



2012 Best Hobby Survey Results - Comments

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
<i>East</i>		
East	2 beers	mental break
East	45 minute bike ride, or walking 9 holes of golf if it rains, same amount of time on the treadmill	clears my head and gets the heart rate up for 30-60 minutes, which everyone should do 4-5 times a week
East	bike ride	exercise and hopefully fresh air if outside
East	booze	keeps me occupied
East	camping	I can be with my wife and dog, which is not the same thing.
East	cooking	its deliberate but free to improvise at will
East	cycling	takes your mind off everything. You are only thinking about where your next breath is coming from
East	depends on the season now golf	tranquility and exercise.
East	drinking	80 proof would work for anyone
East	drinking	I do not care about how bad the market is.
East	exercise - cycling, tennis, golf, work out	stress relief
East	farming	no mental stress.
East	fishing	calms my nerves helps me to relax
East	fishing	clears your mind and lets me relax
East	fishing	I can get away from the phone and noise.
East	fishing	no phone calls
East	fishing	the water has a calming effect
East	fishing or hunting	I enjoy
East	fishing, poker, tennis	total mind rest
East	fly fishing	focused on nature, no clutter from office or other world
East	fly fishing	peace, quiet, nature and skill
East	gardening	It is physical but allows me time to clear my head without having to hold a conversation.
East	gardening, lawn care	outside in the sun, I can't hear the phone when I'm on the lawn mower
East	gardening in the summer woodworking in the winter	relaxing
East	getting out in the woods	relaxing
East	going home watching my yard grow	no noise, no people, no phone.
East	golf	away from e-mail and phones for 3-4 hours
East	golf	beautiful surroundings, relaxing, a little exercise.
East	golf	competition
East	golf	exercise and relax

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
East	golf	golf requires a little exercise (walking), and enough mental concentration to forget what happened during the working day.
East	golf	I get exercise, and being with others allows me to get away.
East	golf	it makes wood trading appear to be stress-free
East	golf	love it – physical exercise is a great stress-reliever
East	golf	peaceful beautiful surroundings.
East	golf	played for years.
East	golf and/or gardening	aggression of swinging a golf club and the quietness of digging in the soil.
East	golging	relaxing
East	hiking, walking	peaceful and relaxing
East	horseback riding	it helps me take my mind off of the stresses of the day.
East	hunting or fishing	relaxing in the woods or on a stream
East	I breed and race homing pigeons	gets your mind completely off of work
East	I have 4 kids 10-17 years old. There is no unwinding.	see above!
East	jogging	releases stress
East	listening to music	only thing you can do on a 1 hr-plus drive home besides talk on the phone which I have done all day and am ready for a change of pace.
East	long bicycle ride	Physical exercise, fresh air clears the mind and soul
East	long walk, exercise	allows the brain to "sort, process and file." Gets circulation going after sitting on computer all day
East	look for good stocks to buy in the stock market	can make more money than the lumber business
East	making maple syrup- course it only happens for 6 weeks of the year	playing with fire, good country music, a few cold beers, and making something from a tree without cutting it down.
East	mountain biking and whitewater kayaking.	I get to see some really cool nature and process the days events while having fun.
East	movie	takes mind off
East	mowing hay	it is very relaxing and it frees my mind from the everyday stress of work
East	none	I stay "wound up" so I don't waste anytime "Rewinding" the next morning...
East	not really a hobby, but anything family related is my unwind time. However, for an actual hobby style activity, golf is my 1st choice.	re: golf.....it allows (demands) that you focus on it alone and forces you to not think about anything else for a few hours.
East	online games	enjoyable
East	photography	I find that I can forget everything else as I try to get the image right in camera. I also enjoy post-processing my digital images, but not as much as I enjoyed developing and printing my film rolls back in the good old days. I enjoyed the quiet and solitude of the darkroom and often ended up arriving at solutions for vexing work problems without even trying.
East	playing Scrabble	because I usually win like when I buy lumber
East	playing with the grandkids, when they're around, or home improvement projects	little stress, interesting, the response I get from the kids and finishing a project.
East	read	takes my mind off the day's events
East	reading	puts into another situation

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
East	reading or gardening	don't have to be concerned with daily operations and profit and loss sheets.
East	restoring old cars, currently a '67 Mustang	worries go away and a sense of accomplishment
East	running	clears the mind.
East	running	I'm inside for so long that I need to just be outside and in nature for an hour a day.
East	running	it keeps me alive.
East	running	no distractions
East	running	stress releaser- helps clear the mind.
East	running, reading or any exercise	relaxes the mind
East	running	gets me outside, keeps me fit, good social activity, and makes it nearly impossible to think about work.
East	salmon fishing	get to be outside and love the peace and quiet
East	shooting firearms	I teach firearms safety
East	sitting on the deck of my boat with a bottle of fine wine	tt makes me forget about the state of the lumber industry.
East	sleep	tired
East	spending time with Jack Daniels!	takes the edge off!
East	spending time with my family, and yard work...	because as I get older I realized that balancing work and family is a top priority. I find yard work relaxing.
East	sports	I grew up following my city's teams.
East	sports, basketball, guitar, music	good exercise and enjoy the competition. Guitar because it requires you only think music, which I love.
East	supper	it calms me down.
East	swimming	it is a mindless activity
East	Tai Chi	good exercise for the body, works on flexibility of joints and strength of muscles. Has a meditative aspect that clears the mind, relieves stress and lets you forget about the day.
East	tending my flowers and garden, mowing my yard	it is my own private sanctuary. After the yard work is done I can grill dinner and watch the birds.
East	tennis	exercise & camaraderie
East	tennis	stress relief
East	the cable News	I normally fall asleep 12 min later
East	TV	mindless entertainment
East	walk my dog	its quiet and helps me relax
East	walk the dog	no phones - no email - just my dog and the great outdoors
East	walking in the woods	I am alone, it's quiet, so it's easy to relax and enjoy nature.
East	walking or golf	gets me out in the fresh air to clear the cobwebs
East	watching sports & hanging with my grandson	takes my attention to a different place
East	wine	relax
East	woodworking	gives me some time alone with something to show that is real and appreciated
East	woodworking	I can be more creative.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
East	woodworking	woodworking takes focus and complete concentration this helps relieve stress. I also enjoy creating something beautiful that will last for generations.
East	woodworking and splitting firewood	woodworking - relaxing. splitting firewood - if I've has one of those days
East	work on my car to produce better performance	when I achieve a goal, it gives me a sense of accomplishment.
East	working around the house, gardening, etc.	there is always something to do.
East	working on hot rods	out in the garage without interaction
East	working on the farm with my cattle	cows do not talk back or call my phone
East	working out, racquetball	relieves the stress of trading lumber
East	working outdoors around the house, general maintenance.	it is mindless and entertaining; never seem to have to perform the same task again...
East	yard work	I use my hands, not my brain; very little decision-making working in the yard
East	yard work & camping	relaxes the mind
East	yard work/building/fixing something	no stress, no thought
<i>North</i>		
North	anything outside.	fresh air and no phones!
North	BBQ grill	makes you think of something other than work
North	beer drinking!	it just does.
North	bowling	it requires concentration
North	cable television	just let's me relax and unwind
North	CC & water	dulls the pain
North	coaching youth sports would be #1. Hockey, football and baseball, followed by fishing, Followed by having a beer.	coaching allows me to spend time with my kids and their friends and be somewhat active after 8 hours of sitting on my butt in front of a computer and phone.
North	coin collecting	relaxing
North	cottage life - boating & skiing & relaxing	takes me away from the everyday work issues.
North	cycling	work out your frustrations
North	dodgeball	it's extremely fun and social.
North	doing a different line of work, i.e. mowing, organizing the detached garage (a life time project) and/or tending to my late wife's rentals.	someone has to do it, and the fact it is a different type of work from the 12-hour day at the office, it can be, but isn't always, gratifying.
North	drink	relieves stress, unwind
North	drink. play sports with the kids.	makes me forget about the day and that I have to go through the same thing the next day.
North	drinking	because it takes the edge off
North	drinking	work out of my house
North	drive my sports car	with top down, lots of fresh air
North	exercise	it works
North	exercise	lets off steam
North	exercise	maintain a healthy lifestyle, helps me get to sleep
North	exercise and then have a martini or 2.	relaxes me

