



# News and Views

*A publication of the Resident Council at Avila Retirement Community*

*Albany, NY*

*January 2023*

## TO ALL A GOOD NIGHT



*Photo by Tom and Ellen Fitzgerald*

*To the Residents of Avila*

*We enjoyed being with you this 2022 Holiday Season but as you can see, we are both tired and happy. We are heading back to the North Pole to rest. Hope you all enjoyed our visit to Avila as much as we did.*

*See you next year.*

*Sincerely,  
Mr. and Mrs. Claus*

## BOB: THE PUZZLE MAN

**By Tom and Ellen Fitzgerald**

Avila has the enviable reputation as a friendly, supportive community. We call each other by name, greet one another with "How are you doing today?" But we don't know everyone. However, there is one person familiar to everyone: Bob, the puzzle man. He sits each day for an hour or two slowly, methodically putting together one puzzle after another for our appreciation. He tells us he needs to stay busy.

Bob Cullon is ready to interrupt his work to greet you and pass along a story about life at Avila, especially to those led on a tour with Michelle as they inquire about the possibility of coming to Avila as future residents. His friendly manner and great personality, leads one to wonder if Avila should pay him as "official greeter." However, he does infrequently get angry when he has nearly finished a 1,000-piece puzzle only to realize that one or two pieces are missing. We can understand his frustration. Thank you Bob (the puzzle man) Cullon for being a great face for Avila.



*Photo by Tom and Ellen Fitzgerald*

## MEET OUR NEW NEIGHBORS

### LAURA LEEDS AND BRIAN MATTHEWS

Interviewed by Pat Binzer



*Photo by Patricia Binzer*

Laura and Brian are newcomers to Avila, but with more than 50 years of marriage, they are not new to each other. They were both raised on Long Island and graduated at different times from Stony Brook University. When New York State instituted a program to hire more people in management positions in state government, they both took the exams, scored well, and were hired. They came to Albany and joined the ranks of the state agency leadership.

They soon moved to Delmar, where they raised their two children, Stephen, (now in California) and Rebecca, (now in Albany with three children) and they made room for Laura's mother. They stayed there for more than 30 years. After job changes, retirements

and the recent passing of Laura's mother at age 100, it was time for major decisions: Laura was tired of cooking and Brian was worried about the cost of the upgrades the house would need if they stayed where they were.

As they weighed the possibilities that were available, they chose to make their home here at Avila. The neighborhood is missed, but the new-found freedoms here at Avila are welcome in their new lifestyles.

Before moving to Albany, Laura ran a women's help center in Queens and trained as a buyer of china, silver and glassware at Gertz' Department Store.

She started in physician discipline in the NYS Health Department, then wound up running all aspects of long-term care from home care through nursing home care, doing policy and overseeing the investigations of nursing homes. Eventually she went into her own business as a consultant on quality of care, where she was hired to bring nursing homes up to standards.

In describing herself, Laura said: "volunteering is part of my life and that actually gives me a lot of pleasure. So, I don't play, I don't play golf. I don't play cards. I volunteer. One of my most memorable volunteer activities was when I went to Africa on a 10-day mission into Kenya."

Brian spoke of the impact of people and mentors and how they affected the rest of his life, including meeting Laura and forming a friendship with a professor at Stony Brook. A student who would rather work on cars than attend classes, Brian was presented with a plan to graduation over a period of five years. He is grateful for what he learned about himself during this time and has carried it forward for a successful professional career in state service.

Brian was hired for a position in Higher Education Services, overseeing the tuition assistance program for students who qualified, distributing many millions of dollars to state colleges and universities on behalf of students for more than 30 years.

Laura and Brian are inveterate travelers, going to major historic sites such as Normandy, the train to Dachau, and the Nuremburg courtroom. They visited Paris, St. Petersburg, Amsterdam and Budapest, as well as Alaska and Hawaii.

They are both exceptional story tellers. Ask them about their careers, their travels or their famous ancestry. You will enjoy what they have to tell.

