

A Week in Images and Quotes

July - 2025

If you are lucky enough for life to take its expected course, then 'you will be old for longer than you were ever young'. Nicci Gerrard

The youthful brain should in general not be burdened with things ninety-five percent of which it cannot use and hence forgets again... In many cases, the material to be learned in the various subjects is so swollen that only a fraction of it remains in the head of the individual pupil, and only a fraction of this abundance can find application, while on the other hand it is not adequate for the man working and earning his living in a definite field.

Raymond Tallis

Several years ago, I was in a large department store, running late, looking for things I couldn't find, hot and feeling a bit frazzled and itchy and out of sorts. As I was hastening along an aisle, a woman came hastening towards me. She was quite a bit older than I was, scrawny, and looked distressed and in a state of substantial disarray. As I drew closer, I saw her shirt was wrongly buttoned. I put up a hand to prevent her bumping into me, and she put up a hand as well, smiling anxiously back at me. I stopped. She stopped. We stared at each other with a kind of pity. And with a sudden rush of mortification, I understood that she was me. I was looking at myself in a mirror. Usually, we prepare ourselves for our reflection. Here, I was caught unawares and my self-image shattered and lay in pieces around me. I stood face to face with the self that others see. Nicci Gerrard

TUESDAY

01

WEDNESDAY

02

THURSDAY

03

FRIDAY

04

SATURDAY

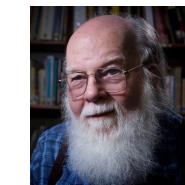
05

Teaching is more difficult than learning because what teaching calls for is this: to let learn. The real teacher, in fact, lets nothing else be learned than learning. His conduct, therefore, often produces the impression that we properly learn nothing from him, if by "learning" we now suddenly understand merely the procurement of useful information. Martin Heidegger

Actually, when I write, there is a feeling of necessity, of something that is stronger than myself that demands that I must write as I write. Jacques Derrida

Life is not a problem to be solved, but a reality to be experienced. Soren Kierkegaard

- Old age is life's parody.
- The nearer I come to the end of my days, the more I am enabled to see that strange thing, a life, and to see it whole.
- Writing ... is a profession that can only be learned by writing.
- What an odd thing a diary is: the things you omit are more important than those you put in.
- I am incapable of conceiving infinity, and yet, I do not accept finity.
- You have to start from where you are today and from what can be done.
- Retirement may be looked upon either as a prolonged holiday or as a rejection, a being thrown on to the scrap-heap. Simone de Beauvoir



MEMBERS OF
EACH OTHER

REMEMBERING
THE SOUL OF OUR WORK

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SUNDAY

06

*Ever tried.
Ever failed.
No matter.
Try Again.
Fail again.
Fail better.*

Samuel Beckett

In my work, I've found that there are four essential ingredients that can help you build a questions practice:

- *curiosity,*
- *conversation,*
- *community, &*
- *commitment.*

Elizabeth Weingarten

As you get older your own problems are not that interesting. Monty Don

MONDAY

07

We are attached to our past selves because we have been them and they are still lodged within us. All our infinite, shifting versions are contained by the present self - moment after moment, now and now and now, unquantifiably small fragments of experience piled up in the complex formation of the self.

Nicci Gerrard, *The Last Ocean*, p. 61

If you want to be listened to, you should put in time listening. Marge Piercy

TUESDAY

08

Our society overvalues youth and undervalues older adults. There is an assumption that if you are old, frail, and especially if you have dementia then you cannot possibly have good quality of life - this is simply not true. People with dementia themselves and the families that support them perform everyday miracles of creative adaptation to enable them to live well with dementia. Health and social care services have a duty to support them in making these miracles happen.

Sube Banerjee

I've always been confident, though. I went to New York confident. I didn't know what I was goin' to have, what I was goin' to do, but I was confident I was going to come through. . . . I know I'm doing what I'm supposed to do.

Bob Dylan, interviewed by Craig McGregor, as republished by Sean Egan (Ed.). (2017). *Bob Dylan: The fullest ever anthology of writing about rock's greatest poet.*

WEDNESDAY

09

THURSDAY

10

• *Jenni Dutton's tender, unsqueamish relationship with her mum has much to teach us as a society. Somehow, she found the wisdom and humanity to look steadfastly at what it is to be a failing mind inside a wasting body and feel nothing but compassion, love and joy. Indeed, she seemed to be able to see her mother more clearly and value her more dearly as capacity fell away. She didn't mourn what she had lost but embraced what she had become: 'That little soul!'* Nicci Gerrard, *The Last Ocean*, p. 111

I looked up additional information about and by Jenni Dutton and I resonated deeply with her comments about how she experienced her relationship with her mother. ELP

