

Winter 12-2020

## George and Heidi Remy Christmas Letter

George Remy

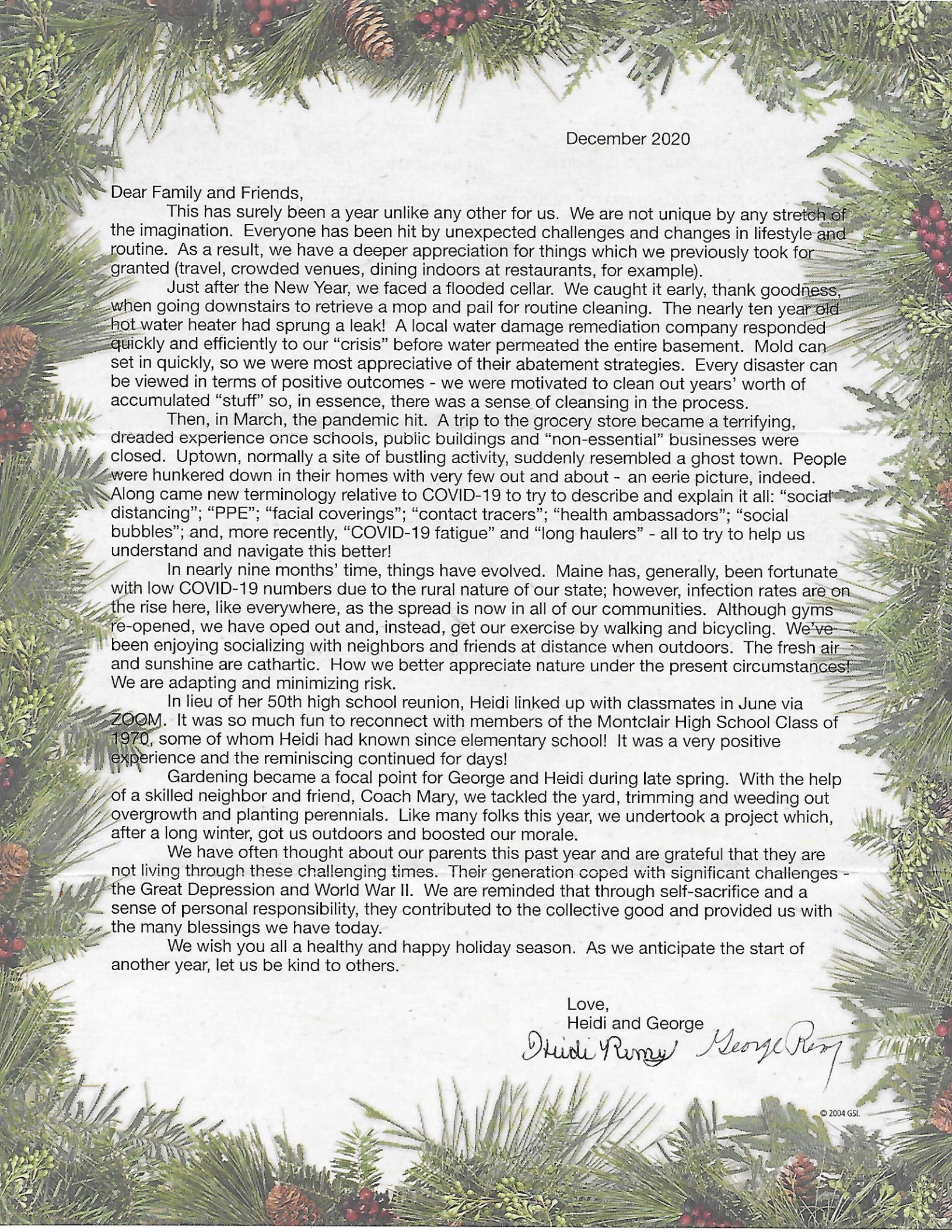
Heidi Remy

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December 2020

Dear Family and Friends,

This has surely been a year unlike any other for us. We are not unique by any stretch of the imagination. Everyone has been hit by unexpected challenges and changes in lifestyle and routine. As a result, we have a deeper appreciation for things which we previously took for granted (travel, crowded venues, dining indoors at restaurants, for example).

Just after the New Year, we faced a flooded cellar. We caught it early, thank goodness, when going downstairs to retrieve a mop and pail for routine cleaning. The nearly ten year old hot water heater had sprung a leak! A local water damage remediation company responded quickly and efficiently to our "crisis" before water permeated the entire basement. Mold can set in quickly, so we were most appreciative of their abatement strategies. Every disaster can be viewed in terms of positive outcomes - we were motivated to clean out years' worth of accumulated "stuff" so, in essence, there was a sense of cleansing in the process.

Then, in March, the pandemic hit. A trip to the grocery store became a terrifying, dreaded experience once schools, public buildings and "non-essential" businesses were closed. Uptown, normally a site of bustling activity, suddenly resembled a ghost town. People were hunkered down in their homes with very few out and about - an eerie picture, indeed. Along came new terminology relative to COVID-19 to try to describe and explain it all: "social distancing"; "PPE"; "facial coverings"; "contact tracers"; "health ambassadors"; "social bubbles"; and, more recently, "COVID-19 fatigue" and "long haulers" - all to try to help us understand and navigate this better!

In nearly nine months' time, things have evolved. Maine has, generally, been fortunate with low COVID-19 numbers due to the rural nature of our state; however, infection rates are on the rise here, like everywhere, as the spread is now in all of our communities. Although gyms re-opened, we have oped out and, instead, get our exercise by walking and bicycling. We've been enjoying socializing with neighbors and friends at distance when outdoors. The fresh air and sunshine are cathartic. How we better appreciate nature under the present circumstances! We are adapting and minimizing risk.

In lieu of her 50th high school reunion, Heidi linked up with classmates in June via ZOOM. It was so much fun to reconnect with members of the Montclair High School Class of 1970, some of whom Heidi had known since elementary school! It was a very positive experience and the reminiscing continued for days!

Gardening became a focal point for George and Heidi during late spring. With the help of a skilled neighbor and friend, Coach Mary, we tackled the yard, trimming and weeding out overgrowth and planting perennials. Like many folks this year, we undertook a project which, after a long winter, got us outdoors and boosted our morale.

We have often thought about our parents this past year and are grateful that they are not living through these challenging times. Their generation coped with significant challenges - the Great Depression and World War II. We are reminded that through self-sacrifice and a sense of personal responsibility, they contributed to the collective good and provided us with the many blessings we have today.

We wish you all a healthy and happy holiday season. As we anticipate the start of another year, let us be kind to others.

Love,  
Heidi and George

*Heidi Remy* *George Remy*