

## The Training Post – Winter 2023 QC Responses

### **Question Corner: What is your favorite winter activity that helps you rejuvenate?**

walking in a fresh snowfall

**Kathleen Burkhard**

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Watching holiday movies with the family.

**Margie Agudelo**

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I love winter hikes-especially traipsing through the snow.

**Kimberly Martin**

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reading a mystery book; it takes you on a good adventure.

**Linda Bednarski**

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What is my favorite winter activity, reading books, watching TV etc.

**Ellis Jones**

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Skiing

**Kristine Chichester**

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My favorite winter activity that helps me rejuvenate is walking outside as the snow is falling. It is quiet and peaceful that you can hear the snow land on the trees and the ground if you listen carefully. I watch my dog run through the snow and we start chasing each other. I start laughing when I realize she is a full-blown snowball, and it is time to melt the snowballs off her hair. This is what rejuvenates me in the winter.

**Mary Myers**

DOL

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Watching the Rockefeller Center Christmas Tree Lighting in New York City with my wife.

**Luis De Sousa**

**DOL**

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Walking outdoors, especially on a sunny day is always stimulating.

**Pamela Kelly**

**DOH**

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Reflecting on the joys and beauties of yesterday and looking forward to the opportunities of challenges tomorrow will bring.

**Richard Gruenhagen**

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bowling

**Gilo Thomas**

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Hot Yoga

**Sarah Wright**

**DOH**

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Sitting by the fire sipping a warm beverage and watching the colored pinecones emit a blue-green light!

**Carol Davis**

**DOL**

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Knitting! I tend to only knit in the winter. I primarily knit hats and scarves which as quick so I can make and wear them within days of starting.

**Danielle Tropea**

**DOH**

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Igloo construction (aka snow fort) provides me with alone time away from my children, a goal to achieve, being active outdoors for hours, and a sense of accomplishment.

**Sara Mellor**

**Agriculture**

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My favorite winter activity is watching a movie with my spouse with a blanket wrapped around me.

**Ana Rivera**

**OPD**

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I like to take a brisk walk in the cold, it resets my mind in a new way.

**Jamie Trout**

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