T.S. Eliot