We want to be inspired by people with dementia. There might be scariness, sadness, depression, but there is also intrigue, interest, uncertainty. Our bias is toward the idea that there is value in the experience. Seb Crutch as quoted in Nicci Gerrard, *The Last Ocean*, p. 146

FRIDAY

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SATURDAY

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Tim Dartington, who looked after his wife, Anne, and kept her at home during her last years, told me that what happened with his wife 'transformed my whole way of thinking who I was, what I was doing, what my values were. It changed everything, I was a better person for it ...' Nicci Gerrard, *The Last Ocean*, p. 117

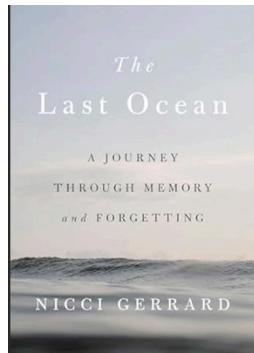
Happiness is a matter of one's most ordinary everyday mode of consciousness being busy and lively and unconcerned with self. Iris Murdoch

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SUNDAY

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Completed reading this extraordinary account of the author's reflections as she witnessed her father's decline in the later years of his life with dementia. There were numerous parallels in the chronicles of these experiences with which I could readily relate. ELP

MONDAY

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But kindness isn't easy; it's never just kindness. It involves a scrupulous vigilance to individual needs; a nimble, improvisatory imagination; a common-sense and patient determination to find the unique and precious person who may be obscured by their dementia.

Nicci Gerrard, *The Last Ocean*, p. 189

Sometimes, the most profound of awakenings come wrapped in the quietest of moments.

Stephen Crane

TUESDAY

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Though oldsters are generally overlooked or slighted, old age has the potential to be the most inventive stage of existence. In infancy and childhood, we are controlled by our parents. In adolescence and young adulthood, education rules over most of our lives. In midlife, familial and/or professional duties often take precedence: responsibilities for offspring, work, rents or mortgages, dependent parents. Only at older ages can many of us turn our attention to creative pursuits. Long-lived artists who managed to sustain their creativity in old age provide insights into the strategies that can assist the rest of us to do so as well.

Susan Gubar, *Grand Finales*

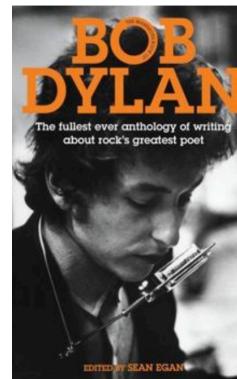
- If you do not answer the noise and urgency of your gifts, they will turn on you. Or drag you down with their immense sadness at being abandoned.*
- I know I walk in and out of several worlds each day.* Joy Harjo

WEDNESDAY

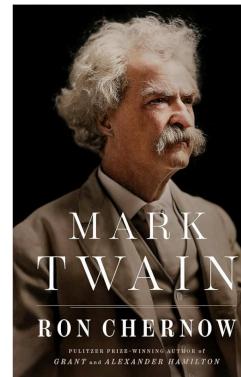
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THURSDAY

17



Just finished this book to add to my Dylan library. Now, on to my next book.



MARK
TWAIN
RON CHERNOW

PULITZER PRIZE-WINNING AUTHOR OF
GRANT AND ALEXANDER HAMILTON

FRIDAY

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- The problems of puzzles are very near the problems of life.*
- If you are not able to do something, that is true for the present, not for the future. All the time there's a chance to go a step further. Not to be frustrated.* Erno Rubik

I've never been more normal than I am now. Adele and ELP

I'm the parsley on a plate of meat and potatoes. Richard Kind (as heard on a recent episode of Sunday Morning)

SATURDAY

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It is a bit embarrassing to have been concerned with the human problem all one's life and find at the end that one has no more to offer by way of advice than 'try to be a little kinder.'

Aldous Huxley

There are some questions, there are some answers, the simple ones, the most important ones, that cannot be approached or even seen, until we go out looking for something else entirely.

Carrie Newcomer

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SUNDAY

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Even if what you're working on doesn't go anywhere, it will help you with the next thing you're doing. Make yourself available for something to happen. Give it a shot. Cormac McCarthy

I was exposed to the paintings of Joop Sanders while watching a recent episode of CBS Sunday Morning.

To be a painter is a youthful folly persisting in old age. Joop Sanders

If it is important to you, you will find a way. If not, you'll find an excuse. Ryan Blair

MONDAY

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Choose curiosity (wondering what might happen next) over worry (hoping that a certain specific thing will happen next, and fearing it might not) whenever you can.