## BARBARA MERRITT

By Tom and Ellen Fitzgerald

Many of us remember the excitement and pride we shared at the unexpected victory of our US hockey team at the 1980 Winter Olympics held in Lake Placid. Have you ever wished that you had been there for the full experience? Well, the next best thing is to talk to one of our newest residents, Barbara Merritt, who was present at the Lake Placid Ice Arena each day during the ice skating and hockey competitions. She speaks with pride about her experiences working with the local volunteers and temporary hires during that special time in the North Country. Barbara feels that the five gold medals earned by speed skater, Eric Heiden, during the Olympics is one of the most underappreciated feats by our athletes. However, we are getting ahead of her story.

Barbara grew up and lived in the Liverpool, New York area for 37 years, marrying there in 1964. She and her husband, Jack, moved to Saranac Lake in 1970 to pursue job opportunities at McKesson Distributors and to raise their son. Her husband was from that area, and they felt very comfortable as part of the Adirondack community. After the death of her husband and with her son through college and employed, she moved to the Villages in Florida in 2007 to enjoy warmer weather and neighboring golf courses. At the Villages, Barbara was the president of the Dynamic Dog Club which included a large therapy dog program with over 100 teams going out daily to hospital and assisted living sites. During her time in Florida, her family grew to include two grand and five great grandchildren. She missed seeing the children and her son and asked her son to investigate retirement communities in the Albany area. When he saw the great hall at Avila with its Adirondack Lodge décor, he knew that he had found a great fit for his mother. Barbara confirmed his impressions saying, "He was right!" She fell in love with Avila at first sight.

Since this was another new beginning, Barbara shared what she wanted in a new home: outdoor space, prepared meals, and all the other amenities offered at Avila. Barbara said with pride, "I got it all here at Avila! My son found the perfect place for me."

After three months in her new home, Barbara appreciates the hospitality within our Avila community. She eagerly participates weekly in Mah Jongg, and card games. She is also exploring other activities offered since she "wants things to do to keep busy." At the time of our interview, she was looking forward to hosting her family at Avila for Christmas and was devising ways to "childproof" her apartment so that she could enjoy her great grandchildren without worry.

Barbara is someone who enjoys taking advantage of opportunities. When you next see her, ask "How did you get to make sandwiches for Jimmy Durante and Peter Lawford in a place like Liverpool?" You will enjoy hearing Barbara tell her story. And, as she says, "Good night, Mrs. Calabash, wherever you are!"



*Photo by Tom and Ellen Fitzgerald*



## ROSE ANN AND PHILLIP SCHAEFFING

By Rose Ann Schaeffing

What brought Phil and Rose Ann from the Columbus, OH, to Avila here in Albany, NY? The answer is not what, but who. Phil and Rose Ann have three adult children—two boys and their families (including three granddaughters) living here in Albany and a daughter and husband in Tarrytown. How all three children and their families ended up in New York is a story of jobs, love and marriage. In any case, they have been encouraging the parental moved to Albany for some time.

Never ones to make hasty decisions, Phil and Rose Ann started looking into a move almost three years ago. Son Peter and his wife visited Avila at that time to offer it for consideration. Then



*Photo by Erin and Ray Teichman*

COVID came and slowed the process. In the meantime, Phillip and Rose Ann were happy to continue living in Ohio, in a one-story ranch perfect for aging in place. They enjoyed taking care of their property. The children, however, were eager to have their parents closer and continued to quietly encourage a move. Phil and Rose Ann were considering and said, "we will know when the time is right ." Last spring, when flowerbeds needed to be cleaned and planted and Phil needed to swing his tired legs onto the rider mower again the time seemed right. So here we are.

Phil had been a long-time business owner.

