

# A Week in Images and Quotes

## April - 2026

On a recent segment of CBS Sunday Morning, a previous CEO of Goldman Sachs was being interviewed and I wondered if he might have some quotes of relevance for me. Here is what I uncovered:

- *You don't know how you'll react to things until you live through them.*
- *You can see that all these people who did really great things failed six times or didn't get going until they were much older. I think that's much more instructive and educational.*
- *Change is often the agent of progress in ways we can't always readily see in the early days.*
- *I'd say if you wanted to forestall bad events, the best thing to do is anticipate them and try to correct them before they get close.*
- *All you can do is the best you can do.*

Lloyd Blankfein

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*The history of science knows scores of instances where an investigator was in the possession of all the important facts for a new theory but simply failed to ask the right questions. Ernst Mayr*

*Perhaps it is our imperfections that make us so perfect for one another.*

Jane Austen

There was a special this week on PBS devoted to Henry David Thoreau and this prompted me to look into my archives of quotes to discover the following:

*Just so hollow and ineffectual, for the most part, is our ordinary conversation. Surface meets surface ... In proportion as our inward life fails, we go more constantly and desperately to the post office. You may depend on it, that the poor fellow who walks away with the greatest number of letters, proud of his extensive correspondence, has not heard from himself this long while. Henry David Thoreau*

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*Vyshinsky: Why did you write the poem?*

*Rostov: It demanded to be written. I simply happened to be sitting at the particular desk on the particular morning when it chose to make its demands. Amor Towles, A Gentleman in Moscow, p. 2*

WEDNESDAY

01

THURSDAY

02



Recently finished this collection of summaries of books from authors with a dementia theme in their work.

*Pay attention to the people God puts in your path if you want to discern what God is up to in your life.*

Henri Nouwen

FRIDAY

03

- *The stigmatization, separation and labeling of our fellow humans based on race or religion has never led to a more secure world.*
- *Without truthful encounters with the past, racial reconciliation is doubtful and diversity will remain little more than a hollow abstraction.*

Ellen B. McGirt

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*Once I gave myself permission to make mistakes, I could also allow myself to succeed. The series is different than it was five years ago. I'm a different person than I was five years ago. It's not only okay, but exciting to change your approach and your method and your technique of Hatha Yoga teaching. Liliias Foran*

Quote taken from current documentary airing on PBS:

*My desire is to know what I have lived, that I may know how to live henceforth.*

Henry David Thoreau

SATURDAY

04

# A Week in Images and Quotes

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SUNDAY

05

- I still regard myself as an amateur today and I hope that's what I'll stay until the end of my life. Because I'm forever a beginner who discovers the world again and again.
- Have confidence in the inventions and transformations of chance.

Andre Kertesz

- 
- *It is not what you say that matters but the manner in which you say it; there lies the secret of the ages.*
  - *What can any of us do with his talent but try to develop his vision, so that through frequent failures we may learn better what we have missed in the past.*
  - *It is almost impossible to state what one in fact believes, because it is almost impossible to hold a belief and to define it at the same time.*

William Carlos Williams

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*What you do is not as important as how you do it. ELP*

MONDAY

06

TUESDAY

07

- *To be hopeful means to be uncertain about the future, to be tender toward possibilities, to be dedicated to change all the way down to the bottom of your heart.*
- *For me, being in a car or on an airplane is like being in limbo. It's this dead zone between two places. But to walk, you're some place that's already interesting. You're not just between places. Things are happening.*
- *Thinking is generally thought of as doing nothing in a production-oriented society and doing nothing is hard to do. It's best done by disguising it as doing something, and the something closest to doing nothing is walking.*
- *There are infinite shades of grey. Writing often appears so black and white. Rebecca Solnit*

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*Everything we do is in preparation for the journey of our spirit at the moment of our death. ELP*

WEDNESDAY

08

THURSDAY

09

I am a regular reader of Austin Kleon's Substack postings and a recent one on the topic of Introspection intrigued me. Specifically, he mentions the writing of Michel de Montaigne and recommended a movie - Paterson. Here is my comment:

*I decided to begin my next book, A Gentleman in Moscow, and much to my surprise on p. 22 the protagonist takes a book from his shelf: the Essays of Michel de Montaigne! I also started watching Paterson on Amazon this afternoon. I found two pictures of myself separated by 40 years awhile back and composed the following:*

*Who are these men who share the same name, separated by 40 years of experience? Does the younger man know what would be in store, or is this meeting just some coincidence?*

