

Lisa's Holiday Rant

Life is too short. Make the best of it today. Not later, not tomorrow. Enjoy your Christmas this year despite the stress, the crazy shoppers, the out of control drivers, the last minute gifts and groceries to buy. Enjoy it. Your break, your holiday is your responsibility. Make it your mission to slow down and relax. Have a drink of egg nog or the good stuff. Have a good meal and a night with friends and family. Sometimes your friends are part of your family and that is when you know you lead a good life.

The "fish lady" in Yellowknife passed away this week. She was 46 years old. Her face was kind and loving and she was an asset to this community. Her family will be missing her and grieving her this Christmas.

I think of the soldiers who have died for our country, those that won't be spending this Christmas with family or friends. I think of the police officers and fire fighters who have passed away this year. Could anyone but them run towards an emergency to help, not knowing what dangers lay ahead for them? They have saved lives, those saved people will be enjoying Christmas this year while families will have their first Christmas without their brave heroes present. I send my thoughts to those families left behind to uphold their memories with pride and love. Say thank you to a soldier, police officer or fire fighter. Drop off homemade cookies to a base, RCMP centre or fire hall. Don't be scared to appreciate these heroes. A cookie goes a long way. Write to a soldier overseas, send Christmas wishes to them and their families. There are so many things we can do this holiday season.

I think of that poor gentleman who died in the Vancouver airport alone. So close to reaching his mother. I think of the men and women and children spending this Christmas at the Salvation Army, in shelters and on the streets of every city across our country. Donate food, winter coats, mitts, hats and blankets if you can. Donate your time. A lady here in town donated 15 new mattresses to the Salvation Army (whose mattresses were about 15 years old). We should be thankful for citizens like that.

I think of all the people going through chemo and radiation in hospitals everywhere. Children in the hospital over Christmas - it's not right, it's not fair. Donate toys to a children's ward. Brighten a face.

This Christmas will be different for many families and individuals out there. So enjoy your Christmas. Do you really have a reason to be a Scrooge or a Grinch? Think about it. My Christmas present to you.