

Moose Notes 2014 (Highlights of the Year)



(The moose photo this year is of a ceramic moose – Jean made this for me a few years ago. Moose are cute, but this one is cuter than moost.)

Most of my focus this year was working for *Circadian Sleep Disorders Network (CSD-N)*, the non-profit organization I started three years ago to promote awareness of our circadian disorders, to obtain accommodations at work and school, to provide support for people with these disorders, and to encourage research. Many of our members are unemployed and struggling with their disorders. Our website is at www.circadiansleepdisorders.org (shortcut: csd-n.org). Our twisted clock logo is at left below.



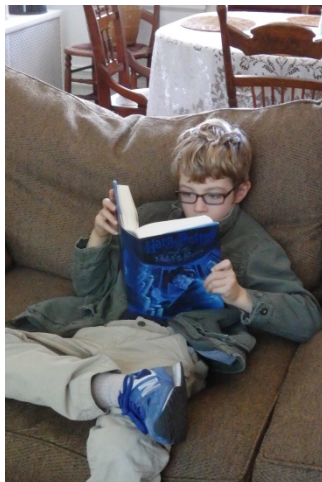
In March I presented a webinar about Circadian Rhythm Sleep Disorders in the ASBA (American Sleep and Breathing Academy) *Lunch & Learn* series. In May I gave an hour long presentation about Circadian Rhythm Sleep Disorders at ASBA's *Sleep & Wellness* conference in Scottsdale. Video of this talk is available on YouTube at <http://www.youtube.com/watch?v=MgOcMh8g3Ps>. While in Scottsdale I took an extra day and visited Frank Lloyd Wright's estate, Taliesin West.

Work on CSD-N is essentially a full time job. There's a lot of administrative work, answering emails and questions, preparing talks and articles, expanding the website, writing newsletters, and so forth. I'm starting to find more volunteers to share the work, and hope they will be able to take over if I'm incapacitated.

I did make it to my "50th" Columbia High School reunion, which was being celebrated three years late. I reconnected with some people I hadn't seen in all that time, plus three friends I'm still in occasional contact with. Jean and I drove around my old neighborhood in Maplewood, NJ, and we hiked in the South Mountain "reservation" where my dad and I used to hike when I was little. The next day we met my grad school roommate and his wife for dinner.

Jean's older daughter, son-in-law, and grandson moved back to Brooklyn for a career opportunity, and Jean and I visited them in November. That grandson, Emmett, is 7, and is reading Harry Potter (left photo below).

Jean's younger daughter and son-in-law had another baby, Jack, in March. So Jean now has three grandsons and a granddaughter in that family (group photo below). The granddaughter, Stella, is two years old (right photo below, with Jean).





Once a week Jean volunteers at the Rockville Senior Center greenhouse. She waters and grooms the plants in the collection, and she transports plants to the center's gift shop where folks can purchase them at a good price. In addition Jean is in the process of relandscaping her front yard.

Jean and I hike or bike nearly every week. We often hike segments of the Appalachian Trail in Maryland, or the nearby Seneca Greenway Trail. Biking takes us along nearby rail-trails such as the W&OD in Virginia, the Baltimore-Annapolis Rail-Trail, or the North Central RailRoad north of Baltimore. And Thursday evenings we folk dance.



Have a happy holiday season!

(This and previous holiday letters – with actual hyperlinks! - can be viewed online at pmansbach.com/#holidayletters.)