

# Moose Notes 2021 (Highlights of the Year)

from Peter Mansbach and Jean Austin



**PANDEMIC:** The covid-19 pandemic continues.

After spending about an hour a day trying to snag an appointment for the covid vaccine, we finally succeeded. Both of us were fully vaccinated by mid-April, and got booster shots in October.



After a year of not venturing into a store, and ordering all our groceries online, it was a great relief to finally go grocery shopping. We also started dining in restaurants again every Sunday after hiking.

And after a year of virtual folk dancing over zoom, Jamie's group now dances in person, outside, proof of vaccination required. But we still avoid crowded spaces.

And Jean let her hair grow.

**HEALTH:** Jean has been plagued by back pain. That kept her from doing full hikes in the woods, but for a while we did shorter walks on pavement. Now even that has stopped. She's otherwise in good health.

My tooth implant is finally complete – after the original surgeon retired, and the new surgeon didn't have the right part and had to do his surgery twice. I'm also in excellent health, though aging has its challenges. I still manage to hike or bike once a week – it keeps me healthy.

**CSD-N:** I (Peter) spend much of my time working for *Circadian Sleep Disorders Network* (CSD-N), the non-profit organization I started ten years ago to promote awareness of our circadian sleep 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 right.



I'm finishing up a paper, with several co-authors, covering some results of our survey of our members with circadian rhythm sleep disorders. We hope to get this published in a peer-reviewed journal in the coming year. The extra work, on top of running the non-profit, has left me feeling stressed.

**TRAVEL:** None, due to pandemic.

**FAMILY:** Jean's younger daughter Becca and son-in-law Justin live in Colorado with their four kids, Connor (21), Braden (19), Stella (9) and Jack (7). Connor is now in college at Western Colorado University in Gunnison, CO, and Braden graduated high school and is also in college at Western Colorado University. Jean's older daughter Monica and son-in-law Bill are in Brooklyn with their son, Emmett (14), who plays clarinet and bassoon.

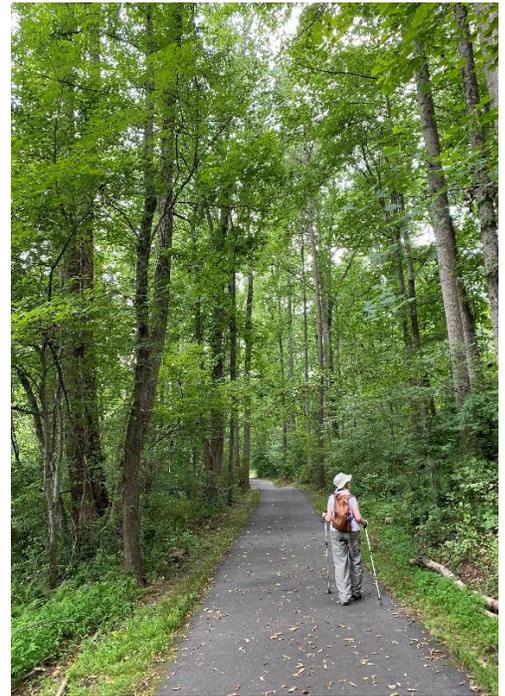
## Happy Holidays!

