



retirement memos

Margaret Miller

Retiree offers rules for using time

I'VE MUSED before in this space about what happens to all that time that was going to be so abundant when a busy person retires. After more than three years of no regular working hours, Joe and I still find ourselves talking about things we'll do "when we have more time."

I have been inclined to blame continuing lack of organization. Probably it was just me.

Then, at a workshop, I heard a talk by a retired businesswoman who had specialized in teaching others how to manage time and paper. She had the same problem.

"WHEN I RETIRED," she said, "I was sure there was going to be so much time I'd never be rushed. I would surely be able to do all those things I used to just dream about."

"So I started piling up books I just might enjoy reading. I subscribed to publications I'd never been able to consider. I took on just about any re-

sponsibility anyone asked. Of course I had time!"

The lady is wiser now, she told her workshop group. She's practicing better what she used to preach, and she has added a few refinements mainly for herself and other retirees.

One of these involves reading and publications.

"Retirement often means smaller living quarters," she noted, "and clutter gets more noticeable and less bearable. I had stacks of newspapers and magazines all over and I didn't like it."

"Now I put a time limit on reading material. Newspapers get only one day. Magazines are given to the neighborhood library after a month. If there's something I think I may still want to read, I note the issue and page and I can always find it at the library."

PROCRASTINATION is another area in which she made a special rule or two for retirement.

"We all procrastinate," she said, "but now I don't want to feel guilty about it. If there's something I want to put off, I try to decide when I'll do it. And if I still don't want to do it, I just don't."

The speaker had a few more suggestions. Say "no" more often, unless you're sure a project will bring real retirement satisfaction. Use small bits of time productively — she keeps a tape recorder in her car, as well as a notebook in her purse. Combine tasks, like unloading the dishwasher while talking on the telephone. Set specific times for specific projects, and work when you are most efficient.

"And when I finish any project," she said, "I get the pertinent information on what I did into a one-page report. Then I pitch the rest of the paperwork."

"I'm glad I heard this well-organized speaker and equally glad I now can reduce my own paper clutter by throwing out the notes I made on her remarks."

"I'll try to remember some of her suggestions and follow them. But I'm not expecting myself to become too efficient. After all, I'm retired, and there's time later."

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband, Joe, are retired to Florida, where she writes Retirement Memos.

Richardson-Kirsch

Mr. and Mrs. Andrew W. Richardson of Farmington announce the engagement of their daughter, Kathryn Lee, to Karl Vernus Kirsch, son of Mr. and Mrs. Jerry Kirsch of St. Clair.

The bride-to-be is a graduate of Farmington High School and Albion College, and is employed as marketing coordinator for Wolverine Technologies. Her fiancé is a graduate of Albion College, employed as senior sales representative for Fujitsu Imaging Systems in Troy.

A November wedding is planned.

Angell-Thompson

Mr. and Mrs. Fenton L. Angell of Novi announce the engagement of their daughter Anne Whitney to Steven Douglas Thompson, son of Mr. and Mrs. Hugh Thompson of Farmington.

The bride-to-be is a graduate of Novi Christian School, attended Cedarville College and is now attending McComb Academy of Court Reporting. Her fiancé is a graduate of Bob Jones University and is employed with Simmons Airlines, Detroit Metro Airport.

An October wedding is planned.



RANDY BOST/Staff photographer

Ballet basics

Joy Grieco, (at left) who has been teaching classical ballet in the area for the past 10 years, leads the budding ballerinas in classes that begin the week of Sept. 15 in Ten Mile Community School. Fundamentals are learned by Kara Grieco, Megan Flynn and Tiffany Nelson in the class for 4- and 5-year-olds, which teaches developmental skills, dance routines and bar

exercises while coordination and poise are enhanced. Another class is for those 6-8 years old. Both classes wind up their sessions with a recital. Registration is underway now in the school on 10 Mile Road, east of Farmington Road. Inquiries are taken by calling the school, 473-8900.

Artisans show their work

More than 100 professional artists will show their work in Fall Festival Artists and Craftsmen Show Saturday and Sunday, Sept. 6-7, in Central Middle School, Church and Main streets. Plymouth Show hours are from 10 a.m. to 7 p.m. Saturday and from noon to 6 p.m. Sunday. Donation is \$1.50, or 50 cents for students and seniors. Children are admitted free with adults.

U.S. Constitution week is Sept. 17-23

Our Founding Fathers, in order to secure the blessings of liberty for themselves and their posterity, did ordain and establish a Constitution for the United States of America. Constitution Week (Sept. 17-23) commemorates the 199th anniversary of the signing of this great document. Know your rights and responsibilities. Quakertown chapter of the Daughters of the American Revolution urges citizens to study the Constitution.

Frozen foods have limited shelf life

Nothing last forever — including food in the freezer.

While most persons know that nothing lasts forever, there is a tendency to forget that maxim when it applies to foods in the freezer.

Shelf life for food in a freezer refers to the period of time recommended for storing it before it is used. Keeping it in the freezer for longer than the recommended time does not mean that it has spoiled or

is unsafe, however, the longer food is stored, the lower its quality may be.

Storage over a long period of time may cause some change in appearance, color, moisture, texture and taste for most foods.

Times for storage will vary based on the quality of the food before it was frozen, the packaging or wrap used and storage temperature.

While freezing maintains much of the flavor and texture of good food,

it cannot improve on its quality. The keys to successful freezing are to select high quality food, prepare and package it properly, date and label the package — then use it within the recommended storage time.

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