



Gallerneault Newsletter 2011

“Heart Smart” Edition

Some questions to ask yourself:

- ☐ Did you have a physical check-up this year?
- ☐ If you're a guy, did you have a heart stress test?
- ☐ Have you talked to your medical professional about unusual aches?
- ☐ Did you ask whether your tiredness is because “You're getting older?”
- ☐ Feeling a bit colder this winter than in previous years?

Then read on.....



Stuart Street Entrance KGH—Nov 2011

...And 2011 Started So Well

Picking up where last year's Newsletter left off, we were in the early stages of concurrent renovations of the two main bathrooms. We had much help from family—without whom the project wouldn't have been completed: strong nephews who had little trouble moving a 150kg vanity upstairs from the basement, major help from my younger sister's husband (thanks Rainhard), Simon diligently making sure that Dad didn't get the measurements backwards, Christine making sure that all the parts were in order, etc. It was exhausting but this very major project finished without incident. The sole casualty from the process was the loss of a light switch in the downstairs bath-

room that was attributed to a leaky water pail while the upstairs floor tiles were being installed. By the time the jobs were finished (which was sometime in late January) we ended up with 2 very acceptable re-done bathrooms. Mark was quite amazed that his plumbing jobs held together well and we are forever grateful for the many tricks that said brother-in-law revealed in the installation of wall and floor tiles. Truth be told, Mark spent a lot of his time doing the 'grunt work' running up and down the two flights of stairs sawing and trimming various ceramic tiles. He claims in a single day he went up and down more than 3000 stairs! The work was made somewhat more compli-

cated in that it was done largely in the dead of winter, which not only afforded little daylight (he learned early-on that the cutting of tiles is dusty and must be done outside...) and was done below freezing – which made maintaining the diamond saw cooling water above freezing somewhat of a challenge. Thank goodness for kerosene heaters, a large garage and our own little 'blue tarp hut' that we set up the tile cutting equipment. The only downside to the process was that Mark seemed a bit more fatigued than usual and his fingers were hard to keep warm. He was thirsty a lot, too; we just blamed it on aging. We missed these obvious “signs” of a deeper issue....

Why Mark Isn't One of 'THOSE' Doctors

Noting the tiredness and fatigue that Mark had felt following the bathroom remodeling, and his distinct lack of 'staying power' using his beloved chainsaw on some trees (one of his favourite pastimes) in the Winter, we decided to re-start the neighbourhood walking program. The first few walks went well, but after a particularly enjoyable meal that Christine had prepared, he decided a longer

walk was in order. So, he and Christine decided to do the 2.5km loop at a brisk pace. About halfway Mark was stricken by what he thought was indigestion & a slight sickening feeling in his upper throat. Clearly a digestive problem, he said. Christine was not quite so convinced. So, we slowed our pace and headed back home; Christine emphatically deciding that a visit to his

doctor was in order. To make a long story short, within 2 weeks Mark was run thru a host of trials and become the surprised/proud owner of 3 'stents' in a major artery to his heart. A heart attack, had been narrowly avoided, with a bit more work to go. We cannot thank people enough for their encouragement, help and visits. Life now looks a bit different. Mark2.0 (as he now calls himself) has undergone a number of changes—with

more on the way. A new diet, losing weight (>30lbs) & more exercise. Christine is being caught in the slipstream—she's up to the task (and benefits).

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Heading out for Kanata (Ottawa)

In the middle of May Simon accepted an intermediate software developer/engineer position with a software company based in Kanata, Ontario. While we're not exactly sure what this job entails, Simon is settling quite nicely into his new job and surroundings. He has an apartment in the west end of Ottawa, about a 25 minute bus ride to work—he is shunning a car... at least until the winter weather makes the bus experience too cold.

Christine has made sure that his apartment has all the comforts required to be his new home, while Simon has suitably furnished it with the most important features such as a Playstation 3, a 46 inch TV (presumably to ease the work of programming), new audio accoutrements and the other necessities of single life in the 21st century.

As of December things continue to go well @ work. We are so happy for him.

Mary Continues to Expand Horizons

Mary continues to study engineering at the McMaster University in Hamilton. She decided to study in the area of Metallurgy, presumably because she figured her Dad just couldn't get things right & she can correct him. (Editor's comment: She may be right!) Just to make our May a bit more exciting, we moved her across Hamilton from her old (basement) apartment to her new (2nd floor) one on the hottest day of the Spring. As luck would have it, it was the weekend before Mark had to go

in for his heart repair. Her new 'digs' required a fairly major clean-up but with the help of her roommate (Rachel, who has been Mary's roommate since 1st yr residence) & Rachel's mother, the place was wonderfully prepared over the summer. She is now a tenant in the closest house to McMaster U and has little excuse for being late for classes. She has her trip booked to Vancouver/Whistler for the February Break and is determined to find a job out of Kingston this summer.

Travel Section

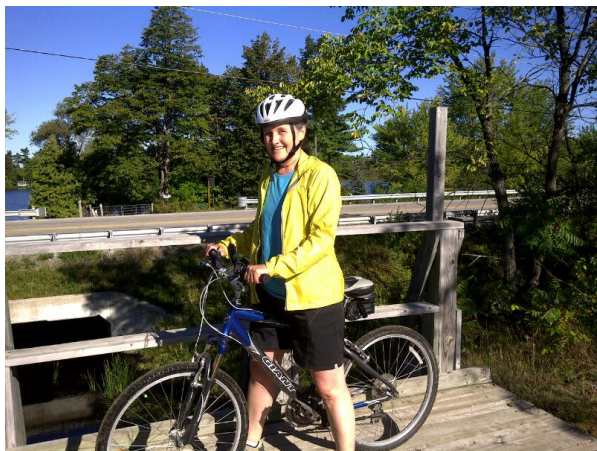
With the appearance of Mark2.0, a few changes have taken place. We spent most of the summer doing cross country cycling but we wanted to do more. In November Mark made his annual pilgrimage to India & we decided to spend the 1st week doing the Grand Tour of northwestern India. While Mark's goal was to sample as much Indian food as

possible, Christine was very interested to learn of the incredible tapestry of cultural elements (primarily architecture) from Hindu-Buddhist thru to Moghul and Judeo-Christian influences. Little did Mark know that this would also mean a trip to the jewelry and textile heart of India in Rajasthan. With the help of some of Mark's associates in India we were able to have a

private guided tour of such places as Delhi, Qu'tub Minar, Agra (home of the Taj Mahal), Fatehpur Sikri, Jaipur.... India is a country we cannot hope to understand but it and its people were a true delight. The image to the right is of the Taj Mahal—No words can do this wonder justice. In early December Mark had a symposium in London, so Christine decided to use it as an opportunity to visit with a dear cousin in Chiswick. It



was the Regent/Oxford Street shops that scared Mark....



The Editors' Notes

So, it was a rather eventful year for Mark and we're both keen to avoid a repetition of that excitement this year — though frankly most of the excitement was very positive and enjoyable. There is nothing like a possibly life-changing/ending event to crystallize one's thoughts about what is important and

of real value. We thought we had the mix just about 'right' but we see some tweaking won't hurt a bit and we'll continue to make improvements! Regardless, like the rest of you out there, we take on whatever the world throws our way and will continue to find the time to put together this newsletter. Gentle reader, you deserve it!