

Time and Again

My friend, Wilma, dropped in one day, and, over cookies, we took time to discuss the 'meaning of time'.

Being retired, or being semi-retired like me - still a novice and an apprentice retiree learning the ropes and the tricks of the trade - time has become a most important factor in my life. In fact, I think I have retired just in the nick of time.

Consider this: like money, time can either be **SAVED** or **SPENT**.

It's something that can be **SAVED**, as in rushing around and saving a few minutes so you can spend the extra time doing something else.

I have spent a lot of time saving time but this activity usually just stresses me out.

Time can also be **SPENT**, as in spending time in the garden, at the beach, on the road; spending time on your bike or on your treadmill; spending time with your kids, grandson/granddaughter, or friends; spending time at the library or on the computer; spending time in the kitchen with exciting new recipes, the bedroom (likewise), the workshop (likewise); spending both time and money in the shops, or just on spending time having fun - whatever that means to you...movies, music, swimming, hobbies, concerts, volunteering.

Either way, time or money, **YOU CAN'T TAKE IT WITH YOU!**

It might take a lot of practice so don't lose patience and give up. You'll get the hang of it; just give it time.

Try many different things. It's time well spent, I assure you.

When you look back on your next birthday, and wonder where the time went, don't spend time worrying about it. Face it; time flies, and, just like what I do for the cluster flies in my cabin in the fall, open the door and fly away to do whatever interests you most with the time and money you have left.

YOUR time; **YOUR** money - use it joyfully; playfully; usefully and uselessly!!!

(as long as there are no harmful foreseeable consequences) ...use it up and have fun doing so.

JUST GO AHEAD and DO IT!!!

You certainly have my permission.

-Karen Smith
R.I.T. (retiree in training)

Milford Market

Starting July 5th the Milford Market will be open.

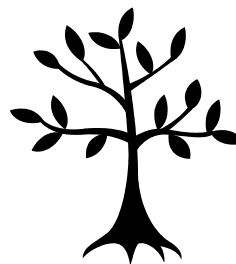
Looking for Artisans, Farmers, Local Musicians, any other creative people to participate in the Market.

The cost is the same as last year - \$10 per table per week.

The 10 week period the Milford Market will be open is from July 5th to Sept 5th.

New this year is the Canteen will be open and limited refrigeration for vendors that need it will be available.

For tables, contact Judy at milford.market@yahoo.ca or 613.476.4939 (message can be left)



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