

Moose Notes 2016 (Highlights of the Year)



CSD-N: My main focus this year again was working for **Circadian Sleep Disorders Network** (CSD-N), the non-profit organization I started five years ago to promote awareness of our circadian disorders. Our website is at www.CircadianSleepDisorders.org (shortcut: csd-n.org). Our twisted clock logo is at left below.

My main project this year was to set up a **patient registry**, where people with these disorders can register to be available for research studies. The registry includes a long survey to collect data from patients about their disorder, their sleep habits, how they have tried to treat their disorder and their success or lack thereof. We hope these data will provide useful information for research, and the registry will help researchers find good subjects.



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 looking to find more volunteers to share the work, and hope they will be able to take over if I'm incapacitated. But many of our members are struggling with their disorders, and we don't have a lot of volunteers.

Family: Jean's younger daughter Becca and son-in-law Justin live in Colorado with their four kids, Connor (16), Braden (14), Stella (4) and Jack (2). Justin's family lives there. Older daughter Monica and son-in-law Bill remain in Brooklyn with their son, Emmett (9). Photos (below) of Stella, Jack, Connor and Braden were taken on our trip to Colorado in August; Emmett's photo was taken on Thanksgiving.



Stella



Jack



Emmett



Connor (with Stella)



Braden

Travel: In August we traveled to Colorado to visit Jean’s younger daughter and four of her grandkids (grandkid photos above). I decided to extend my trip for a few days in Vail, while Jean opted to spend another day with her family and then fly home. On the way to Vail I stopped at Red Rocks State Park and Amphitheater for a short hike to get acclimatized to the altitude. That turned out to be one of the highlights of the trip! In Vail I rented a bike and a shuttle to the top of Vail Pass (at 10,600 ft), and biked back down to Vail itself (8,200 ft), about 15 miles. What a lovely ride! And mostly downhill, and mostly on bicycle-only (no cars) trails and roads.

The next day I took the gondola up Vail Mtn to “Mid-Vail” at 10,150 ft, hiked up the Kinnikinnick Tail to Wildwood (11,000 ft), over to Eagle’s Nest, and down the Berrypicker Trail and Strawberry Lane, back to my hotel in Vail Village. Strawberry Lane was a work in progress, rough going, and the last mile or so did me in. Total of about 7 miles, but a lot of uphill at first, and steep downhill later. I’m not as young as I used to be.



Biking down from Vail Pass



Hiking down Vail Mountain

Misc: 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.



Peter and Jean, Hiking

Have a happy holiday season!

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