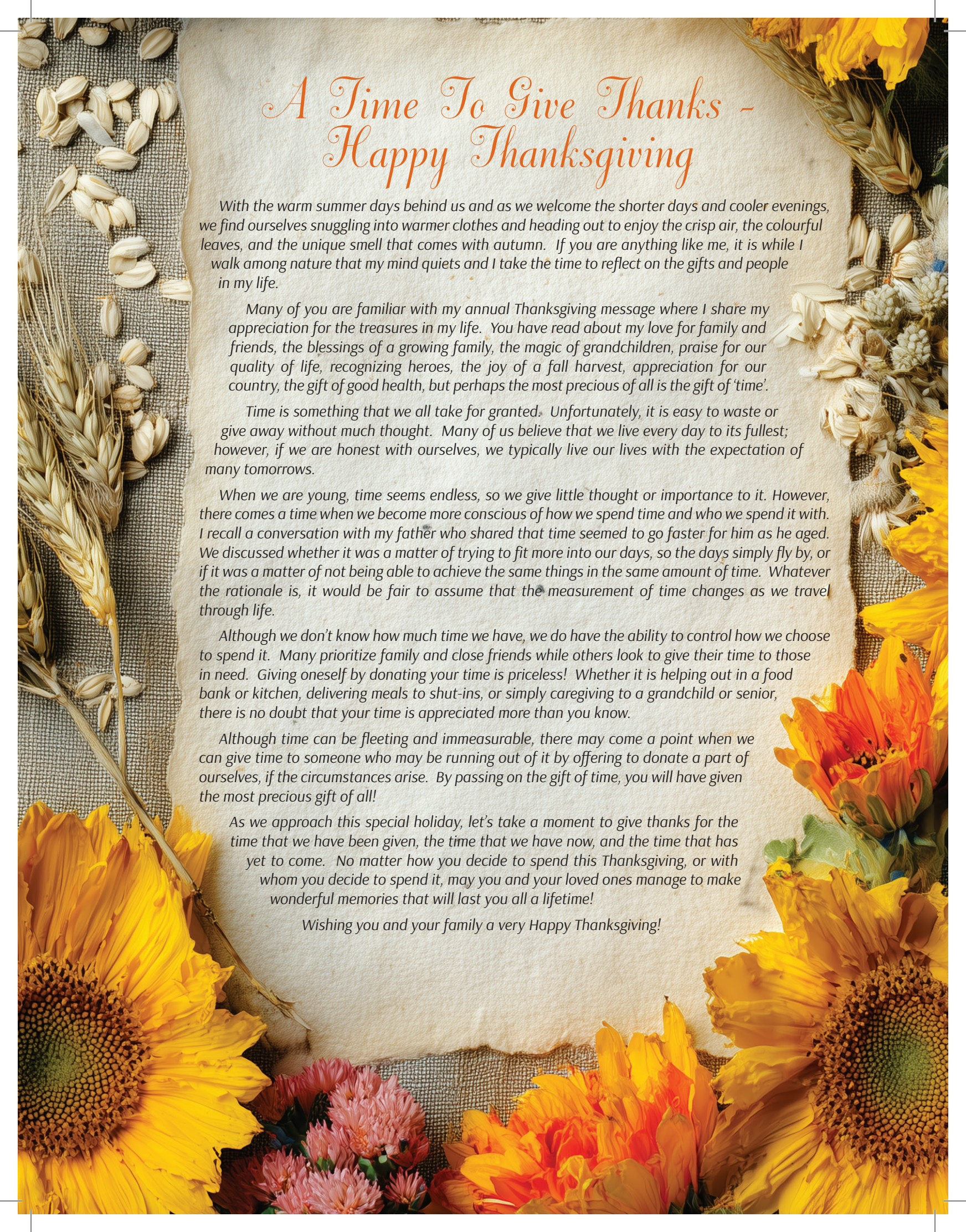




A Time To Give Thanks - Happy Thanksgiving

With the warm summer days behind us and as we welcome the shorter days and cooler evenings, we find ourselves snuggling into warmer clothes and heading out to enjoy the crisp air, the colourful leaves, and the unique smell that comes with autumn. If you are anything like me, it is while I walk among nature that my mind quiets and I take the time to reflect on the gifts and people in my life.

Many of you are familiar with my annual Thanksgiving message where I share my appreciation for the treasures in my life. You have read about my love for family and friends, the blessings of a growing family, the magic of grandchildren, praise for our quality of life, recognizing heroes, the joy of a fall harvest, appreciation for our country, the gift of good health, but perhaps the most precious of all is the gift of 'time'.

Time is something that we all take for granted. Unfortunately, it is easy to waste or give away without much thought. Many of us believe that we live every day to its fullest; however, if we are honest with ourselves, we typically live our lives with the expectation of many tomorrows.

When we are young, time seems endless, so we give little thought or importance to it. However, there comes a time when we become more conscious of how we spend time and who we spend it with. I recall a conversation with my father who shared that time seemed to go faster for him as he aged. We discussed whether it was a matter of trying to fit more into our days, so the days simply fly by, or if it was a matter of not being able to achieve the same things in the same amount of time. Whatever the rationale is, it would be fair to assume that the measurement of time changes as we travel through life.

Although we don't know how much time we have, we do have the ability to control how we choose to spend it. Many prioritize family and close friends while others look to give their time to those in need. Giving oneself by donating your time is priceless! Whether it is helping out in a food bank or kitchen, delivering meals to shut-ins, or simply caregiving to a grandchild or senior, there is no doubt that your time is appreciated more than you know.

Although time can be fleeting and immeasurable, there may come a point when we can give time to someone who may be running out of it by offering to donate a part of ourselves, if the circumstances arise. By passing on the gift of time, you will have given the most precious gift of all!

As we approach this special holiday, let's take a moment to give thanks for the time that we have been given, the time that we have now, and the time that has yet to come. No matter how you decide to spend this Thanksgiving, or with whom you decide to spend it, may you and your loved ones manage to make wonderful memories that will last you all a lifetime!

Wishing you and your family a very Happy Thanksgiving!