

## RANDOM REFLECTIONS: Springing Ahead!

By Kathryn Wishlow

At this point in time, the best way to overcome or eliminate the negative feelings that can accompany the upcoming “Ides of March” is to focus on what happens the week afterwards ... or the first day of spring! Evidently the spring equinox this year occurs a day early on Thursday, March 20th. As far as I am concerned, it cannot come soon enough. I and many of my friends are very “winter weary” this year, likely because so many “snow days” no longer bring us the delight they once did when we were kids in school.

By the time you are reading this, we have already had an eventful week. International Women's Day was on March 8th and many events all over the world illustrated the importance of emphasizing woman's rights. It is certainly great to celebrate how far we have come. It is sobering to see how many countries on our planet still have a long way to go. I am the proud granddaughter of a suffragette who fought for the right for women to be able to vote. This demonstrated to all of us that *anything* unfair or seemingly out of reach can be changed with persistence, fortitude, determination and a united front. *Never* forget that!

Also by the time the reader sees this article, the clocks have been

pushed ahead an hour for Daylight Savings Time. I am actually relieved as my internal clock had already reset nearly three weeks ago. I have been waking up an hour earlier at around 5:30am every morning, forcing me to be yawning a lot and becoming very unfocused before 10pm. I missed the endings of everything except the Academy Awards and the American presidential State of the Union address. I personally enjoyed the short speech afterwards much more than the previous two hours, given by a woman Democrat I was unfamiliar with. This proved to me that there *are* some intelligent, well spoken, calm and sensible people south of us ... they just need to find their footing, and their voice.

On the calendar this March, I noticed we will experience two eclipses. A full moon or Lunar Eclipse happens on Friday, March 14th. The second one is the Solar Eclipse that will occur on the new moon Saturday March 29th. It does not matter how visible they are from where we are situated in Canada, there often seems to be a fatiguing effect on both people and animals. This, on top of the stressful, suspenseful and the ongoing “on again, off again” implementation of various tariffs, is the last pressure we need. Since

stress lowers our resistance to disease, we are well advised to boost our immune systems in every way possible. Be aware that the outbreak of measles is not only happening in Texas, but in Madoc ... only an hour south of us.

On Monday, March 24th, the 50th Anniversary of the beaver becoming the official animal symbol of Canadian sovereignty, takes place. I remember the controversy in 1975, when a lot of Canadians thought perhaps the moose (strength) might be a better representation of what we stood for. The busy beaver that chews through trees, drags them to build dams to divert water and then builds it's den to protect the new kits ... won out. According to our history, the “courier de bois” explored and expanded the Canadian north by searching and trapping beavers to sell the valuable pelts to the Hudson Bay Company. Looking ahead, March is likely to be a busy and eventful month.

*(Kathryn Wishlow belongs to White Pine Writers Inc., a local group of like-minded authors who support all facets of writing & publishing literary efforts. Follow them on FaceBook or [www.whitepinewriters.ca](http://www.whitepinewriters.ca))*