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
North	exercising at the local fitness center.	way of unwinding.
North	fishing	fun
North	fishing	I get to spend a few hours away from the phone and computer and just relax. As an added bonus, fishing is very conducive to drinking beer.
North	fishing	it's quiet and serene...and there's no phones!
North	fishing	occupies the mind
North	fishing	provides relaxation and challenge
North	fishing	you can't fish and worry at the same time
North	fishing and spending time with grandkids	fishing relaxes me, and the grandkids – well, lets just say there is never a dull moment.
North	gardening/yard work at my home	outdoors, immediate gratification, low cost
North	getting some exercise- in the gym, a walk outside or a bike ride.	after sitting all day, it give me energy and takes my mind off of things.
North	go for a quick run with my two golden retrievers and then relax with my wife and kids.	it's a great release for me and the hounds. And I get to be outside again after being cooped up all day.
North	golf	because it's even more difficult to be good at than selling wood
North	golf	camaraderie, bets
North	golf	I can go out and hit something and it seems to release tension. Plus I can have a drink during it or right afterwards.
North	golf	it's great to get outside and relax on the golf course after being stuck inside all day
North	golf	outside and good exercise
North	golf	relaxing
North	golf	the only outside factor is completely under my control
North	golf and drink beer!	it's relaxing
North	golf and fishing	takes my mind off of the "ins & outs" of work.
North	golf, kids' activities	mental relief
North	golf, running	melts away stress, gets my mind off of business.
North	golf, working on my boat, my pool	they relax and take my mind off business
North	grilling on a charcoal grill!	I can stay around the family, drink my favorite beverage of choice, and make the entire neighborhood smell good all at the same time.
North	happy hour	meet other people with similar stress levels
North	hunting	quiet, no phones, no one around.
North	I go out spend some time horseback riding.	I get out in the fresh air away from the office and the pressure of the day seems to disappear.
North	I like to go fishing, shooting or work on projects.	it relaxes me and help me unwind.
North	I like to ride my Harley up to the gym.	riding clears my head, and when I'm at the gym I can work out all the stress from the day.
North	I play my drum set.	music is a huge part of my life. I have played for over 20 years, and there isn't anything that takes me away from everything the way that music does.
North	ice hockey!	gets your aggressions out

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
North	kayaking	it is a physical exertion, which helps relieve stress. Being out on the water is just naturally calming.
North	kids' sporting events.... Running my kids places.	forced to do it...
North	knitting	no knots!!!
North	long distance running.	nothing like it. Simply put on the old running shoes and go. Melts away stress while the body manufactures stimulating endorphins.
North	maintain my 85 y/o house.	sitting on my butt all day - I need to be able to change gears and work both body and mind.
North	motorcycling	it is very relaxing and my alone time
North	mowing the grass	it is a break and nice way to get some time to myself.
North	mountain biking	it's peaceful and needs your full concentration, so you can't think about anything else.
North	none	NA
North	play with the kids	puts life into perspective
North	playing hockey	when I'm playing it's the only thing I think about.
North	playing with my kids	it reminds me of what is really important in this world.
North	playing with my kids	takes my mind of the day
North	playing with the kids, yard work, golfing.	completely unrelated to my current job.
North	pool	it relaxes me, and I enjoy the mental game
North	mowing my lawn	lets me reflect on my day and remember things that I may have missed in the day
North	reading	I love to learn about the outdoors and wilderness so I read anything I can find on the subject. The best place is in my hammock where I can watch the clouds go by and listen to nature while I enjoy a good book.
North	reading	totally different. Slower pace. Different place.
North	reading	you can go off to a different place/time and just get involved in the book and forget about the day you had.
North	reading books	it allows me to escape reality for a bit and be able to relax and enjoy other people stories in other places.
North	reading books.	gets my mind off work.
North	restoring old cars	I get to use my hands and build them
North	riding my Harley or going to the lake house and turning off the cell phone	both make me forget about the challenges that most days bring
North	running	running allows me to think back through my day and also gives me the ability to release the stress from the day. I like to run in competitive events, and this is also part of my training and keeps me in good physical condition and gives me more energy to do my job.
North	running	running helps me relax, gives me time to clear my mind, and keeps me in shape.
North	running and coaching sports	it allows me to get my mind off of work.
North	running or biking	allows to burn off the bad stuff and I can clear my head for tomorrow
North	running, bicycling, yoga	relaxes the mind.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
North	shooting	I like to shoot
North	shooting trap	takes my mind off all things and focus's on something else
North	skiing and golf	I like to be physically and mentally challenged.
North	sleep	I need it.
North	walking	relaxing
North	walking the dog, exercise, sports	sales can be demanding and stressful. I find that exercise releases some of that pent-up negative energy.
North	weightlifting	a great channel for aggression and frustration.
North	woodworking	I like making sawdust and furniture
North	woodworking	it involves wood, but it's totally different than my work.
North	woodworking in the summer and snowmobiling in the winter.	I grew up in the construction business and I enjoy working with my hands. It is also a good hobby to work with my son. I have learned as I get older my idea of a vacation is being away from people and cities, and there is no better way to enjoy nature that on a snowmobile enjoying the beautiful nature God has given us.
North	working in my garden and taking photos. (you can't work in the garden in the winter)	there aren't any phones! It's quiet, peaceful and everyone leaves me alone. Just something about it that takes the edge off the day.
North	working on my farm	gets my mind off a horrendous business environment
North	yard work!	it's mindless!
North	yard work & home repair	adds value to my home and provides a feeling of accomplishment. Usually saves me some money as well.
<i>South</i>		
South	1	1
South	a few drinks and dinner	relaxes me
South	a late afternoon round of golf	relaxing, and I'm only competing with the course
South	a little yard work, then a relaxing lounge on the back deck.	it's productive, at the home front, and relatively inexpensive
South	a long walk	clears the head
South	a walk	relaxing and good exercise.
South	antique cars	entirely different
South	anything that involves spending time with loved ones.	it takes my mind completely away from the events of the day and combines relaxation with quality time spent with those to whom I am closest.
South	apparently, lately, crying.	involuntary reflex.
South	auto mechanics	it's black and white. Only one way to remove or install parts. No grey areas. Immediate satisfaction when the repair is done and the car runs like new.
South	beekeeping	must clear my mind to focus on task
South	bicycle riding	exercise, plus time to think
South	bicycle riding	you relieve the physical stress and the mental also
South	bike ride	hard work lets my mind clear from the day
South	biking	exercise, fresh air, spend time with son

