

MONTANA SUPPLEMENT



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New Year, New Resolution!

With the new year it is time we all conform to the custom of making a new year's resolution. What is a new year's resolution? Mr. Webster defines it simply as a noun and it means "A promise to do something differently in the new year". My question is this, why do we only promise to do things differently once a year? Why not make the promise to do things differently every time we discover something is not working out how we think it should?

What kind of things do we promise to change"? Well let's look at the top 10 new year's resolutions: #1 Eat healthier. #2 Exercise more. #3 Lose weight. #4 Save more/Spend less. #5 Learn a new skill/hobby. #6 Quit smoking. #7 Read more. #8 New job. #9 Drink less alcohol. #10 Spend more time with family/friends.

It is funny to look at the list and realize that 60% of the people making these resolutions admit that they fail to keep them before the month of January is over. It is also a common trait to make new resolutions every year weather or not you kept or completed your resolution from the previous year.

Why do we make resolutions and when did it start? I had to do some digging but found some info on a how stuff works website which I will link to at the end of the clip but I though it was interesting to read about where and how it started and why we do it.

"When did ringing in the New Year become such a big deal? Turns out, it isn't just a construct of modern Americans. Some 4,000 years ago, Babylonians rang in their new year with an 11-day festival in March, and ancient Egyptians celebrated the advent of their new calendar during the Nile River's annual flood. By 46 B.C., Roman emperor Julius Caesar had moved the first day of the year to Jan. 1 in honor of the Roman god of beginnings, Janus, an idea that took some time to catch on. However, in 1582, Pope Gregory XIII brought the Jan. 1 New Year back in vogue with the Gregorian calendar -- a concept that persists today. The origin of making New Year's resolutions rests with the Babylonians, who reportedly made promises to the gods in hopes they'd earn good favor in the coming year. "

This info came from:
<https://people.howstuffworks.com/culture-traditions/holidays-other/why-make-new-years-resolutions.htm>

Now I am not sure if the above excerpt is factual but I did find it on the internet and we all know that if it is on the internet it has to be true right?.... At the very lease it is a good narrative and it sounds good anyway.

I personally do not make new year resolutions only because I am fairly certain that I will not keep them because there is nothing and no one holding you accountable to keep it except yourself and I know I can talk myself into or out of just about anything so I can surly convince myself that I will restart my weight loss plan again later. I would rather resolve to make a change when I see the need to do so and even then, it is difficult at times to keep that change going. I bid Good luck to my Brothers and fellow Sir Knights on being able to hold firm to any resolutions you may make for the ensuing year and if you can not keep your resolution, I hope at least, you are all healthy and happy.

Respectfully submitted: Dan Koch Jr. REPGC