

RANDOM REFLECTIONS: Springing Forward!

By Kathryn Wishlow

It is hard to believe that it is finally that clock-setting time of the year again. The old school saying from our childhood rings in my head ... "Spring Forward, Fall Back". For the last couple of weeks, I actually have been waking up earlier than usual, and witnessing many amazing sunrises. I guess I was internally preparing for maximizing the daylight in my life!

Despite that, I still get really discombobulated every single time we go on daylight savings time. I get hungry at the wrong times, and my sleep patterns are disrupted for weeks. It was far worse when my kids were young, I had many pets, and I commuted to work.

Of course, my dog could never understand what was wrong with us! "What do you mean it is not time for my walk?" and "It certainly is time for my dinner!" We acted

like we suddenly did not understand the dancing paws and leash in mouth. We had to ignore the clattering food bowl, no matter how many times it was picked up and dropped. Plus there was the panting and whining beside the bed in the morning.

And the cats! There was absolutely no escaping the wake-up gentle nose pats, that added one poking claw if we even tried to pretend we were still sleeping. If we rolled over to avoid the face pokes, they would jump on our feet, biting right through the covers. We had no choice but to get up! Animals simply do not respect daylight savings time. (I have compassion for dairy farmers with impatient cows.)

Eventually you do settle in, get back into the swing of things, and establish new routines. After all,

spring is definitely on the way. Shortly, there will be no more snow shovelling, although it will be replaced with garden weeding. More daylight seems to increase everyone's optimism. Soon, you will get more accomplished during the day, making relaxing in the evening much more deserving!

So ... "Take a deep breath, roll your eyes, and get over it," I say to myself. Then I remember I have to reset seven alarm clocks, two microwaves, two hanging wall clocks, and my stove. I must remember to be grateful. After all, I do have so much!

(Kathryn Wishlow belongs to White Pine Writers Inc., a local group of like minded authors who encourage and support all facets of writing, editing and publishing literary efforts. Follow them on FaceBook or www.whitepinewriters.ca)