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	black jack online	I can enjoy some online competition at no cost.
South	boating on the lake and river	phones are not allowed on the boat.
South	book reading	relaxing
South	catch up on sport that is in season via internet or print media	helps me forget about work
South	coaching baseball	keep me active
South	coaching Girls Little League Softball (my granddaughter's team)	it is easy to lose myself in helping them improve their skills and I love the game.
South	coaching little league, running, bike riding	keep in shape
South	coaching youth sports.	giving back.
South	computer gaming	because you have to concentrate on the game
South	cooking	it allows me to decompress within the friendly confines of my home.
South	cooking	keeps me focused on the job at hand
South	cross fit	burning energy, building muscle, increasing lung capacity as well as cardio
South	doing small fix-it projects around the house.	I feel a sense of accomplishment when I complete something satisfactorily, and the process is generally relaxing.
South	don't really have a hobby anymore. I have over an hour drive to and from work every day. I listen to books on CD while driving.	the trip goes faster listening to a good book and gets my mind off the stress of work.
South	drink heavily	helps me forget the long day of trading wood products.
South	drinking	relaxes me
South	drinking beer	relaxing
South	drinking beer	it relaxes me.
South	eating a nice meal, and then going for a brisk walk.	a nice meal relaxes the mind and exercise relieves pent-up stress
South	escape into a book, walk or kayak	gets my mind off of the problems of the day
South	exercise	cleans the mind with feelings knowing that you are doing something to preserve the health of the body. Relaxing better in the evening after physical exercise.
South	exercise	relieves stress.
South	exercise walking	clears the mind and improves the body
South	family time, weight lifting, golf	takes my mind off of work
South	feed the horse and 22 longhorns cows	they don't talk back and appreciate what you do for them--feed
South	fishing	relax
South	fishing	gets me outside, keeps me thinking, but I can tailor the style of fishing to match my mood or other desires - competitive (catch the most), easy-going (a chair, some live bait, and bream), inquisitive (try a new style of bait or technique), self-improvement (get out the fly rod). All are relaxing, especially if coupled w/ a good (or even not-so-good) cigar.
South	fishing	I am able to think about something other than work
South	fishing	I live near so many bodies of water.
South	fishing	it allows me to get away from the office and my mind off of work.
South	fishing	it is relaxing and fun.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	fishing	it requires zero brain power. Your mind can drift and relax while enjoying nature and gorgeous scenery
South	fishing	just me and my jon boat in the lake
South	fishing	peace and quiet
South	fishing	quiet and peaceful!!!!
South	fishing	relax
South	fishing	relaxing
South	fishing	relaxing
South	fishing	takes me back to when I was a kid and didn't have to trade and buy wood products.
South	fishing	there are no phones out on the water
South	fishing and yard work	both are good stress relief
South	fishing and running	time to reflect and no phones!
South	fishing or hunting	relaxes
South	fishing/gardening	we have our own fishing pond and we have a big yard where there's always something to improve upon
South	flying	it is very relaxing and forces you to concentrate on something other than the lumber business.
South	gardening	gets my mind off business, gets me outdoors and gives me pleasure to see the results of my work.
South	gardening	I enjoy the outdoors
South	gardening	I love to be outdoors.
South	gardening	it gives my mind something else to focus on.
South	gardening	it is quiet!
South	gardening	quiet
South	gardening, both vegetable and flowers	no phones, no bosses (except wife), causes sweat.
South	gardening	it allows me the opportunity to get outside (after being in an office all day), provides physical exercise, and provides some quiet time to "gear down." As a bonus, at the end of the project, it provides a sense of accomplishment and pride.
South	go 4-wheeler riding on trails in the woods.	it is something that I have enjoyed doing for years. It gets my mind off of the office and all the transactions and obligations. I can take it easy and just ride or drive hard– whichever suits my attitude at that time the best.
South	go for a nice walk	releases stress, helps me relax
South	go to the gym, or play golf	keeps me in shape and like to play golf
South	going fishing	just being outside & slowing down helps me unwind
South	going for a short walk.	helps get my mind off of work.
South	going home to my wife and being with my family	she loves me
South	going to the lake	peaceful
South	golf	?
South	golf	almost as frustrating as the lumber business, but outdoors.....
South	golf	Eegages mind in a different gear

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	golf	fresh air, beautiful surroundings and you must focus on what you are doing (good or bad)– it's hard to think of anything else.
South	golf	it allows you to forget everything else for a few hours
South	golf	it is what I like to do
South	golf	it takes my mind off everything off the golf course and is very relaxing.
South	golf	its fun, challenging, and relaxing.
South	golf	relaxing
South	golf	relaxing
South	golf	relaxing
South	golf	stress relief
South	golf	takes my mind off work
South	golf	walk, get to hit something, The ball can't talk back.
South	golf and cold beer	gett away from the phone
South	golf or crossword puzzle	relax the mind
South	golf, gardening.	gets your mind off work.
South	golf, or cutting grass at home	it takes my mind off the lumber business.
South	golf, or fishing/hunting	makes my mind relax and enjoy the outdoors.
South	golf, running	just to get away.
South	golf	relaxing, challenging, never the same round twice.
South	golfing, bowling.	bowling after contract day is nice cause you can maintain focus and hit the crap out of something.
South	grandchildren	they give you a different perspective
South	grandchildren's sports	get's my mind off of work.
South	guitar/music	channel your current mental state into something else.
South	handball	hard to be tense after swatting around a little blue ball
South	head out on the boat for a cruise on lake to meet up with good friends and family while playing out on the water	it is so very relaxing; allowing the wakes of other boats in the distance gently rock you from side to side and you are able to calmly reflect back on past day's events and realize that now it's all just a "past" memory...while taking another drink of the Margaritas.
South	horseback riding or enjoying the Gulf of Mexico.	it brings relaxation, pleasure and a sense of accomplishment (horse training).
South	hunting & fishing	allows me to get to myself and reflect or think about the events of the day and to plan for the upcoming days.
South	hunting and fishing	it's outdoors and it relaxes you!! Gets your mind free
South	hunting and fishing	solitude, Gets me away from the phones
South	hunting and fishing and raising whitetail deer	it relaxes me
South	hunting or fishing	don't have to answer any questions or talk on the phone
South	I enjoy golf	turn the phone off and relax with friends.
South	I have antique automobiles	it gets me totally away from my daily thought process...
South	I like to walk 2 miles with my earbud headphones on. It is an effort to put my brain into neutral	it helps me slow down the thoughts that race through my head when I am working. It is like "Nap Walking" or "Walking to Relax." The doctors say it is good for my back as well. Could 9 out of 10 doctors be wrong (especially when the 10th doctor is really is an actor dressed up to look like a doctor)?