After earning an associate degree in mechanical engineering from the University of Cincinnati and serving 2-1/2 years in the US Army he started working for his dad in his garage, serving mostly large trucks. Together they started a small bus company. After his father's death, Phil grew the bus company into a fleet of up to 50 over-the-road charter buses, and he added a school bus company serving the Columbus City Schools

Rose Ann's career was in education. She earned her master's degree in educational administration from Xavier University in Cincinnati. She taught high school social studies—history and the "old" problems of democracy classes. With her administration degree she went on to serve as assistant principal in a Cincinnati school. When it merged with another school, she was hired as principal of a small Catholic high school in Chillicothe, OH. There, a school board member told her he had a brother-in-law she should meet who lived in Columbus and was busy running his motor coach and school bus companies. Rose Ann was busy as a principal of the school in Chillicothe but after six years she was ready to move on. The former school board member then stepped in and arranged for her to meet his brother-in-law. The rest is history!

Phil and Rose Ann are happy to be here at Avila. The staff and residents are all so helpful and everyone is friendly the facility is clean and well maintained, the food is excellent and plentiful, and it is just wonderful to be so close to family. The next time you see a 4-year-old blonde and her cousins, a 3-year-old redhead and her 11-month-old sister, you can bet they are on their way to 325 to see Grandpa, Sonny and Grandma!

## SUSAN DOEHLER (SUE) AND VIC VOLKER

Interviewed by Wilbur Shapiro

Sue and Vic graced the halls of Avila on June 4, 2022. They came from Guilderland, where they lived for 32 years. They were high school sweethearts and have been married for 57 years.

Both Sue and Vic have been deeply involved in education. Victor taught elementary school for 32 years in Kingston, NY. Susan was a reading specialist in elementary education in the same city.

Victor was educated in Suny New Paltz, where he obtained a Master of Education degree and took courses above the master level. Susan also obtained her reading specialty in Suny New Paltz.

They are an interesting couple who fit in nicely with the Avila community.



*Photo by Patricia Binzer*

## MARY WOJNAS

By Ray & Erin Teichman



*Photo courtesy of Avila Admin. staff*

Among our new residents is Mary Wojnas, a New Jersey native who recently moved to Avila from Greensboro, Georgia, where she had lived with her husband, Tom, since retiring in 1998. Tom passed away seven years ago: they had been married for 48 years. A graduate of Seton Hall, Tom operated a tire and auto business. Mary graduated from Caldwell University in New Jersey, where she majored in English and education and became a kindergarten teacher.

Following the rearing of their three daughters, Jennifer, Allison, and Meredith, Mary attended graduate school at Seton Hall where she earned her master's degree. She subsequently worked in a number of parochial high schools as a guidance counselor, placing students in many colleges including Siena.

Both Mary and Tom were avid golfers. They passed that enthusiasm for the game on to their children and their spouses. Their daughter, Allison, was on the Notre

Dame golfing team. Now some of their nine grandchildren are golfers.

Mary is settling into Avila with the able assistance of Meredith, who lives in Slingerlands. Jennifer and Allison live in New Jersey with their families. We bid Mary welcome and wish her well.

## PART OF THE AVILA FAMILY: HOUSEKEEPING STAFF

By Thomas Fitzgerald

Avila residents appreciate how our community operates efficiently on our behalf. We recognize the dining room staff, the maintenance crew, and administration personnel. Sometimes, we may overlook those women who keep two buildings and the cottages looking clean, tidy and home-like, which is no easy task.

Under Gordy and Esther's supervision, seven women work from 7:00 to 3:30 (sometimes until 4:00 on busy days) cleaning common areas, all units and cottages without fanfare or adequate recognition. Who are these women who work on our behalf? When we encounter each of them, say hello to Margarita, Andrea, Genesis, Alexandra, Paulette, Nana and Sheila.



*Photo by Tom and Ellen Fitzgerald*

The Housekeeping staff operates in two teams: one for the Grand Lodge and a second for the Lodge and cottages. They are responsible for cleaning, vacuuming and dusting each unit/cottage twice per month which means that, for the Grand Lodge, they clean 12 to 14 units per day in addition to the common areas; while a crew may visit fewer units at the Lodge, they are responsible for all the larger cottages. The tasks they face each day are formidable, especially considering that present staff is only half the size it was ten years ago. While the resident population of Avila continues to grow, the housekeeping staff works to maintain excellence in its staff and work ethics. I am always met with a smile and "good morning" from each of these women as they work through the day.

