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Guilty as Charged

Instead of writing a long overdue article, I went for a paddle – kayak – Oakland Beach to Apponaug.

Sunday morning, crisp air, tide in, sun out, perfect breeze (and at 55 make sure wind is at my back on the return trip)...

And I thought of you my colleagues, my other responsibilities, and wished we all could somehow leave it behind – you know, the pressure of each and every moment at work, – the calls, the schedule, the paperwork (yeah, even with EMR), the endless items in the buckets (yeah, of the EMR).

So, in a way I did – to look at the shoreline, the swells as the wind picked up – the sailboats, the kids laughing... and a grin on my face I would not suppress even if I could.

Alive

Joy

Freedom

Realizing that even doing something I thoroughly enjoy I am looking towards the end –

Like a day at work...enjoy, honored and blessed by what I do – but always an eye on the end...

When did that happen?

The moment it became work – not a calling.

The moment I had to fight for a payment for “services rendered.”

The moment I had too many tasks not appreciated or paid for.

But still I am measured

compared

dissected

“evaluated.”

When did we stop trusting?

Damn – not paying attention and just got soaked –

Hah – Laugh out loud

And stop

Enjoy each wave –

Each glide over the top

Each salty dip –

a mesmerizing motion meant to comfort –

And I stopped – completely

And allowed

Myself a moment of sheer joy...

Refreshed – still no article

But this I give you – a piece of me...

Hope it is enough. ❖

Second Wind

Newell suggested I write about the EMR – something I know.

Ha.

An intimate relationship with an object does not give you knowledge of its internal machine; it just gives you a very personal understanding how directly you are affected.

My husband refers to my laptop as my boyfriend – Boyfriend –

Yeah, boyfriend –

he says you spend more time with that than me

(mind you he is watching the Celtics

and I am typing away – “bonding”

with a “Wow. What’s the score now – great play” –

I do see replays).

My response after a nanosecond of thought:

“Hey, if I am lucky enough to have a boyfriend and a husband – why am I not having a better time?”

He pauses – says – that’s a great question –

pause – I don’t know – ask your boyfriend.

That is the EMR in a quick brief nutshell –

Momentarily exciting

A guide to remind you –

Yes, you are in a relationship with a

Too expensive

Too flawed

Too much work

Too demanding

Boyfriend “without benefits.”

Go figure. ❖