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	I prefer to take a walk in the woods or read a book	it clears my mind and allows me to enjoy the peace of the woods, or in the case of reading, allows me to put my mind on something unrelated to business
South	internet surfing	takes mind off of work related issues
South	Jack Daniels	relaxing
South	jogging	clears my mind
South	jogging	my time, my schedule, wherever I want to go
South	jogging	very relaxing and can put your brain in neutral
South	jogging/cycling	after sitting at a desk all day exercising my mouth on the phone it just feels good to get out and run or bike a few miles. Humans were not meant to sit all day in a desk with a phone wedged between their ear and shoulder!
South	joining my son at the ball park	allows me to spend time with my son and blow off some steam.
South	lift weights	relieves the stress of trying to sell wood in this type of market.
South	listening to music on 2 channel stereo system	can be relaxing - can be inspiring. fun to play around with system components
South	listening to music, and playing with my kids	relaxes my mind.
South	motorcycling	relaxes my mind. There are no worries on a lonely stretch of road.
South	my bike ride home (cycling).	it is physical and away from phones, radios, TVs and other forms of talking/listening.
South	n/a	n/a
South	none	n/a
South	playing darts	because you can drink at the bar at the same time.
South	playing golf or going to the lake.	it's relaxing and clears my mind.
South	playing guitar	I love music
South	playing guitar	it is relaxing and kind of clears my head after a long day
South	playing music	clears my head
South	playing softball and coaching young kids	it changes thoughts from a working mode to a relaxing mode.
South	playing with my boys	makes a difference in their lives while making me forget the daily struggles.
South	playing with my kids	they just put a smile on my face no matter how hard of a day I have had
South	playing with my parrots	they give back so much ... they have loving personalities and keep me amused.
South	playing with the children	watching my children grow
South	power boating	allows a getaway from the office and sometimes even a cell signal. A cold beer on a hot boat, priceless.
South	raising chickens and rabbits	it's what I really like to do
South	read	God speaks to me
South	read my Bible	puts my focus where it belongs
South	reading	because I enjoy it.
South	reading	I enjoy learning.
South	reading and coaching my son's sports teams	exercise from the coaching, relaxing from the reading
South	reading books and newspapers	inherently relaxing, informative, can be done anywhere

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	reading my Bible, swimming in our pool and being with my family.	Tried and true
South	reading novels or history	gives me something for my mind to focus on unrelated to work
South	relaxing on patio with glass of wine and a fire in the chiminea	reflect on the days events and unwind. Enjoy the refuge of my home and family.
South	restoring old tractors, gardening	I shut the phone off (ha,ha)
South	riding a bike	my kids can go with me and we can talk
South	riding dirt bikes	occupies my mind
South	riding motorcycles	it's very relaxing
South	riding motorcycles	something I enjoy
South	riding my motorcycle	it allows me to relax and takes my mind off of everything but riding
South	run	it does not cost anything and I can take my dogs
South	run, work out and farm work	exercise helps clear the mind. Farm work allows me to look back and see physical evidence of what I have accomplished.
South	running	after a long day in the office chair, staring at a computer screen, it is good to stretch my legs and let my eyes focus on something besides numbers that may or may not be going in the right direction.
South	running	I can run anytime day or night, anywhere, in any weather
South	running / Jogging	it allows me to unwind and is a great reliever of stress. Not to mention, it's good for your health.
South	sharing our day with wife	brings my problems into perspective
South	skeet shooting	it takes concentration which clears other things from my mind.
South	spend time with my kids	I am a father
South	spending time with family	keeps my mind off of work
South	spending time with family	they are important
South	spending time with kids	takes my mind off work
South	strangely enough, cutting the grass on the lawn tractor or bush hogging the pasture on the tractor.	takes me away from the phone and everyone.
South	study the Bible	because it keeps me grounded, shows me the real priorities in life. Helps me realize that this is just a temporary residence and there is something better in store for me.
South	swimming	it frees my mind
South	taking a long walk.	easy to do, and doesn't take long.
South	target Practice, vegetable gardening	relieves stress
South	tennis	get to hit something
South	tennis	good work out and fosters competition
South	tennis	great cardio and exercise
South	tennis	physical shape
South	tennis, playing guitar, listening to music, reading	tennis= physical fitness, competitiveness, etc.; guitar= creativity, rhythm, music; reading= growth, varied interest, history

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	theatre	complete departure from normal business of wood trading. Allows me to assume another character as an actor, or to design and/or build a set, sound or lights for a production.
South	time with family	fun and fulfilling
South	tinker around the house and work in the yard.	it takes my mind off of things and I can see what I have accomplished.
South	trail running - 5-10 miles	it is both strenuous and relaxing and keeps me healthy for the next day.
South	Ultimate Frisbee	it keeps me in shape and takes me around a really great group of people.
South	video games	does not require thought!
South	walk nine holes of golf	quiet time, outside with fresh air with light exercise.
South	walking	clears mind. improves circulation. Knees too worn out to run or play tennis. suck at golf, the game I love.
South	walking	I sit in an office all day talking on the phone, staring at a computer, and handling one problem/opportunity after another. It's usually nonstop on a variety of issues. In the evenings my wife and I walk 2 miles in 30 minutes, a fairly brisk pace. However the pace is not so brisk that we can't talk or just enjoy the beauty of God's creation. The best part is the time spent together away from the phone and the problems of the day.
South	walking	it helps me to relax but also provides some energizing benefits at the end of the work day.
South	walking and playing with my yellow lab. Also now growing a vegetable garden	it gets me outside, helps me wind down and forget work. The garden is also fun to watch progress.
South	walking and working in the yard.	both walking and yard work give me time to clear my thoughts.
South	walking my lab	otherwise, he'll drive me nuts and we both need the exercise to unwind.
South	walking my Labrador Retriever	she doesn't care what the lumber market is, will or was doing.
South	walking or golf	relieves stress
South	walking.	relieves stress.
South	walking/running	good fast, aerobic activity, relatively simple, stress-free. Can do anywhere
South	watching Andy Griffith while I eat supper	although I have seen every episode a number of times I always get a good laugh
South	woodworking	it lets me to something with my hands that is not too physical.
South	woodworking	it is very rewarding and is what I enjoy doing.
South	woodworking	it requires different concentration than phone sales. Time seems to stand still for me ad it gives me a sense of accomplishment.
South	work in the garden	physical labor that eases the tension and demand of the day.
South	working around the house	easy and simple to do
South	working in garden	allows me to get much needed exercise and to be outside
South	working in a garden or shop	clears my mind
South	working in the yard	takes my mind off business and allows me to do something physical
South	working in the yard, swimming in the pool	accomplishes something, take all the days trials aside
South	working in yard	quiet-me time
South	working on farm	takes daily stress from different type work

