

Christmas 2016.

Greetings all.

Another year has gone by. What a year it has been. Millions of refugees taking perilous boat rides to get to a safe life. Brexit, a clown becoming the USA president. It's like everyone has gone mad.

It all seems so far away from little old New Zealand. I am writing this newsletter on the morning I am going to have spinal surgery. I am feeling very calm about the surgery, I trust the team at my own hospital. This Christmas because of the surgery absolutely everything has been done except the letter. I have never been so organised.

January this year we went to Italy for the usual ski conference. It was held in a new hotel that was great and you could walk across the car park to a new cable car, which took you very quickly to the top of the mountain. Despite my back I managed to ski fairly well and won the most improved skier. Not bad for a 63 year old.

In March we went to South Africa with Reinie and Kath. Reinie, Kath and Theo raced in the Argus cycle tour. It was very hot and the race was more arduous than they thought, but they did it. Reinie even had enough energy after the race to take Kath in a helicopter and propose to her over Table Mountain.

We then went up to Ingwelala where Avril and Gavin have a house and we had the most event-filled, hilarious 4 days. A scorpion stung Theo; a half dead bat peed on Kath and the biggest elephant we have ever seen invaded our camp. Marcela, Andrea and Michael joined us. That part of the world is still the best place in the world.

In March Kelly packed up her flat, finished her work contract and headed to Asia. She told us she was going for over 3 months and none of us believed her as she is a Ponsonby girl and loves the good life. . She backpacked through Thailand, Vietnam and Cambodia. Staying at \$10 accommodation and eating noodles. She went to health retreats, yoga retreat, learnt to surf and, scuba dive. She survived been bitten by bed bugs over her entire body. Kelly stayed the time she said and came back very thin and a vegan. She is now back in Auckland with a new contract with Datacom our biggest IT company and her job is to change the culture of the company.

Fiona and Tony are back in their own flat and Tony has bought a half share in it. He has completed his first year of employment at an IT company and loving his job. Fiona is still on the ward but trying desperately to get another job that does not include weekends, night duty and afternoon shifts.

Reinie and Kath have set the date for 18th March 2017 in Christchurch at the family home, which Marie moved into this month nearly 6 years after the earthquake. Reinie has started today as a non-training registrar in the orthopaedic department at Waikato hospital. Kath will remain at Hawkes Bay hospital until July next year. Reinie will be staying in Kelly's flat. Bit of a shame being separated before the wedding but that is the life of doctors trying to specialise in a small country.

We love our little house in Taupo and go whenever we can. Our dear friends Agnes and Frans from Holland also love it and we have had a lovely time with them there last month.

Big decision made by Theo and I, we will retire at the end of next year. Theo has given up the directorship first time he has not been in charge for 30 years. He did a 3-month sabbatical and has correlated all his stroboscopy patients. While doing this he realised that he has had some excellent results. Humble, as ever is our Theo. Few plans floating as to what either of us will do. For me I am tired of the people management in my job.

The Gregor family wish you and your loved ones a special time over the festive season and that 2017 is a good year filled with good health, happiness and fun. We as a family are truly blessed that we still have each other and that we are healthy.

"Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have you will never, ever have enough." Opra Winfrey