Did you know that many of the housekeeping staff have worked at Avila long term? For example, Esther has been here for nine years, as well as Paulette. This is the only place Paulette has worked since coming to this country. Genesis recently returned to work after giving birth to a beautiful baby girl.

Gordy commented that residents could help the cleaning process by organizing the spaces to be cleaned or leaving a note if you have a special request for the staff. Esther said that she is proud of the staff's work ethics and the sense of "teamwork" among the staff. These valuable members of the Avila community enjoy working here, talking to residents and completing their tasks in an efficient manner. They are especially pleased to receive thank you notes or words of gratitude from residents which would mean their work is appreciated and valued. We do appreciate all the members of the housekeeping staff, but we do need to let them know how much we depend on their visits and their work which contributes much to our quality of life here. With their help each month, we are capable of aging successfully at Avila.

## CAT ON A STOVE

By Dennis Murphy

Half-past nine on a bright Sunday morning and as usual Dad was seated in one of our comfortable rocking chairs gazing out at our Catskill mountains. He was waiting our return from early marketing in nearby Greenville. When I came in the door, he turned the chair to greet me and called to me to quickly, come into the living room. He nodded his head toward the wood stove with a "get a look at this."





Here was Medusa, our black cat, sitting on top of our wood stove. Now, she had been about everywhere else in the house but never had we seen her sitting on top of the stove. When I peeked in at her she quickly jumped off. We had our breakfast and thought nothing of it. After breakfast we all gathered in the living room for a quick perusal of the Sunday papers. For some reason Medusa seemed to be mesmerized by our stove. She had been the leading lady in our home now for over a year and she never more than gave the stove a quick sniff or two. But this morning the universe seemed to be revolving around that stove for her.

She gazed up and down the stove pipe. She walked all around it. She peered in the glass door, entranced by the ash residue and a few bits of unburned wood. We laughed at her antics and thought well here's something new. We decided to go for a ride around our nearby mountains and valley neighborhood. We returned a few hours later to find our intrepid cat still carefully investigating the wood stove.

I decided this had gone on too long. There must be some good reason for all this attention. I opened the glass doors with Dussie poking her head in .I couldn't see anything unusual. I closed the doors and sat back looking at our little black cat sitting in front of a stove like a child in front of a TV screen.

After my recent experience with Dussie dealing with a mouse that had the temerity to invade our home, I decided it had to be something more than ashes piquing her interests I watched more carefully. Medusa kept looking in the glass doors twisting, her head so she could look up the stove pipe. Then I finally saw what she saw. A little tiny bird flitting around the firebox, a wren. We recently had the chimney cleaned and our sweeper convinced us to change the cap on the chimney. The former owner of the house had a screen over the old cap, and it was too fine. It clogged up and caused us problems last year. Of course, the screen worked great for the stove, but the large apertures allowed the bird to gain access to our chimney and stove. I first had to remove our resolute little wildlife spoiler. I picked her up and locked her in the mudroom. She glared at me through the French doors, not at all happy with the situation. I got out my trusty butterfly net and opened the glass doors of the stove, thinking I could catch the little wren. The wren had other ideas. It flew up 16 feet to the very top of the living room ceiling and clung to a piece of molding. From there it flew to the top of my bedroom window, which opens into the living room. I quickly ran up to my room, closing the door behind me. I opened the windows and coaxed the little bird into my room and was able to net it and free it out my balcony door. It flew off to nearby bushes. I am sure it had quite an adventure to relate to its avian cousins.