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
South	working out at gym	stress relief.
South	working out at the gym	it relieves stress and strengthens the body
South	working out at the gym	lets me work out my body instead of my mind.
South	working out, cars	keeps me sane and somewhat healthy
South	yard work	I think God intends us to get our hands dirty. We are "tenders."
South	yard work	it lets me see what I have accomplished
South	yard work	exercise, can immediately see results
South	yard work & gardening	mindless tasks with results that are immediate
<i>West</i>		
West	1. Red wine 2. golf 3. sex	1. inebriation 2. realization 3. satisfaction
West	a 30-minute decompression drive home [only 2 lights] followed by another 30 to 45 minutes in the recliner, watching the news, usually with no more than 1 eye open.	it is a stark contrast to the pace and volatility of the daytime pursuits.
West	a good glass of wine	wine always works
West	after the last few years, drink	need you ask
West	archery	requires concentration, muscle control and focus
West	auto racing	speed thrills
West	BBQ with family	relaxing
West	beer	because it is beer
West	being at home with the kids	relaxation
West	being in the outdoors	you're able to just relax
West	bicycling	frustrations go from my head to my legs, into the pedals and are left on the pavement.
West	bicycling	I bicycle to and from work. It's relaxing.
West	bike riding/running	stress relief
West	biking	good exercise, out in the fresh air... good to do some physical things after office work.
West	biking	good exercise, quiet
West	Bikram Yoga	I sweat for 90 minutes.
West	boating	relaxing
West	boating	relaxing
West	brewing beer	it takes hours, is fairly easy to do, and you get to relax and drink a homebrew while doing it.
West	building old school hot rods	requires some creativity, hands-on work and always yields positive results.
West	buying, collecting and driving street rods such as my real and show-winning '32 Ford roadster turned street rod in '06	quite simply, the car doesn't offer a 'counter' every time I turn the key on! :-)

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	canyoneering	gets me to the middle of nowhere. Presents me with an opportunity to see incredibly beautiful country seldom seen by others. Is an awesome combination of adventure, pure fun and danger with the reward of an incredible adrenalin rush.
West	care for Christmas trees	can step out my door without traveling a long distance
West	coaching baseball	unlike golf, there is no time to think about anything but what is going on in the field, you have to stop thinking about work which ultimately refreshes your mind for the next day.
West	coaching youth sports	puts life in perspective
West	coaching youth sports	takes your mind off everything except the task at hand.
West	cocktails	uh, see #2
West	cold beer	just does
West	converting old photos to digital. Add date, location, name each person and relationship.	it is 100% unrelated to my job.
West	cooking	I enjoy it and you can do it year-round
West	cooking	it provides instant gratification and you get to eat with wine!
West	cooking a nice meal at home with my wife and then watching a San Francisco Giants baseball game on TV	because nothing beats good food and baseball.
West	crocheting is my favorite hobby after along day of work	for me, crocheting a beautiful rainbow-colored blanket takes me to a happy place that makes me forget about jockeying lumber all day.
West	cutting firewood	exercise, heats my house and water
West	cycling	good workout, makes you pay attention so one doesn't think about the work day
West	cycling	stress relief
West	cycling to and from work!	just gives you that extra moment you need to let the day slip by and to transform into the family role model you want to present to your loved ones!
West	dog training	just master and the lab, no big demands or expectations of the two of us. Just partners.
West	don't have any	better find one or two
West	drag racing	it pays good
West	drink beer, play softball.	softball is life.
West	drinking	um, it's habit?
West	drinking	always available
West	drinking	I'm a lumber trader... celebration and drowning sorrows.
West	drinking	it relaxes me.
West	drinking	it's been a long and hard 5 years!
West	drinking	just does, helps me forget what a crappy industry I'm in
West	drinking	makes me forget the lumber industry and the liberals that messed it up
West	drinking	makes me sleep
West	drinking	my customers drink
West	drinking	relaxation and unwind time

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	drinking a glass of wine	because it tastes good
West	drinking alcohol	it dulls the pain.
West	drinking beer	helps me forget
West	drinking cognac.	makes me feel good and forget about all the money I lost during the day.
West	drinking heavily	it makes life bearable
West	driving home first than, running, exercise, or hanging with the kids	keeps my mind off the office.
West	exercise...weight training	great way to blow off steam and to get healthy results
West	exercise; lift weights; elliptical; ride mountain bike	because I have to sit in a chair most of the day.
West	exercise	clears the mind
West	exercise	it allows the stress to get out.
West	exercise	it is a good contrast to the restrictions of a desk job.
West	exercise	relieves stress
West	exercise	relives stress
West	family	I have a great family
West	family	most Important thing in life
West	family time	takes my mind off work
West	farm chores	distracts the mind
West	fishing	allows me to clear my head
West	fishing	enjoyment of the outdoors. Peace and quiet.
West	fishing for king salmon	gets me out of the woods and onto the waters
West	fishing, hunting, gardening, wood carving.	the above hobbies help to counter sitting in a chair all day.
West	fishing, hunting, golf, family time, sports	fun and exciting
West	fly fishing	I like fly fishing
West	fly fishing	it doesn't matter.
West	fly fishing	it combines relaxation, outdoors, challenge, and focus with an occasional adrenaline rush. It clears my mind of any anxiety and it helps me to recharge.
West	flying	relaxing
West	flying kites	great way to get rid of the stress
West	freshies (your favorite adult beverage) on the back deck!	I instantly quit thinking about work and change gears to the home scene.
West	gardening	able to see progress in a short amount of time
West	gardening	get away from phones, people, and just unwind
West	gardening	I would rather have my hands in the dirt then typing on the computer
West	gardening	relaxes me
West	gardening	Relaxing
West	gardening, landscaping (including using a pick, shovel and wheelbarrow). Making sure my watering system is working properly (which is never).	no interruptions! I just keep working until it's done or I am so tired from the physical part of the job that I have to quit. Oh, and nothing like a cold dinner too!
West	gardening, movies, auto repair	utilizes different parts of your brain, or none at all.
West	geocaching with my family	gets me outdoors to enjoy God's creation and enjoy my family
West	geocaching	I like the hunt.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	get some exercise for an hour	I find the exercise takes the edge off a day tied to a phone---ringing all day long.
West	go for a walk	gives me a chance to clear my head
West	go home and spend time with the dogs	every day is a good day for a dog. They do not have the stress that all of us in the lumber business. Just seeing them coming a running and very happy to see you is enough for me to forget most of my day.
West	Gg to the gym and work out and then swim laps	even though I might feel tired when I get home, working my body physically relaxes my body and mind and actually energizes me.
West	go to the gym for a good workout, or hit the road on my bicycle in the summer	the gym is available during the winter and it helps you stay in shape
West	going home to family... enjoying backyard in spring/summer	take mind off work quickly
West	golf	escape
West	golf	exercise, fresh air, no phone calls
West	golf	focus anger away from occupation.
West	golf	forget about the day
West	golf	forget about work for awhile
West	golf	get to drink beer
West	golf	golf clears my mind; you have to focus on the next shot.
West	golf	have more personal control over results
West	golf	helps me unwind
West	golf	I enjoy the self-competition and enjoy winding down with a few friends from other markets.
West	golf	I like golf
West	golf	I'm more frustrated with my golf game than the market so it takes my mind off of it.
West	golf	it allows me to meticulously focus on something else and vent at the same time.
West	golf	it clears my mind because I have to focus
West	golf	it is relaxing
West	golf	it takes my full attention, which forces everything else out of my thoughts.
West	golf	its what I enjoy
West	golf	just enjoy it
West	golf	nice setting, competitive, and can take out any frustration out on an inanimate object
West	golf	outside
West	golf	outside and relaxing
West	golf	quiet, & also has similar ups & downs as the market.
West	golf	relaxing, fresh air, a bit of exercise and no interruptions.
West	golf	stress relief and exercise.
West	golf	takes my mind off work
West	golf	why wouldn't it?

