

RANDOM REFLECTIONS: In The Mood...

By Kathryn Wishlow

Right after we saw the results of the elections south of us, there seemed to be a need to release some of the stress caused by such a tight race. Even though it was not our own time to select a new party, we of course are, and will be greatly affected and influenced by things that happen worldwide, especially south of our border. In economics classes from years ago, it was termed "The Global Village".

For people who do not follow world politics and economic policies, it seems the old saying, "ignorance is bliss" would be a far less stressful way to exist. Sadly, I was educated in a much more encompassing period, when realizing that an open awareness of all countries and their primary, exported commodities was necessary for investment portfolio planning.

That being said, the causes and effects of inflation on commodities had to be studied so that shortages could be anticipated and prepared for. For one example, I was trained to watch out for crop failures in countries that were major producers of coffee beans. This would eventually trickle down to the consumer in the form of higher prices. My whole family and most friends were big coffee drinkers. Of course, I would inform them of the soon to come upsurge in prices at the grocery store so they could ride

out the temporary price hikes. This same strategy can be applied to all things including oil, gold, lumber, fertilizer, and foodstuffs as they are ruled by the law of supply versus demand.

This last couple of years has been really tough on the consumer. With wars, fires, floods and droughts in major exporting areas, prices have skyrocketed. No doubt, grocery chains have been trying to improve their bottom line profits once the COVID19 damages were over. This all contributed to where we are right now. And yes, this can be difficult and concerning ... and sometimes downright depressing.

Therefore, I had to divert my thoughts in more positive directions, since my system does *not* do well when the time changes and the clocks are turned backwards. Thinking nostalgically back on my sheltered childhood when I was unaware of the world in crisis, I reverted to remembering what would improve my gloomy mood. Anyone putting up outdoor lights always has given me a huge inner smile, as soon as I spot them. Therefore, I decided to ask a friend to help put my own lights up. When completed, that felt good, a temporary mood booster for me!

No matter how simply our family's Christmas season was celebrated, it

was a very upbeat time of the year. Memories of baking chocolate chip cookies with my grandmother, or shortbreads with her sister, or even simply bringing in the tree ... even the smells were appreciated. Never mind the actual odours of making the homemade cranberry sauce, pre-cooking the dressing before putting it in the bird, or even the acorn squash, cut open with the cinnamon & maple syrup added to flavour the centre. Knowing that we would be seeing family that was farther away was always exciting too.

Still, those outside lights going on even before the tree is up and decorated, make me happy. On the way home from Peterborough yesterday, I noticed several houses already decorated and their lights on display. My lights were put up last week during that mild spell to improve my mood. But to save electricity, I decided to wait until the Tall Pines Rally to plug them in. To heck with that! I am definitely in the mood to focus on more pleasant things ... right now!

(Kathryn Wishlow belong 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)