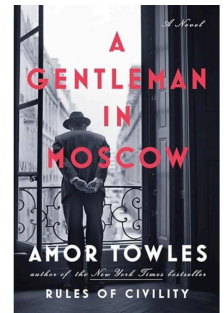
*Looking back or looking ahead.  
in the end does it really matter?  
You are who you are and  
I am who I am  
Whether I be the younger  
or the latter.*

FRIDAY

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SATURDAY

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Finished reading today



# A Week in Images and Quotes

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SUNDAY

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- *Writing is revision. All prose responds to work.*
- *I'm going to a commune in Vermont and will deal with no unit of time shorter than a season.*
- *I know that to write you have to have stories you want to tell. You have to keep your mind alive, and you have to work hard.*
- *I do believe in God. I think God has given so much power to people, and intelligence, and said, "Well, you are on your own. Maybe I'm tired, I need a nap. You are mature. Why don't you look after yourselves?" and I think He's been sleeping too much.*

Tracy Kidder

*Whatever it is you're seeking won't come in the form you're expecting.*

Haruki Murakami

*You are never too old to set another goal or to dream a new dream.*

C. S. Lewis

MONDAY

13

TUESDAY

14

- *In the end I would rather wonder than know.*
- *Now I will give you a piece of advice. I will tell you something that I absolutely believe you should do, and if you do not do it, you will never be a writer. It is a certain truth. When your pencil is dull, sharpen it. And when your pencil is sharp, use it until it is dull again.*
- *People, the people we really love, where did they come from? What did we do to deserve them?*

Mary Ruefle

*You are not responsible for what happened. But you certainly are responsible for preventing it from happening again.*

Max Mannheimer

WEDNESDAY

15

*Your gifts lie in the place where your values, passions and strengths meet. Discovering that place is the first step toward sculpting your masterpiece, Your Life.*

Michelangelo

THURSDAY

16

*For money you can have everything it is said. No, that is not true. You can buy:*

- *food, but not appetite;*
- *medicine, but not health;*
- *soft beds, but not sleep;*
- *knowledge but not intelligence;*
- *glitter, but not comfort;*
- *fun, but not pleasure;*
- *acquaintances, but not friendship;*
- *servants, but not faithfulness;*
- *grey hair, but not honor;*
- *quiet days, but not peace.*

*The shell of all things you can get for money. But not the kernel. That cannot be had for money.*

Arne Garborg

*I seem to have many writing projects (documents) in varying stages of completion while realizing that I will be adding new content and updates on a regular basis. Everything is in the process of revision, and that's the way I like it! I have been going back through files from old USB drives and finding gems that I thought were lost to me, but they have reappeared. ELP*

FRIDAY

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SATURDAY

18

*Take the teacher not the course. Find out who the great professors are - the great teachers - and take their courses because a subject that you may not think you're interested in may turn out to be infinitely fascinating because of the way it's taught.*

David McCullough

# A Week in Images and Quotes

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SUNDAY

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I wrote the following comment in the Substack by Rebekah Taussig as one of her postings talked about the value of story telling. I believe my journaling and written products at pancsofarblog.org contain elements of the story of my life with Marsha, especially as we shared our lives together during the final five years that she lived with dementia.

*Excellent food for thought! I, too, enjoyed reading Courtney's essay, What's Left? It is within this perspective that I respond to your questions about what story telling means to me, as a caregiver and spouse for Marsha, my wife, who passed last year as we lived though the final 5 years of her life as she experienced Dementia. "Our" story is a prelude to my own perception of the dying process. The dignity, grace and presence I sensed in her influenced me to share our path (labyrinth) that will, eventually, lead to my own death. I feel better prepared with how I live my remaining years having been enriched in my observation of Marsha's passing. Her story became Our story evolves into My story - - - about the dying process. It may sound like a downer of a story - - - but as, Iris DeMent wrote in one of her lyrics, Let the mystery be.*

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*Life changes in the instant. The ordinary instant.*

Joan Didion

MONDAY

20

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**There's no place**  
**Anything like this place,**  
**Anywhere near this place,**  
**So, this must be the place!**

TUESDAY

21

WEDNESDAY

22

On the way home from my daily walk at the Mansfield Community Center, I listened to a Joan Osborne cover of *Midnight Train to Georgia* and the following verse stuck with me:

*I'd rather live in his world  
Than to live without him in mine.*

If I changed it slightly using gender neutral orientation, it could read:

*I'd rather live in their world  
Than to live without them in mine.*

Enter the world of a loved one with dementia and experience life through their lens and interact accordingly. Let's not try to make someone see the world from our eyes; we who live outside dementia's grasp.

