

Mountain Appreciation

Enjoying The Little Things...On The Mountain

by Joan Courtney

The Mountain is filled with seasons of the mind. Not only do our towns experience the four seasons but there are shifts in energy as summer and winter visitors come and go. As these folks visit here, they bring a vibrant energy with them. A feeling of camaraderie and renewed friendships is in the air as they share adventures and happenings. Right now, though, the season shows winter is coming to an end. Mother Nature is beginning to consider springtime. That doesn't mean that snow is finished with the Mountain and its slopes quite yet for a snow storm is due to come in over the next few days, as I write this.

It's time to finish up what was started in November. To put away projects or hurry up and complete them. I had many plans at the beginning of winter, one of which was to clean out the garage. While it's partially cleared, I have more to do. I was sidetracked by snow and the temptation of walking and hiking while time was available. Spring is approaching. With it comes warmth, a change in seasons again both in my mind and out in the world.

As spring draws nearer, gardeners avidly pore over their seed catalogs. The debris from fall is being cleaned up and seeds are being planted and nurtured in greenhouses or on window ledges. One gardener I know is even making plans for bees and a hive to pollinate the area in her garden. Time to prune fruit trees and check the soil for the next season. Spring is right around the corner.

No motivation to wrap up the season? Here are a few tips:

- **Take an inventory of winter projects.** Where do they fall on the spectrum of "done?" "In process?" Or "never started?" Decide what you want to do with each one and follow through.
- **Enjoy the last touches of winter.** Time to have a bonfire? Get together with your winter friends and celebrate the season? Savor walking in the colder weather? Time to do it!
- **Move through your mental checklist.** Feeling some cabin fever? Some cures that do the trick to relieve this malaise are: doing something creative or getting outside to exercise. My friend who is a rock hound searches for the most beautiful stones, some semi-precious, some not, and fashions beautiful jewelry. Another is readying for an extensive walking tour over the spring and is outside every day to increase stamina. Decide what your forte is and move into it.

The Mountain had a taste of spring over the last week or two. The weather was warmer and buds were beginning to show on the trees. Daffodils and other bulb flowers were sticking their heads out of the ground, triggered by the warmth of the sun into thinking it was time for spring. Not

quite yet, but there is time to finish up or tuck away those winter projects. Time to wrap up those projects, for spring will be here soon!

I'm curious: how do you finish your winter? E-mail me at www.unstuck-living.com and let me know. I hope I have opened the door to enjoying the little things here on the Mountain.