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Old friends, old me 00:37

I took a week off to vacation in wild, wonderful West Virginia. We rented a camper van, drove to our old stomping grounds in Lewis and Braxton Counties and partied with friends we’ve known for 50 years. My wife and I go back 50 years. Aging fascinates me. My grandson *sort of* thinks I’m old. I told him that the 11-year-old me looks out of these 70-year-old-eyes sometimes. He said he could understand that - *sort of* — what a guy. A few weeks

ago, at a block party gig with Lechuga Fresca, my Latin Band, I watched three 10-11-year-old girls skipping down the street. I thought, but didn’t say out loud, you might be 70 one day.

The perseverance to know people for 50 years also intrigues me. Several smaller groups of this tribe grew up together in widely dispersed locations, Detroit, Buffalo, and Woodridge, NY. The groups connected happenstance – meeting while hitchhiking, at college, at concerts. We cross-pollinated and married across groups. We’ve been present for each other through births, deaths, marriages, breakups, diagnoses, and kids. As expected, we now talk about retirement, accessible travel, aches, pains, bodily functions, and our grandchildren, not so much politics. We know the good, the bad, and the ugly of each other and still stay connected. We challenge each other toward meaningful work and meaningful lives. Our children's



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cross friendships help maintain our bonded inertia.

Podcasting to learn, connect, philosophize 02:40

Goodness, I'm podcasting again about family: blood family and intentional families. You know my mantra: spiritual health trumps mental health trumps physical health. All my families help to sustain my spirit. Turning 70 (on July 17th) will bring on reflection for a philosophical person like me.



You might also notice that I've become more relaxed about my podcasting. While I still have several interviews in the can ready to produce and several more interviews in the works, I'm no longer a reliable weekly podcaster. Now on episode 171, I'm not pushing myself as much. There's much to do in the rest of my life - consulting, PCORI, music, and reading. The episodes will come as they come. My readership and listeners continue to increase slowly, just as I like it. I still find that podcasting nurtures me to learn, connect, and philosophize. I've never retained information immediately. Read a book and forget it. Watch a movie and forget it. Interview someone and forget it. Producing the episode shifts the material to a different part of my brain that I can access. Connection needs no explanation. Philosophizing? I'm full of it, and it leaks out.

OK. End of short episode. I'm grateful to you, my readers and listeners, to Kayla Nelson and Joey van Leeuwen and of course, my sponsor Abridge.

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