

Got Those Empty Nest Blues?

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**Got Those Empty Nest Blues?**

**By Jeanine Herrin**

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GOT THOSE EMPTY NEST BLUES?

The last of the kids have all left home and now you're wondering, "What do I do now"?

Sometimes it takes a while to come to the realization that you are now on your own. You've been helping to get them raised and preparing them to go out into the world on their own and suddenly that time has come and gone (and so are they!). You look around only to wonder, what now?

The time seemed so far off, that you just weren't prepared when it finally arrived.

So, now it's time to start thinking about all those things you told yourself you would do, "If only I had time, I'd love to ....."

When you stop to think about it, you've really come to a good time in your life. The kids are grown, have lives of their own, you're now free to do all "Those things you kept telling yourself you'd do." Thing is; now you have to remember just what they were!

Well, this little article is just to get you to thinking!

It's never too late to start something new either. I had an Aunt that started painting when she was in her 50's.

Wasn't even aware that she could paint that well!

There's always school. Yes, school. There are all kinds of courses you could take on a lot of different subjects. Think of any that might be of interest to you? Maybe there's a degree of some sort that you'd like to go for? I've heard of some who went for their nursing degree in their late 30's early 40's!

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Have any hobbies that you put aside because you didn't have enough time to really devote to them? If not, then start some new ones! Just think of some new things that you would like to learn how to do, then go sign up for some classes! Might even make some new friends in the process.

There's also volunteer work. Places like hospitals, nursing homes the Salvation Army. They are always looking for someone to help out. Lots of other similar places too. Can be a really rewarding feeling knowing that you are really needed.

What about schools? Like volunteering to help tutor some students? Could be elementary, middle or

high school. I'm sure that would be really appreciated and helpful to the students also. Or, if not volunteering, see if there are any openings for teachers aides in any of the schools in your area.

Of course there's always some sort of sports activity you can take up. Like tennis? Golf? Bowling? Get some of your friends and join a league. If they don't want to, then do it by yourself. There again, you always have room for new friends in your life! (Not to mention you can keep active and get exercise at the same time) Ok, now, for those of you who are married (or have a significant other), well, need I say more? Let's get that romance back! Start taking some weekends together.

Go out to dinner or the movies. Take a cruise! (They are really nice and can be very romantic) This time can be almost like getting to know each other all over again! Make it fun and interesting. You sometimes get so wrapped up in the kids life that you forget you have one of your own. Just use your imagination. Remember, you're still young, enjoy life!

I know, some of you out there are saying, "But I'm single (or not) and have to work for a living!" Well, if you haven't been real happy with the job you have now, maybe this is a good time to start looking for a new career? Maybe start your own business? If you are happy with your present job; are there some courses that you can take that might help to get a promotion or to just make things easier for you? You can still find some new things to do just for yourself, even if it's just getting out more with your friends.

Remember, the kids are through with school, all grown up and on their own. Time to start looking around and see just what you want to do with you life now. Single or married, there's lots out there for you, just put your thinking cap on!

No sitting around feeling sorry for yourself because you're feeling "deserted" or not "needed". Well, it's ok for a little while, but not for long! Once you get use to your new found independence, well, watch out!

Besides, they always know they can come visit any time they want. (and probably will quite often!)

Hope you enjoyed this little article and got something from it.

Jeanine Herrin <http://www.emptynestmoms.com> Stop by for a visit  
anytime! [jeanine@emptynestmoms.com](mailto:jeanine@emptynestmoms.com)

## **Bird Twig Wreath**

**By Dawn Keadic**

This is a very attractive wreath and a very popular one. You will want to gather a supply of twigs which are long, thin and pliable. You will also need craft wire, 22 to 24 gauge, wire cutters, a glue gun, glue sticks and a wreath base. You will also want some bird picks, the choice is yours, an artificial birds' nest, wooden eggs, small ones, and a large ribbon.

You will want to cut the twigs into about ten inch lengths. Take a handful of twigs, choosing an amount that seems right to you, bind them firmly together and cut the wire, securing it and then tucking it into the twig bunch which you have just created. Continue this until you have created what you feel are enough bunches to cover your wreath base. Take a wreath bunch and fasten it securely to the wreath bases with craft wire. Continue this until you have completely covered the wreath base. Cut the craft wire and secure it firmly into the wreath.

Now you will want to take the birds' nest and secure it firmly to the wreath. Take a ten inch piece of craft wire and fold it into a "U" shape. Poke this thru the back of the birds' nest then stick the ends of the wires through the twig bunches at the bottom of the wreath and secure the wires firmly to the wreath base, tucking them in so that they are completely covered by the twig bunches. Now hot glue the nest to the wreath bunches to give it added security and stability.

Next glue the artificial eggs into the birds' nest. Depending upon the breed of the bird which you have chosen, you may or may not want to paint the eggs first.

Now take your bird picks and place them where you would like them on the wreath. You may also want to use your glue gun and glue to make sure that they are securely attached.

Take your ribbon and form a large bow and glue it securely to the top of your twig wreath. You now have a beautiful twig wreath, which can be used at any time of the year. I hope you will enjoy it and take pride in your work.

Dawn Keadic enjoys decorating with wreaths, both indoors and outdoors. For more information on wreaths, including wreaths you can make at home, visit

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