I have come to respect Medusa's abilities more and more. Her hearing and sight are so far superior to those of her masters. I can only imagine her sitting stove-side and hearing this creature rattling around in that stovepipe like some frantic brass band. She looks at her poor impaired masters and they don't hear or see anything. *What can you expect from mere humans?*

## FOCUS FEATURE: AVILA'S FINE STAFF (AND RESIDENTS)

*'I would like to thank the person who anonymously sent me \$25 to buy artificial flowers to decorate each floor for Christmas.'*

*Joyce Gibbs*

### *Maintenance Staff to the Rescue*

*One resident from the Fourth Floor West noticed a tear in the rug immediately in front of our elevator and submitted a work order hoping to prevent an accident. Three hours later, the tear was professionally repaired by the maintenance staff. We could not ask for better service or attention here at Avila.*

*Big thank you from the Fourth Floor residents*

## THE JAMES WEBB SPACE TELESCOPE

By John Wagner

Many years ago, an astronomer was studying an object in the sky called a nebula, which was thought to be a luminous gas cloud in our Milky Way Galaxy. However, the astronomer Edwin Hubble discovered that the nebula was actually a galaxy similar to ours but very very far away from the Milky Way.

Efforts to study these far-off galaxies were hampered by the varying atmospheric refraction, which causes stars to twinkle. Putting telescopes on high mountains (such as the Keck Observatory on Mauna Kea in the Hawaiian islands at 13,800 feet and the Cerro Tololo Inter-American Observatory in Chile which is at an altitude of 7,200 feet) reduces the thickness of the atmosphere through which the starlight must pass and so reduces the amount of twinkle.



*Photo courtesy of NASA*

The advent of the space age with Sputnik in 1957 (the first artificial Earth satellite) offered ways to eliminate the problem of atmospheric refraction. In 1995 the Hubble Space Telescope (HST) was launched into orbit about 200 miles above the Earth's surface. The clarity and beauty of the images it produced have been breathtaking.

But the clarity of the HST enabled it to see further into the cosmos and that revealed a new challenge. The HST is an optical telescope; it was designed to detect light in the visible part of the spectrum and to respond poorly to light in the infrared part of the spectrum. But the light from distant galaxies travels through a universe that is expanding. That expansion stretches the wavelength of the light and causes a shift in frequency towards the red end of the spectrum. This is known as the red shift.

With HST's clarity, it can detect light from evermore distant galaxies and their light exhibits large red shifts. But HST's response to infrared light was too low to be useful. A second space telescope was needed: the James Webb Space Telescope (JWST). It was designed with an infrared detector. This telescope is now about a million miles from Earth, following the Earth's orbit around the Sun. It became operational in July of this past year and its images have revealed significant limitations in our understanding of the early universe and how it evolved.



The JWST is large; it is about three stories high and as wide as a tennis court. It uses 18 gold-plated segments to form its infrared light-gathering mirror, which is 21 feet in diameter.

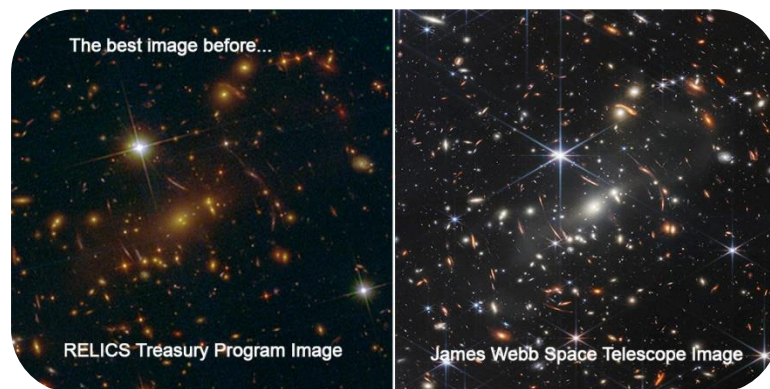
It is six times larger than HST's mirror and one hundred times more powerful. Folded into a nose capsule, it was launched on Christmas Day in 2021. Upon reaching its station a month later the JWST began its six months of commissioning: unfold the mirror segments and the sun shield, allow the unit to cool to the temperature of outer space and then complete its alignment and calibration. JWST went operational in July 2022. The first image to be released was described as both humbling and mind-boggling. The picture of a very tiny segment of sky contained an uncountable number of stars and galaxies.