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	golf and a glass of wine... not necessarily in that order	forget about all the travails of work. Physical activity tempers the tensions of work
West	golf & a glass of Yakima Valley wine, not necessarily in that order.	totally takes my mind off of the stresses of work. Being a CEO of a small company you put on many hats in a days work and it adds up sometimes. Golf and wine are my way of relaxing.
West	golf and fishing	It is relaxing.
West	golf and or running	golf makes your focus on the game not on your past day, and running is a good way to blow off energy.
West	golf and reading. Sometimes go out to the lake and drop a line	it gives me a chance to take a break from the everyday buzz and calm down.
West	golf or fitness training	burns off the stress of the job.
West	golf-related activity	concentration and focus needed take away pressures
West	golf then beer	mental therapy
West	golf!	smash the ball!
West	golf, cigars, and beer	the cigar mellows me out, the beer gives me a nice little buzz, and the golf lets me take out my aggression.
West	golf	mindless exertion....and beer.
West	golfing or playing music	takes my mind off whatever else I had been doing.
West	gun collecting	relaxing
West	gym, basketball	gets my mind off my stresses
West	ham radio	no one has ever asked me "what's the market doing?"
West	having a brewski or working out!	they are both fun!
West	having a drink or cycling	they help to unwind and relax.
West	hikes with the dog.	I don't feel nearly as guilty walking her as I do kicking her.
West	hiking	away from office, phones, and people
West	hiking	because it's completely different from what I do all day, fresh air and some exercise
West	hiking	I live in a part of the country that has easy access to many beautiful hiking areas and there's nothing no better way to clear your head.
West	hit the gym and then a bottle of wine	relieves stress
West	hitting golf balls	clears my mind and makes me focus on my passion for golf.
West	hitting the road on the motorcycle after work and camping	they both free your head of the daily grind and allows you to recharge a bit so you show back up to the office on Mondays.
West	home repair/house building	always enjoyed it plus I have more time than money. I don't work for the government so money comes a little slower.
West	horses	its my passion
West	household projects	keeps me busy
West	I do not directly trade wood products, but I like to play golf or basketball	is active and relaxing.
West	I drink heavy	it relaxes me and I sleep well.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	I restore vintage Coleman lanterns	I am not sure why collecting and restoring these 50+ year old lanterns works for me but I find it relaxing to take these apart and see them look and function as they did when they were new.
West	in the summer I drive an ice cream truck	I like children.
West	Is this a trick question	because it has passed the test of time.
West	kill something/shoot something	gets rid of stress
West	listening to and reading about music. If that doesn't work then the local bar is always a close second.	its mentally stimulating but still allows me to relax and forget about the day.
West	Little League umpiring	I can't possibly think about work and umpire at the same time.
West	making beer	best beer you can get!
West	managing personal timberland. Planting trees, pruning, logging, etc	working hard in the woods is always more relaxing than working in an office
West	martial arts.	good exercise after sitting at a desk all day and it can come in handy when fighting for an order.
West	more work or being in the outdoors in the NW	I enjoy the outdoors.
West	motorcycle riding.	the amount of concentration required does not allow for distraction, therefore there is no time left to ponder the woes of lumberland.
West	mountain bike ride followed by a cold beer.	good exercise, takes your mind off the stress.
West	mountain biking	if you don't forget about everything else and focus completely on the trail you'll crash.
West	mountain Biking.	it takes mental and physical effort to do this. Nothing else is thought about.
West	mountain biking	you have to block everything out.
West	my 4 dogs	because no matter if you have had a very good day or a very bad one, they remain the same... they want to run and play and demand attention... you cannot ignore them...
West	my hobby is wine tasting and collecting.	I enjoy wine, visiting the various wine regions in the western US and in BC. I belong to several wine clubs.
West	n/a	n/a
West	none	
West	numismatics (coin collecting)	very interesting, fascinating, relaxing, educational, and can be done any time, place, and in any type of weather.
West	other than drinking beer.... a ride on the motorcycle, fishing, yard work	they get me outside and away from my phone... no cell phone goes with me

