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Podcast intro

Welcome to Health Hats, the Podcast. I'm Danny van Leeuwen, a two-legged cisgender old white man of privilege who knows a little bit about a lot of healthcare and a lot about very little. We will listen and learn about what it takes to adjust to life's realities in the awesome circus of healthcare. Let's make some sense of all of this.

On-mic

Welcome to this second bonus episode for Health Hats, the Podcast subscribers and patrons. These *on-mic* bonus episodes reflect on my writing, recording, and producing adventures. *On-mic* means just me extemporaneously. On-mic is challenging for me as I prefer to write and read a script, but then it looks like I'm reading. I've gotten anti-glare glasses, so my glasses don't reflect. I'm trying out a new feature today with this bonus episode where the app rejiggers my eyes, so it looks like I'm looking at the camera. How does it look?

Seeking consultation

Lately, I have focused on improving my video editing skills, like transitions between scenes, use of images when I don't have or don't want to use video, and settling on the fewest possible video editing apps. A couple of months ago, I used six apps, Zoom (to record the call), [Descript](#) (for transcription), [Shotcut](#) and [DaVinci Resolve](#) (for video editing), and [Audacity](#) and [Auphonic](#) (for audio editing). Steve Heatherington, of [The Alpaca Tribe Podcast](#) fame, counsels me on efficient audio and video editing workflow. Last episode, I used three, Descript, Audacity, and Auphonic. Progress.

I just engaged [Julia Higgins](#), a freelance marketing professional, to help me integrate my business plan, website, and use of social media. I'll put a copy of my business in the show notes. I've never really cared about how many followers I have, but now I want to grow my paid subscribers and patrons to build my production team. Also, my wife retired, so I'd like the podcast to be more self-supporting. Reviewing my mission, vision, and audience periodically, helps me stay fresh, engaged, and relevant.



<https://www.health-hats.com/pod204>

I can't overstate the joy of working with my grandsons on this podcast. One coaches me in video editing; the other takes the first pass at editing audio transcripts into newsletters. We have several years of mutual warm criticism that greases the process considerably.

Mastermind communities

I still participate in a weekly Sunday call with other podcasters. We've Zoomed since 2018 as a team at Seth Godin and Alex DePalma's second Podcasting course. Steve Heatherington teaches that course now. I host a couple of mastermind groups. *Reckoning* with various podcasts with different subjects (Alpacas, [Hansel, and Gretel fairytale](#), [secondary education](#), [environmental educator](#), [single life](#), [conflict management](#)). And 4Ms with other solo entrepreneurs with various businesses (mass marketing, [public speaking](#), [teaching Mandarin](#), [all things coffee](#), [digital design](#), and [home building](#)). I love the rich and diverse perspectives to learn from.



Figure 1: Image created in DALL.E

Beehive

I'm hosting a table in a [Beehive at a conference in November](#). My pitch was:

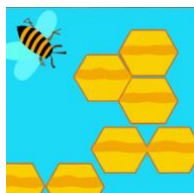


Figure 2: Image created in DALL.E

I will host conversations about creating cascadingly complex usable information that can be shared through word of mouth and social media. I will entertain chats striving to hardwire listening to audiences. I will share mechanisms for audiences to more easily fulfill asks: teach, learn, fund, collaborate, and partner. How can participants take one more step in their dissemination and connection journeys?



Figure 3: Image created in

What a hoot that's going to be! This Beehive gig caused me to bring true to the fib I've been telling finally. I tell a story that I have bobbleheads on a shelf in front of me so I can focus on who I'm writing for, speaking to. The first two of five bobbleheads arrived today. I'll bring them to the conference and design an episode about audiences and bobbleheads.



Figure 4: Photo by Danny vL

Music, of course

I'm playing my Bari sax almost daily and learning to play an [EWI5000 wind synthesizer](#)—link in the show notes. Soon I'll bring more of my music to the podcast.

Double vision

Seeing double can be very disruptive in daily life.

Figure 5: Image from [Seeing Two: Double Vision - Low Vision and Neuro-rehabilitation](#) Optometrist: Dr. Ho

On a more sober note, after five months of heaven with no double vision after eye muscle surgery, my double vision returned full force in a week. I'm crushed, getting fitted with new glasses with prisms again, and I will follow up with my neuro-optometrist as soon as I can.

Life is not dull. Be well.



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Podcast Outro

I host, write, edit, engineer, and produce Health Hats, the Podcast. Kayla Nelson provides website and social media consultation and manages dissemination. Leon van Leeuwen edits the article-grade transcript. Joey van Leeuwen supplies musical support, especially for the podcast intro and outro. I play bari sax on some episodes alone or with the Lechuga Fresca Latin Band. I'm grateful to you, who have the most critical roles as listeners, readers, and watchers. See the show notes, previous podcasts, and other resources through my website, www.health-hats.com, and [YouTube channel](#). Please subscribe and contribute. If you like it, share it. See you around the block!



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