The scientific community was equally surprised. Some early results began to cause serious doubt on the standard model which cosmologists were using to describe the way in which the universe evolved. This model starts with the Big Bang, the scientific analog of the Lords' command, "Let there be light" in the Book of Genesis. Some 13.8 billion years ago cosmologists suggest there was a massively hot and dense gravitational singularity, a primordial soup of primordial particles. In the first three minutes after the singularity began to expand in size and to cool, the nuclei of helium and other light elements began to appear in the cosmos. Some 400,000 years later, the cosmos had cooled down enough for the first stars to form. This is what the astronomers expected; it is not what they found.

The earliest object that HST had detected was about 400,000 YABB (Years After the Big Bang), a point in cosmic time when galaxies were thought to begin to emerge. But JWST's initial scans almost immediately showed extremely distinct galaxies. This first image of the distant universe showed numerous galaxies with apparent age, size, and luminosity that were unexpected so early. Soon other galaxies appeared, with red shifts as high as 20 (equivalent to 18 million YABB). Some galaxies also had disc-like structures not expected nearly so soon in cosmic history.

Given the number of huge red shift galaxies, it is likely that the early universe is rather different from what was expected. Several possible responses have been proposed:

- Part of the standard Cosmological model (LCDM) are wrong, and the early stage of the model requires a major overhaul.
- The Modern Newton dynamics (MOND) could be modified so that dark matter isn't needed, and its effects are provided by large-scale fluctuations in gravity.
- Galaxies in the early universe could have little or no dust, making them appear brighter.



*Photo courtesy of NASA*

We need to learn more about the early stages in the history of our universe. During the six years of its primary mission the JWST is expected to provide the observational data to enable us to do that. Its expected life of 20 years will hopefully be as profitable as its first.

## MY PAKISTANI FRIENDS

By Don Stauffer

Back at the end of the last century my wife Morag and I belonged to a group called Horizons, whose mission was to connect international students at UAlbany and RPI with local American families to acquaint them with life here and to help them improve their fluency in English. In 1999 we “adopted” two students: Shamona, a PhD candidate in theoretical physics from Pakistan, and Sujatha, a master’s degree student in public health from India. They got along well as roommates, even though they were from those hostile countries. At the end of her first school year Shamona announced that her department had given her a leave of absence to return to Pakistan to marry the young man whom her family had chosen to be her husband. Although this was a customary practice in her country, she already knew him well, since he was the son of her professor in Islamabad.

When she returned to Albany in August 2001 the first thing she told us was that she was pregnant. But she and Fawad had decided to keep it a secret from her family, who would have forbidden her to come back. Their plan was for him to come to Albany to be with her when the baby was born.

But then came 9/11. And because Fawad was on active duty with the Pakistani air force there was no way that he could come to the States. So Morag helped Shamona shop and prepare for the baby, and in March 2002 Maryam was born.

Soon afterwards Shamona’s father arrived to take care of his new granddaughter: a distinguished looking gentleman who probably up to that time had never handled a baby or changed a diaper. He stayed for several months, bathing her, walking in the park with her, and putting her to bed while Shamona worked afternoons and evenings in the lab. When he went home, he was replaced by Shamona’s aunt and then by her mother, who was a professor of physics and a Cambridge University graduate. Eventually Fawad was able to wangle a leave of absence and come to visit and see his new daughter. His hopes of being able to stay to study for a master’s degree, however, did not pan out.



Shamona eventually finished her work here and returned to Islamabad, where she is now Assistant Professor at the Laboratory of Microbial Genomics and Epidemiology.

She soon had a son, and Maryam (pictured at left) has now grown into a lovely 20-year-old woman who is studying at the University of California at Irvine. I’m still Facebook friends with them both.