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
		it slows you way down, and gives lasting results. It's a hobby with a field of study as wide and deep as you wish to explore. The results can be shared with others via prints or internet shared files. It's a hobby that offers plenty of chances for improvements, which keeps it interesting. Many others participate in this hobby, so there are others that you can connect with to review equipment, swap gear, to learn from or to help teach so that they too can get satisfying results. With today's digital cameras, the cost is in the equipment while the shooting is free. Instant results for feedback offer a level of certainty that an image has been captured as intended - unless it's a moving target that gets out of sight before your second chance. Modern software allows for all of the attributes normally found in a darkroom for image control, except the inventory of chemicals and paper which all have a shelf life, and which take up space along with the darkroom equipment. That said, the darkroom experience of working with film and prints is very enjoyable as well. It is a hobby with plenty of educational material available, including audio Pod casts published by experts in the field. Photography can take place anywhere and anytime without subject limitation. What might be considered mundane to the average viewer, takes on a new meaning to one with a trained eye that can see relationships among objects, and art in lighting. A camera is the closest thing we have to a Time Machine. Take a shot, and revisit the past for the captured memory whenever you feel like it. Give it a try!
West	photography	
West	photography	let's me concentrate on something else
West	photography, yardwork/landscaping, wine tasting	it takes me far away from the lumber biz.
West	play guitar	relaxing, yet there is some challenge
West	play the banjo	the concentration and love of music help take my mind off of other things.
West	playing baseball	gets competitive spirit going along with mild exercise
West	playing basketball	keeps me in semi-shape and is a good way to work off the stress of the market.
West	playing golf	because it is more frustrating then trading lumber
West	playing guitar	solitude and pinpoint focus on learning something new and difficult
West	playing music	takes my mind off of the regular bull
West	playing music with my band (keyboards, harmonica, accordion)	it's a quick switch from trading lumber and activates the opposite, creative side of my brain!
West	playing tennis	high level of physical activity
West	playing video games....once the wife and kids are asleep at night.	good stress-reliever-- and you thought video games were for kids.
West	playing with kids	keeps you young and I love my family.
West	pulling weeds in the yard	if you pull a bucket of weeds before dinner, there is satisfaction of progress on an endless task as well as time to sort out all the conversations and issues of the day. When the bucket is full, it is time to move on to dinner, a glass of red wine, and friends.
West	racing sailboats, shooting sports	both cause me to need to have complete focus, and leave work at work.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	racquetball/tennis	active, energetic, and lets me release the beast of any residual stress with ill-thought out, ineffective, but relieving ball-blasting swings
West	raise my kids	raise my stress
West	raising fruits and vegetables or taking a ride on my ATV on the ranch	it keeps me close to the land and helps me appreciate the wisdom and creativity of God.
West	racquetball	de-stress, exercise, and competition
West	read political news	keeps me in touch and winds me down
West	reading	because I can lose myself in the book
West	reading	quiet, no stress, enjoyable
West	reading	relaxing
West	reading and wine	I like to relax with my family and I enjoy wine
West	relaxing at home, glass of wine with the wife	helps put the day in perspective
West	reloading ammunition	the repetition & quiet seems help. It also adds an element to your shooting & hunting, something ,you have control of.
West	riding a bike	usually peaceful and I can make it as hard and difficult as I choose to make it.
West	riding bicycle	I get exercise and fresh air. I'm not looking at a computer screen.
West	riding my road bicycle home for 1 hour	I forget about work on my bike, not to mention good exercise
West	rugby	vents frustration
West	running	clears the mind
West	running	helps me focus on something other than work, and keeps me in shape
West	running (in my case, jogging) outside, weather permitting, or at the gym	keeps me in shape and keeps the extra lbs. off. Gives me a sense of accomplishment regarding my health.
West	sailboat racing	it makes me want to go out and do something. Otherwise I tend to vegetate.
West	Scotch and cigars, fishing	love to fish, enjoy my boat and a good single malt with a nice cigar is a great way to end the day.
West	shooting	it's enjoyable and relaxing.
West	shooting my rifles and shotguns	get's me ready for hunting season and requires concentration so I don't have to think about work.
West	shooting sporting clay is my hobby of choice. I shoot at least 3 nights a week and can't wait to get there. Our gun club has good people, we can shoot rain or shine and unlike golf I don't have to chase after anything...	I think this hobby works for me because I can picture the face of every difficult customer or mill salesman from that day and blow them up, no just kidding. Sporting clay is just a good way to unwind for me.
West	shooting	shooting has always been therapeutic for me. You focus on one thing, and all the messes of the day's work disappear.
West	sit on my butt	relax my mind
West	sitting at the bar having a beer with friends	different pace, different conversations
West	skiing or golf depending on time of year	able to get outside and be active.
West	spend time with my wife and kids.	it makes me realize what is truly important
West	spending time with family, watching my kids play sports hunting fishing	just does never gets old

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	spending time with my family	my son is always happy to see me no matter what day it is or how things have been going
West	spending time with my kids.	let's me focus on what is really important in life.
West	summer... golf and fly fishing	golf gives a totally different focus... fly fishing allows me to get immersed in the river and surrounding environment and "uncomplicate" things.
West	swimming	lets the mind relax while the body works.
West	swimming	relaxing; good for my overall well-being.
West	take a hike in the surrounding mountains	it gets me my daily exercise, with my legs and lungs burning I at that time no longer am thinking about lumber. The scenery is great, usually there is some wildlife out there and I don't have to talk to anyone or answer any phones. On these hikes at different times of the year I will pick huckleberries or scout for big game. In the winter I switch from my hiking boots to snow shoes.
West	taking care of livestock	livestock don't talk back or get nasty with you. They have nothing to gain.
West	taking my dog to the river....English Lab	he does not have a care in the world.
West	target practice	it takes precision and skill that isn't used in the office, plus it's really fun to blow up empty cans and bottles.
West	tennis	stress reliever
West	Texas Rangers baseball or a good long run with my dog	exercise is the best cure for stress other than a good bourbon
West	trading stock(s)	the hope that I will be freed from the fetters of this most unforgiving business
West	trap shooting	time to relax clear your head for the next shoot
West	trap shooting, walking	I must concentrate on the target and forget about work. I walk about 2 miles each evening with the dog and we have a chance to see wildlife such as deer, moose and turkeys. It gets your mind off the hectic pace at work.
West	umpiring fast pitch softball	1 - physical exercise 2 - working with kids
West	usually a long ride on the Harley helps me unwind	it gives me some alone time to think and process the day.
West	walking	enjoy walking my dogs
West	walking	I am away from phones and computers
West	walking	it provides physical outlet to relieve stress.
West	walking and playing with my dogs	no matter how good or bad the day has been, they are always glad to see me and want to go for a walk or simply play frisbee in the yard.
West	walking my dogs	relaxing and some exercise
West	walking/hiking	relaxing
West	watch kids' sporting events, play golf. Typically I don't unwind. Lots of stress	it takes my mind off the job and the market.
West	watching a good sporting event	clears my mind
West	watching my kids play sports	family first
West	Woodworking, either furniture making or wood carving	I love wood and it is nice to actually see a project come together. In some markets, we spend the whole day chasing business and never really accomplishing anything. At least with a woodworking project, you can see some progress.
West	Woodworking	I love the beauty of wood and being creative with it.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
West	woodworking	I refocus and relax.
West	woodworking	relieves stress and wood smells so good
West	wood working and gardening	it is a creative release for me
West	woodworking	let's me concentrate on the hobby at hand.
West	work around the yard	
West	work out	get off my butt and get blood flowing
West	work out	relieves stress. Allows me to work out frustration.
West	work out at the gym	the sweat and pain I experience working out at the gym makes me forget about the seat and pain I experience selling wood products.
West	work out for an hour at the athletic club	reduces stress, clears your mind and it's good for your health
West	work outside in the yard	release of stress and the plants don't talk back
West	working in the yard	takes my mind off this lousy economy
West	working on a furniture building project	I'm in my workshop thinking about cutting the next piece of wood just right and not anything else.
West	working on my farm	after trading paper all day on the phone without physically seeing or touching anything it is most fulfilling to go home and work in the dirt and actually see the results of your hard work
West	working on my racecar	no pressure.
West	working out at gym	stress relief, fitness and fun
West	working out in the shop	takes my mind off everything, yet still something constructive
West	working out or drinking	relaxing
West	working out	relieves stress.
West	working outside around the house	physical activity and get to see tangible results
West	workout	no phones in the gym.
West	work out at the club. Court sports	releases tension
West	work out at the gym	release pent up energy plus added health benefits
West	yard work	I don't have anyone saying "no"
West	yard work	I enjoy it
West	yard work	lets me shift gears from work to my home environment
West	yard work	outside, no phones
West	yard work	physical & can let mind wander
West	yard work, cutting wood or fishing	takes my mind off of work and provides great satisfaction and rest for the mind
West	yard work, golf	takes my mind off work issues
West	yard work	manual labor helps burn off some stress after working in an office all day.
West	yoga	relaxation
<i>Eastern Canada</i>		
Eastern Canada	car races	gets my mind off of work for awhile