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

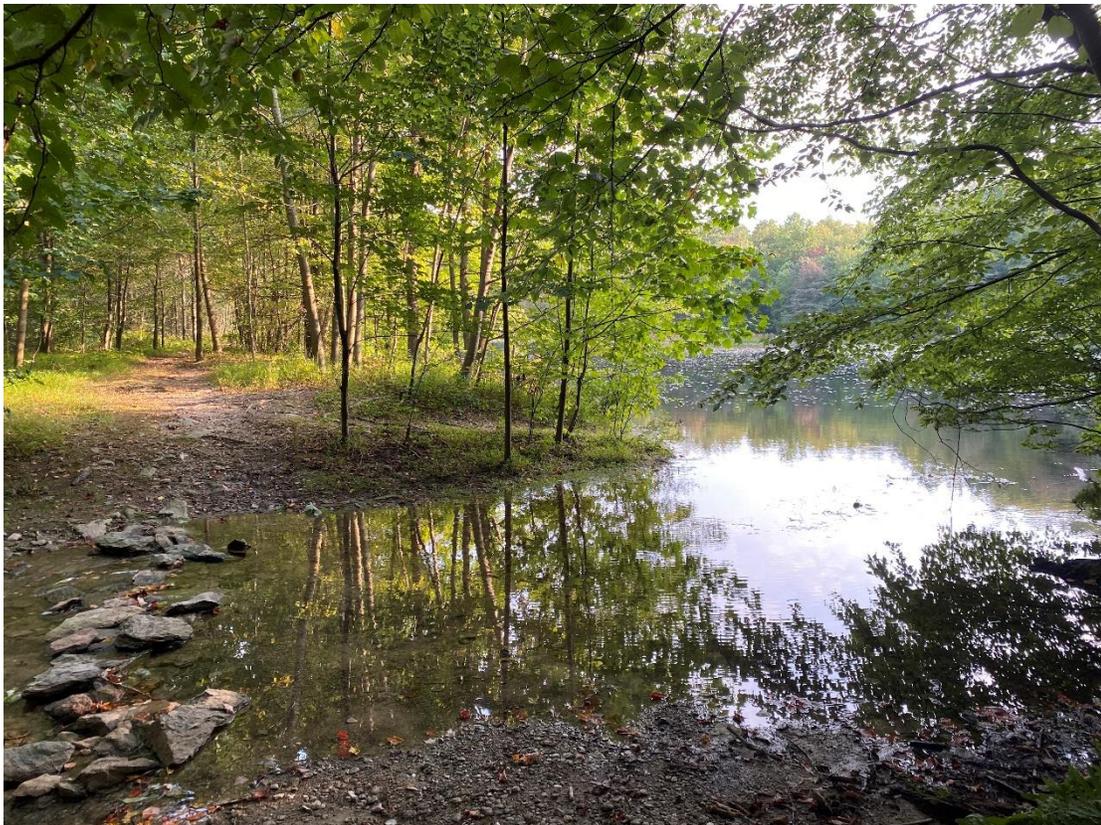
Here are some photos from this year's hikes:



Gold Mine Loop  
Great Falls Park  
MD  
Apr 25, 2021



Jean  
Cross County Trail  
Reston, VA  
July 18, 2021

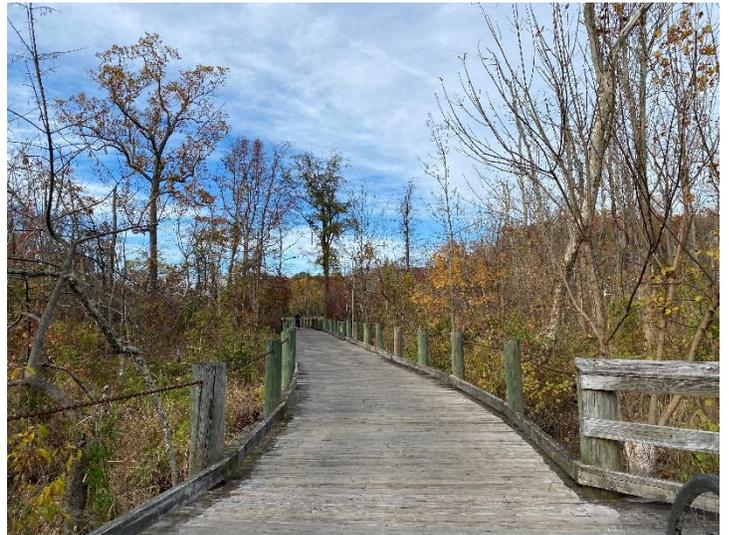


Catoctin Trail, MD, Sept 12, 2021



Greenbrier State Park  
MD  
Sept 26, 2021

Mt Vernon Trail  
Alexandria, VA  
Nov 7, 2021  
(biking)



Peter Folk Dancing, Bumper Car Pavilion, Glen Echo Park, MD, June 30, 2021  
(This photo by Betsy Platt)