



Dear Reader,

16TH October 2012

As we are now approaching our last few months in 2012, I wanted to share some thoughts with you.

Do you remember all your good intentions you promised yourself at the start of 2012? What have become of these? For some of us they have materialized, for others long forgotten! It seems that each New Year we promise ourselves all manner of things, e.g. money, wealth, health, a new car, a new job, stop smoking, and the list just keeps going on. Fact remains, once we are in the New Year, all seems to be forgotten, and was an illusion to most.

As Christmas is approaching, some of us will be writing greeting cards. I have stopped doing this, for the following reasons:

- 1) I am not willing to give my money to the manufacturers / printers of these cards, which as you know after the 10th of Jan each year end up in the recycle bin, or I use them to write my shopping list on.
- 2) I am also not willing to waste my hard earned money on buying postage stamps, which are costing a fortune each year (notice the price increases each year we pay at the post office.)

Our Christmas shoebox appeal has started, which are for local and overseas communities, struggling to survive in these hard economic times.

For less than £1.00 (a Christmas Card & stamp costs more) a shoebox can be a life line to a single person or a family.

Coffee, tea, crayons, sweets, pasta, are just a few of the items we ship each year overseas for Christmas, and some are supplied locally in Scotland.

Instead of sending out Christmas cards this year, why not donate money to our charity for Christmas.

Donations can be made online, by visiting: www.humanos.org.uk , click on the donate button on the homepage to make your donation small or large.

Kind regards,
Billy (Director/Founder)

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