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*I suggest that sufficiency is precise. Enough is a place you can arrive at and dwell in. So often we think of "abundance" as the point at which we'll know we've really arrived, but abundance continues to be elusive if we think we'll find it in some excessive amount of something. Lynne Twist*

THURSDAY

23

FRIDAY

24



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Finished another superb book by Tana French

*The Count threaded the needle faster than saints enter the kingdom of heaven.*

Amor Towles, *A Gentleman in Moscow*, p. 188

SATURDAY

25

*Thank God that I live in a country where dreams can come true, where failure sometimes is the first step to success and where success is only another form of failure if we forget what our priorities should be.*

Harry Hopkins

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*I give my sculptures away because it feeds my spirit. It's a scent that only the soul can smell.*

Mr. Flower Fantastic

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*It's morning. And again I am that lucky person who is in it. Mary Oliver*

# A Week in Images and Quotes

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SUNDAY

26

*The great thing about living until you get a bit older if you are a writer, and especially a poet, is that you have more life to reflect on. And I think that if I am better now – and I think that I am probably better than I was – is because that I simply have more to think about, more to get under control, more to understand.*

Clive James

*Enjoy life. There's plenty of time to be dead. widely attributed to Hans Christian Andersen*

MONDAY

27

*Success and failure. We think of them as opposites, but they're really not. They're companions -- the hero and the sidekick.”*

Laurence Shames

- *None are so old as those who have outlived enthusiasm.*
- *I am grateful for what I am and have. My thanksgiving is perpetual*

Thoreau

- *With practice and focus you can extend yourself far more than you ever believed possible.*
- *I'm past carrying out some of the wishes that I would have wanted to do before, but I still dream about what I would like to do if I was able to do so. Sir Edmund Hillary*

TUESDAY

28

- *Count Rostov: For what matters in life is not whether we receive a round of applause; what matters is whether we have the courage to venture forth despite the uncertainty of acclaim. pp. 387-388*
- *... life does not proceed by leaps and bounds. It unfolds. At any given moment, it is the manifestation of a thousand transitions. Our faculties wax and wane, our experiences accumulate and our opinions evolve – if not glacially, then at least gradually. Such that the events of an average day are as likely to transform who we are as a pinch of pepper is to transform a stew. p. 402*

*A Gentleman in Moscow*  
by Amor Towles

WEDNESDAY

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THURSDAY

30

Delights of the Day

- 1) Thoreau documentary Part 1 – PBS
- 2) Finished puzzle started by Natyra
- 3) TV - Opening Day at Fenway Park - WIN
- 4) UConn Men's Basketball win in Final four Semi-Final game over Illinois
- 5) Finished Dark Winds season finale
- 6) Watching Final Four Men's Basketball Championships even though UConn lost
- 7) Breakfast at Thread Mill II with Columbia Dads
- 8) Posting new version of *Truths Along the Way* in Blog
- 9) Continued reading from *A Gentleman in Moscow*
- 10) Invigorating walk at Mansfield Community Center
- 11) Finished reading *A Gentleman in Moscow*
- 12) Watching the Master's Golf Tournament
- 13) Finished watching movie: *A Gentleman in Moscow*
- 14) Initial sections of book *The Keeper* by Tana French
- 15) Listening to audio book of *A Gentleman in Moscow* as I also read along
- 16) Completed first round of edits in PATH manuscript
- 17) Red Sox walk off win in 10 innings / listening to a PBS special on the works of Scott Joplin

# A Week in Images and Quotes

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### Delights of the Day (continued)

- 18) Listening to Speakers' Bureau stories from EPN, LiveWell
- 19) Reading from *The Keeper* and rereading and listening to *A Gentleman in Moscow*
- 20) Red Sox win on Marathon Monday!
- 21) Back to Mansfield Community Center for a 45-minute walk – after three days off
- 22) LiveWell Zoom meeting of Care Partners
- 23) Lunch from Motta's Bakery out on the deck for first time this season
- 24) Finished book: *The Keeper* by Tana French
- 25) Enjoying the company of a friend from when I attended the University of Maine at Farmington
- 26) Continuing edits to the *Path of the Perfecting Teacher* document
- 27) First draft of acrostic: FRIENDSHIP RENEWED
- 28) Completed verses to the acrostic: FRIENDSHIP RENEWED
- 29) Participation in Zoom Call – Reimagining Dementia
- 30) A lot has happened this month. I'm thankful for it all!

