

## With apologies

Published: January 14, 2026, 2:14 pm

---

My apologies for no blogging yesterday.

I regret there may be little more today. I had to make one of my rare visits to a GP concerning my own health yesterday and have been forced to admit, for once, that I might need to take a few days of low level activity to recover from whatever it was that hit me at the weekend.

Given there are pressing deadlines in other work i am doing that has to have the priority for the energy I have got.

Normal service will be resumed soon, I very much hope.