

27 Middle Street  
Cardiff South  
NSW 2285

kevin.here@bigpond.com

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Dear Family and Friends,

Greetings once again - thought I'd take some time out and write another letter along with sending the previous one out again as some people didn't seem to get it. So I guess I can pass on some more seasons greetings to one and all, especially as I reflect on another year and a new one just around the corner.

### **MY HEALTH**

Reflecting on my health at the beginning of this year I was thinking that the worst of my illness was well and truly behind me and that a great healthy year lay ahead - well as I now know that wasn't to be the case and I am still battling to get over the year that was (especially the last half). My health appears to have improved greatly over the last week, yet I have still got to be careful and have my moments of very poor health. This last week has been marked by periods of 'near blacking out,' but having said that I have been involved in a lot of major physical activity at work and so I have more than likely over done it greatly, which has lead to this particular issue.

My enjoyment of a decent wine (as opposed to getting drunk or anything near that by the way) is currently suffering as every time I have a glass of wine I seem to get incredibly ill - CFS in some people has an issue with alcohol (intolerance) - so now this seems to be the latest manifestation of this seemingly always changing illness. So now I'm being careful of that for the time being also.

So in 2007 I'm looking forward to hopefully a better year in regards to my health - certainly I'll be praying in that direction. It would be difficult to believe that I could get any worse than I have been this year with CFS. So that is something.

### **WORK**

Changes need to be made here of course in 2007, as I need to try and redeem some time for more useful pursuits. I made some changes this past year which were working - until I got sick. Since I got ill its been something of a sense of trying desperately to hold my own, though not particularly well in my opinion. It has been really difficult for me to hang on and on a number of occasions I have contemplated throwing it away as I have seriously questioned my usefulness there.

On the other side of the coin it was great early in the year to be able oversee the maintenance department as

we got through the accreditation process with flying colours, recording no issues whatsoever, apart from one area that I/we had no influence over. So that was a very good result for which I was very thankful and extremely happy with the maintenance team and all of the effort they put in to get to that point.

So 2007 will be a time to regain some lost ground at work and get back on top of everything - especially after our 10 million dollar development is completed and things return to some level of normalcy.

## **LOST OPPORTUNITIES**

I remember at the start of this current year I was looking forward to this year as being one that promised so much - now it seems to have been full of so many lost opportunities and not all by myself. There are so many areas that I could talk about here - but probably won't :-)

One of the lost opportunities that I'm thinking about is in an area that we probably can all relate. In our friendships many of us feel we have lost opportunities to do good, be better, grow, etc. This is probably the area that always fills me with regret at the end of most years and this one is no exception. However, it is not always a case of loosing opportunities myself - other loose opportunities too and it is here that I am thinking of most this year. There are times when you really have a sense that those special people in your life (friends) loose opportunities to see relationships grow and this past year I have really sensed this. There is no anger in any of this, just a sense of regret and not a little sadness that so many opportunities have been lost in this particular area. So much more could have been had, but sadly these opportunities have been missed. Even sadder - you don't often get those opportunities again, they are generally forever lost. So I really sense that and feel that.

But there are so many opportunities that seem to be lost, especially in hindsight when you reflect on them. Yet if you dwell on them you can get quite down, so you look to the future and hope better opportunities will yet come your way. I'm sure they will within the providence of God and they will be better than those that were missed.

Certainly the web sites have fallen by the side somewhat in this past year, but there are opportunities in the coming year to turn all that around and Lord willing that will be the case. Certainly I have a wealth of content ready to be added to the site in the coming months - Ebay has been a source of much of this which has been great (and costly).

Anyhow, time to move on and get on with it - all the best for the New Year and I truly wish you a better year than the one just gone.

Regards,

Kevin