*"Older people shouldn't eat health food, they need all the preservatives they can get."*

*Robert Orben*

*"Too bad all the people who know how to run the country are busy driving taxicabs and cutting hair."*

*George Burns*

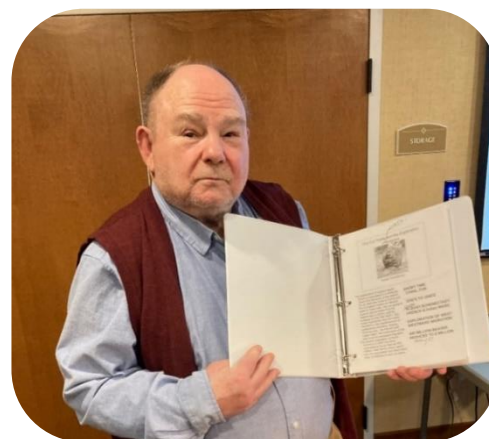
## SINCE OUR LAST ISSUE



*Photograph by Fred Seltzer*

*We were treated to a display of ceramic donkey carts in our display cases . . .*

*. . .heard a lecture on the fur trade and exploration of America from Greg Sauer, one of our residents . . .*



*Photo by Tom and Ellen Fitzgerald*



*Photo by Meg Canty*

*. . .conversed with nature . . .*

*. . .and celebrated the holidays.*



*Photo by Lynn Altonin*



## *TRY SOMETHING NEW*

*By Patricia J. Binzer*

*It's time to think about it  
and plan what lies ahead.  
Get holiday cards off your desk.  
Toss the poinsettia that's dead.*

*Develop a vision of what would be fun  
to do with friends or one on one.  
Has bridge been your game, try "Rummikub"  
or is a game of chess just right for you?*

*Do you like movies? Have you tried ours?  
Thursday matinees in the Great Room  
Every Saturday night at the Lodge.  
You don't need a date. The popcorn is free.  
And so are the movies. Try a couple or three.*

*Work on the puzzle near the Media Room.  
Everyone's welcome idle time to consume.  
Bob and Ann are regular puzzlers there.  
You're always welcome to pull up a chair.*

*Are you a reader and love good books.  
Come to the Book Club, see how it looks.  
They meet once a month with lots to say  
about the chosen book to discuss that day.  
You don't have to like it, at times we don't.  
If I don't like it, I won't read it, I won't.*

*Remember the exercise you promised to do.  
We offer great classes designed just for you.  
You don't have to sign up, just wander on in.  
Follow the instructor when it's time to begin.  
The pool has water so people can get wet.  
There are classes and free swims.  
Read the rules and you're set.*

*There's live music here. you don't have to leave.  
Professional residents. Would you believe.  
First Monday concerts are toe-tapping fun.  
Listening and clapping, the music's begun.*

*Talks about space add to our learning.  
An astronomer's knowledge keeps us yearning  
for more about the Webb; and that big star  
We will never get there; the trip is too far.  
Come on in to listen as we go off into space.  
And see where we fit in the human race.*

*There were talks about the Fur Trade  
and "Spies I have Known."  
Plus, Steam and the Industrial Revolution  
Our minds have really grown.  
Look forward to more talks residents prepare.  
You'll be rewarded and glad that you're there.*

*There's group meditation, church services too.  
And even discussion groups to interest you.  
We have knitters, sewers, and quiltmakers too.  
If you have an idea, we could start one with you.*

*Greenhouses and gardens are for you to grow  
flowers or veggies. You'll reap what you sow.  
Our flower arrangers meet weekly for fun.  
Tables and public spaces look lovely when done.*

*Avila committees have decisions to make  
and are looking for new members to participate.  
This is your home. You have a stake in its future.  
Join a committee, take part in its nurture.*

*Have I convinced you to try something new?  
Are you curious what could lie ahead for you?  
Enjoy the new year whatever you do.  
And say good riddance to 2022.*