



## Carol singing and Segga dancing ...



As is traditional at Christmas, our December meeting was marked by lots of fun; singing, dancing and food a-plenty.



It could be claimed by some that our carol singing was not exactly the most tuneful. As for knowing the words, evidently the first two lines of each carol are clearly etched into our memories. We sung these strongly. After that... well our memories have gaps and the singing faded a little. Thankfully we don't need our memories for Segga dancing. Everyone joined in and we even had a "dance" competition won by Rosemarie.



With handcraft gifts on sale and our usual raffle we also managed to raise some money for good causes. All in all, a suitable end to a busy year.



**CONGRATULATIONS**  
to the lucky winners of our 3 raffle prizes.



### **NEXT MEETING**

**FRIDAY 18<sup>th</sup> Jan @ 10 AM**

We plan to start the year off with a flower arranging demonstration.

### **COFFEE MORNING**

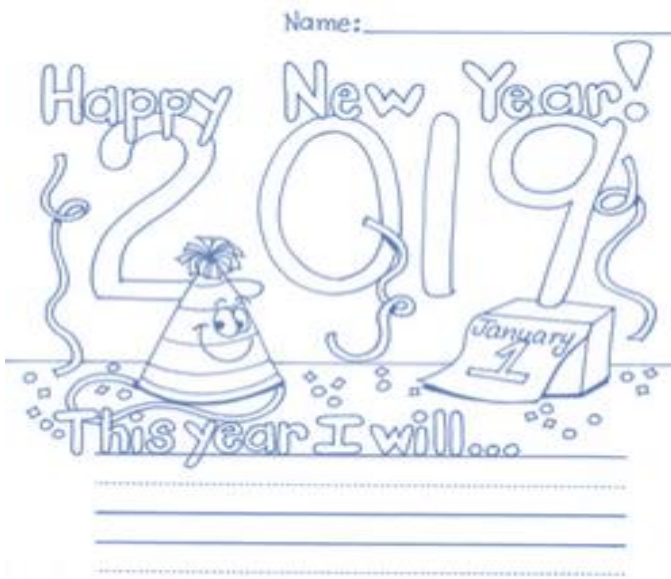
With some of us looking to recover from the 'festive season' there is no coffee morning scheduled for January. Look out for details of one in February.

### **FEB MEETING**

**FRIDAY 15<sup>th</sup> @ 10 AM**



Happy birthday wishes to all members who will celebrate their special day in January



The ancient Babylonians are said to have been the first people to make **New Year's Resolutions**, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year. They made promises to the gods to pay their debts and return any objects they had borrowed. These promises are considered the forerunners of our New Year's resolutions. A similar practice occurred in ancient Rome. After Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year (circa 46 B.C.), January had special significance - looking backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

### The custom of making **New Year's Resolutions** has been around for thousands of years.

Despite the tradition's religious roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, hoping to spark positive change in their lives. Chances are, more than a couple of this listing of the top 10 most common resolutions will look familiar to you:

- Exercise more
- Lose weight
- Get organized
- Learn a new skill or hobby
- Live life to the fullest
- Save more money / spend less money
- Quit smoking
- Spend more time with family and friends
- Travel more
- Read more

#### *Recurring themes each year include:*

- ✓ *a more active approach to health and fitness;*
- ✓ *improved finances;*
- ✓ *and learning new things for personal and professional development.*

**46% of people who made New Year's resolutions are successful**

However once the glow of a fresh new year wears off, many people struggle to make good on their plans. So you may be asking what is the point. According to research published by the Journal of Clinical Psychology over half of the people who set a goal for the new year will fail! But consider this, the study also involved non-resolvers, people who did not make a New Year's resolution, but had a goal they wanted to achieve that year. Only 4% of non-resolvers were successful at achieving their goals, a far bleaker result than those who did make a New Year's resolution. So go on, give it a try. What do you want to achieve in 2019?

YOUR 2018/19 COMMITTEE	NAME	TELEPHONE	EMAIL
CHAIR	Binita Gujadhur	5421 6775	<a href="mailto:binitagujadhur@hotmail.co.uk">binitagujadhur@hotmail.co.uk</a>
TREASURER	Rosemarie Domaingue	57215286	<a href="mailto:rosemariedomaingue77@gmail.com">rosemariedomaingue77@gmail.com</a>
COMMUNICATION & SPEAKERS	Manda Boolell	54237476	<a href="mailto:mboolell@gmail.com">mboolell@gmail.com</a>
MINUTE TAKING & EVENTS	Kamini Bassant	57557266	<a href="mailto:kbassant@Gmail.com">kbassant@Gmail.com</a>
MEMBERSHIP RELATIONS	Neena Misri	54215503	<a href="mailto:neenamisri@gmail.com">neenamisri@gmail.com</a>
IN-HOUSE FUND RAISING	Patricia Mohamed	696 9598	
Not elected but assisting on sub committees	Zandre Latimer Jane Delorie Sara Grihault Lyndsay Riviere Margret Fayolle		Because our elected committee is smaller than usual, we need your help. If you have particular skills or would like to volunteer in any specific area contact Binita.