Oliver Burkeman

People always say time heals. Time doesn't necessarily heal anything. It allows you to manage things. There are occasions where you feel the pain as if it just happened, but you know that it's a fleeting moment. Jason Reynolds

TUESDAY

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The beauty of death lies in its mystery. To see the light of life leave the eyes of a dying creature is to see briefly into a region that is unknown and unknowable. Unknowable and unimaginable, yet still intimate.

Deborah Bird Rose, *Wild Dog*, p. 25

Like many writers before him, Twain discovered that the past recaptured was often more poignant than the past actually lived.

Chernow, Mark Twain, p. 234

WEDNESDAY

23

Death is public but dying is private, the very last private thing we have.

Fredrik Backman, *My Friends*, p. 108

Here is an interesting thought:

According to Inuit culture in Greenland, a person possesses six or seven souls. The souls take the form of tiny people scattered throughout the body. Annie Dillard

Excellence is to do a common thing in an uncommon way. Booker T. Washington

THURSDAY

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I wrote this comment upon reading an article by Chris Collin that appeared in *The Atlantic* (*That Dropped Call With Customer Service? It Was on Purpose*) and brought to my attention in a newsletter by Courtney Martin.

Extremely interesting article by Chris Collin. There is an important aspect of the article that I have encountered about "Asking the right question." One summer, I was teaching in an old building in the middle of a heat wave and there was no air conditioning. I posed a question to the students. What should we do about this situation? One person responded, "See if you can get us a new location --- with air conditioning." I did just that and was told by a person responsible for room assignments that there was, indeed, space available with air conditioning. We moved to that location and resumed our class in a much more comfortable environment. I then said to my students, "This airconditioned room was always available to any of the teachers in the hot stuffy setting." We only needed to ask. This does not remedy the "sludge" stories highlighted by Chris, but hit upon an often unspoken rule: Don't offer a consumer the best that is available --- unless they ask. In special education, students are entitled to a "free and appropriate" education, yet "appropriate" is never clearly defined. Some of those services only become available when an astute parent knows how to ask for them.

I have duties. I have gifts I need to live up to. Herbert Blomsted, a 98-year-old, renowned orchestra conductor, as heard on this week's edition of *CBS Sunday Morning*.

SATURDAY

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SUNDAY

27

*I wanna know what you see
when you look in the mirror
on a day you're feeling good.
I wanna know what you see
when you look in the mirror
on a day you're feeling bad.*

*I wanna know the first person
who taught you your beauty
could ever be reflected
on a lousy piece of glass.*

Andrea Gibson

- *Time sometimes flies like a bird, sometimes crawls like a snail; but a man is happiest when he does not even notice whether it passes swiftly or slowly.*
- *Death is an old joke, but each individual encounters it anew.*

Ivan Turgenev

Quotations are powerful tools. Michel de Montaigne, the father of all essayists, observed, 'I quote others only to better express myself.' Richard Lederer

MONDAY

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TUESDAY

29

Humans don't tend to do well with differences. We learn to hate a difference, glorify a difference, exaggerate a difference, deny, minimize, or eradicate a difference. We may engage in nonproductive efforts to change, fix, or shape up the person who isn't doing or seeing things our way. In the history of nations, families, or couples, folks find it hard to discuss their differences in a mature and thoughtful way. Harriet Lerner, *The Dance of Connection*, p. 91-92

I came up with a handful of rules: write a delight every day for a year; begin and end on my birthday, August 1; draft them quickly; and write them by hand. The rules made it a discipline for me. A practice. Spend time thinking and writing about delight every day.

Ross Gay, *The Book of Delights*

Real love ... (is) about caring so deeply, you have no choice but to place another's well-being above your own. David Litt

WEDNESDAY

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THURSDAY

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One can travel this world and see nothing. To achieve understanding it's necessary not to see many things, but to look hard at what you do see. Giorgio Morandi as found in Keith McNally's *I Regret Almost Everything: A Memoir*

Today's Source of Delight is:

July 22: Morning breakfast with Mahlon & Charlie

July 23: 20-minute, leisurely walk at Lebanon Green

July 24: Reviewing slideshow for Memorial Tribute

July 25: Accessing NY Times online: poem by Jane Kenyon - *Otherwise*

July 26: Receiving thoughtful email from Mary and Gene regarding Marsha's Tribute booklet

July 27: Purchased (6) 2026 calendars from naturemandala.com

July 28: Driveway resurfaced and deck power washed and sanded in preparation for painting tomorrow.

July 29: Deck painted by Fernando in the color called jacaranda.

July 30: Natyra begins 1-week visit

July 31: 1 lap at Lebanon Green walking in my new Hoka walking shoes