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
Eastern Canada	cooking	chopping food on a board and planning a meal has something "therapeutic," especially when there is a glass of wine involved
Eastern Canada	cycling	cardio health, time to process...
Eastern Canada	distance running	no phones, time to think things through without interruptions
Eastern Canada	flying my plane	requires total concentration
Eastern Canada	gardening	because it cleans my mind & my soul.
Eastern Canada	gardening	different and relaxing
Eastern Canada	gardening, hiking, X-country skiing	it is easily accessible and can be done around families busy activity schedule
Eastern Canada	go to gym	helps with frustration
Eastern Canada	have a long walk	makes me relax
Eastern Canada	hitting golf balls	relaxes me
Eastern Canada	I go in the forest as often I can	it is so quiet and there is so many things to see
Eastern Canada	jogging	best result for an hour
Eastern Canada	play golf	put me outside the bubble of trading close to nature in a relaxing environment
Eastern Canada	play guitar	I don't know - it just does
Eastern Canada	play hockey and walk the dog	it gets you away from the everyday pressures and lets your mind go to "greener pastures"
Eastern Canada	road biking	can eat and drink all I want after!
Eastern Canada	triathlon training	fitness and stress release
Eastern Canada	TV	relaxation
Eastern Canada	woodworking or fishing	makes me relax -- takes the tension out
<i>Western Canada</i>		
Western Canada		
Western Canada	beer	you need to ask
Western Canada	bike ride	good sweat, fresh air, mind off work, invigorating.
Western Canada	bike riding on the road	burns stress, gives the body a great workout
Western Canada	cycling	reduces the day's stress and burns calories too
Western Canada	exercise	unwind - relax
Western Canada	exercise - badminton specifically	relieves tension, great cardio to increase oxygen and sharpens the mind due to its tactical nature.
Western Canada	fine wood working, furniture etc	it makes me think about what I'm doing so I don't cut off a finger! Takes my mind off the stress from the day.
Western Canada	fish	relaxing
Western Canada	fishing	allows me to "empty my mind" from the daily stresses at work
Western Canada	fishing	nice and peaceful
Western Canada	fishing	quiet. No cell phones
Western Canada	gardening	fresh air - a bit of exercise and the additional benefit of the 'bounty of the harvest'
Western Canada	golf	drink after
Western Canada	golf	outdoors and stress free

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
Western Canada	golf	relaxing the mind
Western Canada	golf	think about something other than wood
Western Canada	golf and heavy metal guitar	I hate the lumber biz or what it has become.
Western Canada	golf running	why not
Western Canada	golfing	help
Western Canada	hiking	living in such a beautiful part of the world, it is important to me to get fresh air, be active, and enjoy the forests and mountains that surround me.
Western Canada	horseback riding	the freedom of being in the forest with nature surrounding me, the feel and comfort of my horse under me, and seeing and hearing the animals out there.
Western Canada	I do not trade wood products. I am semi-retired and a partner in the development of a new engineered lumber product. During the week and sometimes on weekends, I provide market research assistance to my business partners. I unwind by readying and then driving my 1941 Mercury convertible to car shows, local destinations and the occasional parade.	the collector car hobby allows me to re-live my youthful memories, meet many people who also enjoy sharing their cars and memories with each other, and provides a complete break from personal issues or business concerns.
Western Canada	lifting weights and cooking	lifting weights is my stress valve and cooking is like meditation
Western Canada	motorcycling	completely takes the mind off work. It's freedom, great people, fresh air and exercise.
Western Canada	motorcycle riding	clears the head and requires focus
Western Canada	mountain biking	good physical activity, relieves stress.
Western Canada	mountain biking	stress reliever and back to nature
Western Canada	paddling	makes me sweat
Western Canada	play badminton	refresh body and mind
Western Canada	playing the guitar	it helps take my mind off of everything.
Western Canada	read the Globe and Mail	learning and reading about other issues in the world. Also allows us to understand what the economy is doing and how it will affect our business.
Western Canada	ride a motorcycle	I have to concentrate on traffic which means I don't think about work
Western Canada	riding my motorcycle	all the stresses associated with work are immediately gone - you must focus on your riding only without any other thoughts impacting your actions on the road.
Western Canada	running	fits my schedule
Western Canada	running	unwind, works out frustrations and tension.
Western Canada	sailing	the open water clears my mind.
Western Canada	soccer	I have been playing soccer since I was a kid and I really enjoyed playing.
Western Canada	taking a walk and cooking. Going for motorbike ride	relaxing and I enjoy focusing on something else other than work.
Western Canada	triathlon - swim, bike or run	relieves stress and maybe let me live longer?
Western Canada	walking and running	solitary gives me time to think and assess things
Western Canada	walking with my dog	it relaxes me, and takes my mind off business.

What geographic region are you in?	After a long day of trading wood products, what's the best hobby you've found to unwind?	Why does this hobby work for you?
Western Canada	wood carving and hobby carpentry	it doesn't involve a phone or internet! And it involves wood at a grass roots level. We see it all day long as a commodity, but carpentry and wood carving allows that genuine love and appreciation for the medium to shine through. Very therapeutic!
Western Canada	woodwork or golf	takes the mind off work and changes the focus.
Western Canada	working out, playing soccer, basketball or hockey	fit = happy
Western Canada	workout at the gym	relieves stress, healthy lifestyle, balance