



## Thoughts for the New Year – 2024

As the new year begins, as a co-chair for NBSRT Wellness – Ann Kennedy and I would like to wish the membership a happy, prosperous, and healthy 2024. Take some time in early January to reflect on the past year, determine your wellness journey for this upcoming year – set short- and long-term goals, readjust any physical, nutritional, social and spiritual needs and embark on a focused personal journey.

I am currently reading a book, *Nine Lessons I Learned from My Father*, written by Murray Howe. Murray is the son of one of the best, ever to play, hockey players in the world – Gordie Howe. The timing of this read for me is spot on, the lessons that Gordie provided his son are important and impactful. I would like to share the 9 (Gordie's number by the way), with you in hopes it may assist you in your personal reflection and spark your thinking for you 2024 personal wellness plan.

I will not go into detail for each as I feel they are self evident in what they define for living a life well lived.

1. Live Honorably
2. Live Generously
3. Play Hard, but Have Fun
4. Patience, Patience, Patience
5. Live Selflessly
6. Be Humble
7. Be Tough
8. Stay Positive
9. Friends & Family are like Gold – Treasure Them

So simple at face value. Just be the best version of you! I had the honour of meeting “Mr. Hockey” when I was 10 years of age. Gordie made an appearance at Eaton’s department store in Moncton. He represented, the Eaton’s “Trueline” hockey equipment at that time. My Dad took me to see him. There was wall to wall people everywhere, it seemed. It seemed an eternity to move through the crowd of admiring fans to get a chance to shake the hand of the best NHL hockey player ever to play the game in that era. I was only able to just say, ‘hello, sir’, shaking his immense hand and getting an prized autograph that I still possess to this day.

Knowing now that this hero of the game that I loved talked the talk and walked the walk means a great deal to me.

As I reflect on my past year, personal health, family and if I reached any of my goals that I created for 2023, I revisit the 9 points that Gordie Howe instilled in his son and family. It is only my hope that I can meet as many of them as possible. I feel that there is no real need to make any new year resolutions, just attempt to live my life with the Gordie's 9 lessons directing me along the way.

Another book that I read quite some time ago, *All I Really Need to Know I Learned in Kindergarten*, by Rober Fulghum provides similar sentiments that impact my thinking and how I would like to face the world. The wisdom is a bit deeper than Nine Lessons but are impactful just the same:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Say your sorry when you hurt somebody.
- Wash your hands before you eat.
- FLUSH.
- Warm cookies and cold milk are good for you.
- Live a balanced live – learn some and think some and draw & paint & sing & dance & play & work every day some.
- Take a nap in the afternoon.
- When you go out into the world, watch out for traffic, hold hands, and stick together.
- Be aware of wonder.

Time as you are aware, seems to go by so quickly these days. Please remember to take the time to center yourself, celebrate all wins, learn from any setbacks and forge ahead. All these combined, works to make you the best version of yourself for 2024.

Happy New Year!

Garth Wade

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