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Dear family and friends,

Well, the last few weeks have been quite eventful, not that everything on my mind is going to be passed on in this letter - now try not to be too disappointed. Some things you are allowed to keep to yourself or to those concerned. I have a habit of getting myself into trouble by broadcasting what I'm happy about and getting too carried away with myself, so I'm being deliberately guarded :-). Anyhow, onto the news.

## **HEALTH**

Yes, my health continues to be an issue. Early on in the piece when I was first afflicted with Chronic Fatigue Syndrome (CFS) I found I had some difficulties walking due to a lack of strength in my limbs. This was at the 'height,' if I can call it that, of my illness. I used a walking stick for a period, just to give some much-needed support and to stop unintended falls. I have now resorted to having a stick accompany me for the time being. I don't believe I've reached the point of my darkest hour yet again (as if you can reach it again), especially given that the vast array of symptoms I was then afflicted with have not overtaken me now, but I have some recurring problems. I am hopeful that this is only a temporary setback - especially since I have enjoyed reasonably stable health for quite some time over the last year or so.

The periods of ill health I suffered in the last six months (some was relatively severe) were totally different to my current issues (different symptoms is not unusual for me) and I think brought on by particular stressful issues which are no longer of concern to me. For instance, I no longer believe I'm losing my mind, as I liked to term it back then. In fact it is difficult for me to believe I could be much happier than I am at the moment (I could be and know I could be - but I'm at the happiest I've been in some time).

## **WORK**

Some people may find this difficult to believe but I am in danger of getting a life - which is a refrain I've used quite regularly in recent times. I think I have successfully organised my work to allow for the keeping of relatively normal hours overall. There is one particular project I need to get sorted out and quickly (though I lack any inspiration to do so), which at least one of my readers knows about and will soon be pushing me for - she likes to order me around on these things which she seems to think she can because she is one of my bosses (a secret - I'm very scared of her, especially when she wears weird shoes and believes everything I tell her).

So if I can stay well and keep on top of my work everything should go relatively well for the foreseeable future - which is not to say I'm not incredibly busy at work, for I am very busy and can never seem to see

light at the end of the tunnel. It is just a relief to be able to leave most of that at work these days.

## **PEOPLE**

Ever noticed that people can have an interesting effect on you? I've found that throughout life and I don't mean just the everyday sorts of things either. The most important times in my life have had to do with people. I can't say that I have ever really 'won' in the long run with people too often - I mean with them on a personal level, but as a result of people my life has been changed more often than not in a good way. I haven't always enjoyed the 'moment' when someone has decided to not be what I would have hoped them to be (and I don't mean this to be a time of recriminations) and have found them to be a disappointment to me, but generally I have learnt invaluablely from those moments - something important about my behaviour, something about an attitude, etc.

There are some 'moments' of more importance than others and I have had several really life-altering moments that have dramatically changed my outlook on things and people for that matter.

I don't know that I would consider that I have a lot of what I would call really close friends - there have certainly been times when I thought I had really close friends only to find that they weren't as close as I perhaps had thought or even hoped they would be. One of the criteria for me in defining what a close friend is, at least in what I regard a close friend to be, is longevity. I mean they last. Not only do you see them in good times but also in bad times and they last over the months and years, able to put up with your strange personality (and I have certainly a personality like that) and so on.

I think I've struggled with this in recent times and there are undoubtedly some out there who probably think I'm talking about them specifically - well, sorry to disappoint folks, I have no one specifically in mind as to whom I would cast disappointing glances as that is not really my point here. What I have in mind is simply to pay tribute to those friends of mine who have stuck by me, especially knowing that I have been having a hard time of it in the past 12 or so months. You have shown 'longevity' and I really appreciate it. I'd have gone insane a long time before this without you.

I have a new friend who is an old friend or rather a regained friend and it is the renewal of this friendship that has really made me happy in the last few weeks. This is someone I think the world of and had thought I'd lost for all time - but that is not the case. This restoration has really been something else and has breathed new life into me. Yeah, so this letter wouldn't be a real re-cap of the past month without mentioning that 'little occurrence.' I don't really intend to say much more than that, but I did want to be sure I mentioned a most important happening :-)

## **WEB SITES**

I have begun a major new look at my web sites - not that I've done a real lot more than that at this stage. I have finally set up a new site for one of them and have passed that information on already to interested parties. The wilderness site mentioned in the letterhead of this letter will soon be going to a new site. I know the ads have returned to the site and all attempted negotiations with the site host have failed to solve the problem and frankly I've had enough. They will lose my entire business as a result (they seem to forget I have other sites with them and would have posted another with them) and I will get a much better outcome in the end.

So news of all this will be coming in letters to come.

## **HOLIDAYS - TRIPS**

I'm hoping to go on a trip sooner or later, hopefully sooner - but this will depend on a whole heap of circumstances. I don't want to be presumptuous on this, so I won't jump the gun by making any big news stories about it. I don't have any large trips or even holidays planned at the moment.

Well, that will do for now - until next time.

Regards,

Kevin