

## Moose Notes 2015 (Highlights of the Year)

(The moose image this year is from a T-shirt I own.)

**Travel:** In September we traveled to Colorado for a hiking vacation. Drove to Glenwood Springs where we hiked to Hanging Lake. The next day Peter biked 14 miles through Glenwood Canyon - very impressive scenery. Jean opted for whitewater rafting instead, also through part of the canyon. Then we drove to the Black Canyon of the Gunnison for a short hike, and then to Telluride. In Telluride we hiked the Jud Wiebe Trail, which finally wore us out. But we ate well: highlights included elk at Juicy Lucy's in Glenwood Springs; venison at The Stone House in Montrose; and in Telluride, The Chop House, Allred's (at the top of the mountain), and The Cosmopolitan. We left the car in Glenwood Springs and took the train back to Denver, through Glenwood Canyon and the Colorado Rockies - something Jean had always wanted to do.

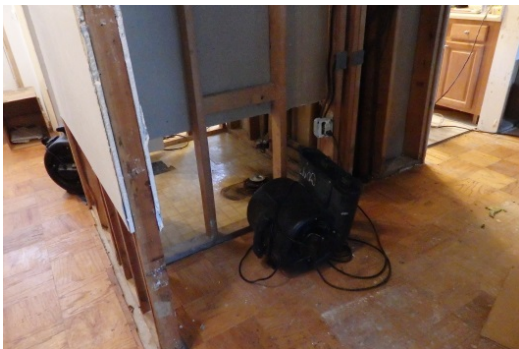


Glenwood Canyon from the bike trail



Jean (in tan hat at center) rafting

**Flood:** "Beware the Ides of March", the soothsayer said. He was on to something. On March 15 a little shutoff valve under the upstairs sink in Jean's house blew its tiny gasket. Water ran out for much of the night, causing the ceiling below to collapse, soaking the downstairs carpet, and leaking under the vapor barrier in the kitchen floor. Much of the first floor had to be ripped out, including the kitchen sink, and became uninhabitable, and the belongings from the first floor got moved to every square foot of the second floor. Jean opted to remain in her house, and survived mostly on the second floor, navigating around the piles of stuff. It took six months until all the damage was repaired and Jean regained the use of her first floor again. A very stressful time. Photo is of the dining room wall being dried, before the parquet floor was removed.



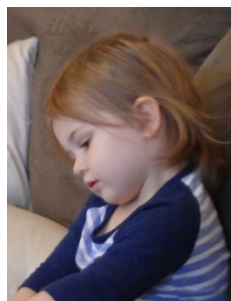
**CSD-N:** My main focus this year again was working for *Circadian Sleep Disorders Network (CSD-N)*, the non-profit organization I started four years ago to promote awareness of our circadian disorders, to obtain accommodations at work and school, to provide support for people with these disorders, and to encourage research.

Many of our members are unemployed and struggling with their disorders. Our website is at [www.CircadianSleepDisorders.org](http://www.CircadianSleepDisorders.org) (shortcut: [csd-n.org](http://csd-n.org)). Our twisted clock logo is at left below.



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. To that end I've been documenting how I do things, and others have helped with this effort as well.

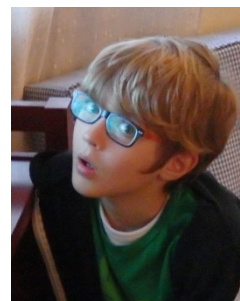
**Family:** Jean's younger daughter Becca and son-in-law Justin are moving to Colorado this month with their four kids, Connor (15), Braden (13), Stella (3) and Jack (1½). Justin's family lives there. Older daughter Monica and son-in-law Bill remain in Brooklyn with their son, Emmett (8). Photos are of Stella, Jack, and Emmett at Thanksgiving (Connor and Braden were out of town).



Stella



Jack



Emmett

**Misc:** 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.

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. 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](http://pmansbach.com/#holidayletters).)