

Dear Listener and Reader,

I thought I'd start writing you letters. I miss letters. I send cards thanking my guests for their participation. People universally appreciate getting something via snail mail. But cards aren't letters. They're preformatted notes, where I just change the image and the name.

For giggles, I looked back at my very first blog post, July 31, 2012. It was a paragraph, a letter of sorts, short and simple, [Improv and Best Health](#).

It's taking me longer to produce each episode. So, no more frequently than once a month. So, why not a letter, short and sweet, from time to time?

Let's start with trust. A letter feels more trustworthy than an email or a tweet. It's signed; a person who writes a letter really wants to communicate and thinks about what they're saying. So, perhaps, not a troll, more trustworthy. I always open letters.

My immediate, momentary, default reaction to almost anything is trust. My kids say I'm gullible. My next instant reaction is skepticism. I think about what's not true about whatever. 'AI is the solution to everything.' What do you mean, everything? What is AI anyway? Like that.

I've been married for 50 years because at our core, my wife and I trust each other. We disagree, we misunderstand, we anger, I sulk. Yet we trust. On the other hand, I make stuff up. I misremember, create a story, and if it serves my purposes, stick with it or modify it as needed. My wife and grandkids are my fact-checkers. Still, we trust each other.

In my personal life, trust isn't an on-or-off switch, all or nothing. Well, not usually. It's a matter of degree; it's about something. I trust that I can count on you to be there for me, unless you can't. I trust that you'll return my call, unless you're hurt, don't feel like it, or missed it.

Distrust sucks energy; be more careful with my words, self-censor, close my heart and mind.

I don't expect to trust everybody or everything. When I do trust, it's priceless.

Thanks for listening, I'll be back.