Count **A**lexander Ilyich Rostov

Passa **G**e to a Secret Room  
Fri **E**ndships

The Wome**N** in the Count's Life

Round up **T**he Usual Suspects

Inf **L**uences in Choice of Wine

Subtl **E** Changes From Book to Movie

What **M**akes a Quality Life

32 Ye **A**rs: 1922 - 1954

“**N**o Regrets”

Hiding the Th **I** mble Game  
Ba **N**ishment

**A**Mbitious

Met **R**opol Hotel

Tran **S**itions

Proto **C**ols

Top **O**f the Roof

All **W**ords of Each Chapter

Title Begin with the Letter “**A**”

- *The second tenet, bearing witness, calls us to be present with the suffering and joy in the world, as it is, without judgment or any attachment to outcome.*
- *Death can come at any moment. You could die this afternoon; you could die tomorrow morning; you could die on your way to work; you could die in your sleep. Most of us try to avoid the sense that death can come at any time, but its timing is unknown to us. Can we live each day as if it were our last? Can we relate to one another as if there were no tomorrow?*

Joan Halifax

*If attentiveness should be measured in minutes and discipline measured in hours, then indomitability must be measured in years.* Amor Towles,  
*A Gentleman in Moscow*, p. 110

*You could make the argument that there's no such thing as the past. Nobody lived in the past. They lived in the present. It is their present, not our present and they don't know how it's going to come out. They weren't just like we are because they lived in that very different time. You can't understand them if you don't understand how they perceived reality.*

David McCullough

# A Week in Images and Quotes

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UM F  
An Outer Space Perspective  
Times Ago  
Where Are They Now?  
BnB Supper Menu  
Dylan and Cohen Connection  
What Does Success Mean to Me?  
Mars Ha's Presence Felt  
Family Updates  
Maple Syrup Offering

Career Paths  
Values Intact  
Stan Rogers  
Maine Roots  
Wisdom  
What's Next?  
Mindfulness

Composed following a visit from Ron Milliken, a friend  
from my days at the University of Maine at Farmington.

Back in the 1970s

UMF was our college of choice;  
The foundation for our early growth,  
The foundation for finding our voice.

What does success mean to us

As we look back on this time?  
Peace, contentment, happiness and more  
Are the words to include in this rhyme.

Our career paths diverged

Influenced by each of our dreams  
We each took the road less travelled by  
And later in life it seems ...

Our values from those early times

remain intact today  
The experiences that brought us here  
About which we have much to say.

Wisdom appears when we need it most

As we advance into our elder years;  
We pass this wisdom down the line  
To help allay our family's fears ...

About what's next as they advance

To live lives of their very own?  
This is a question which cannot be answered  
from what is currently known ...

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For **mindfulness** teaches us

To be present with each and every breath  
And live our days with mystery  
From now until our death.

”Light” evokes a **Dylan – Cohen connection**

As on these lyrics we cast our reflection:

*There is a crack in everything*

*That’s how the light gets in.* (Leonard Cohen)

*I see my light come shining*

*From the West unto the East* (Bob Dylan)

**Maple Syrup** makes an excellent offering  
of welcome and vitality

As we update the lives of loved ones  
Amid a most pleasant hospitality.

I felt **Marsha’s presence** enter the room  
As the morning coffee was measured and brewed.  
Pictures on the wall and mementos on the shelves  
Contributed to a most pleasant mood.

We drove to Lebanon to see if there was a chance  
to dine at Roberto’s Log Cabin  
But the parking lot was full and long lines to wait  
So this plan we had to abandon  
Plan B was in place at the Pancsofar venue  
When what should appear: a **BnB Supper menu!**

A **Stan Rogers** playlist greeted our ears

When for breakfast we both drank our coffee  
And updated the growth of grandchildren dear  
With one of us a papa and the other a poppy.

**Family updates** don’t always unfold as expected

Life has plans for which we are often unprepared  
But we carry on and do the best we can  
And realize the mystery within what is shared.

**Maine roots** provide us with a strength and resolve

To tackle life’s challenges as they occur  
We lived the four seasons each with its own lessons  
But how time flies – it’s a blur.

People we have known, **where are they now?**

Some have passed on, others are out of touch.  
The influence of many has formed who we are  
While the presence of others, not so much.

It’s interesting when I think of “**times ago,**”

It went by in a blink of an eye!  
How about when I think of “times to be?”  
Will that go by as quickly before I die?

The astronauts arrived back on planet earth

To give an **outer space perspective**  
About the purpose and meaning as we begin to discover  
Everyone is part of one big collective.