

The season will change....

Looking at the long range forecast for Ottawa...it's over. Winter has come to an end.....as it does.....

How am I feeling? I'm not sure....I find myself in new places all the time. Good things are around me all the time, unknown things or those forgotten....from long ago.

I hate this man blog....I sit here and tell the type of things no one has to tell....in the end you become my therapist....sitting there listening to my chatter....my confessions....

Let me start with this, so far this morning I have not cried. The last day I cried was the last day I sat here and click clacked these very same keys writing this same man blog.....so it goes....

I have fought tears a few times, digging up stories....spilling the beans on how I feel, who I am, or what I think.....

This weekend I will be driving passed Ev a few times....I'll bring my boots so that I can trudge through the snow.....I will stop to tell her I love her even though I tell her 100 times every day.....

Now I will wrack.....I'm sorry.....

You know, doing this isn't easy....some of the people in my life see me and think it is...they look at me and...I guess they figure I make easy work of it...."If I can do it"anybody can.....

Ya....I can do it....I wish I couldn't. I wish I didn't have to learn these lessons.....I've learned enough lessons.....

Where did I begin today.....oh ya....new experiences, long forgotten.....here we go.....

I'm trying....I wish they days were easier.....

The Quote of The Day

Let your mind go....and your body will follow...

Steve Martin (LA Story)

My favorite movie....a quirky love story.....this has been my favorite since my early 20's....when I was a simply ruffian....not much has changed.....

I do try to let my mind go.....it has been a mantra of mine for so long.....

For everything that is said.....for all the good and bad things I speak of here.....so much more goes on.....

So the man blog continues....we need a weigh in challenge to bring a few more laughs to the show....You should see Parker, at the gym every day for weeks now!

Babe....I love your face....I miss you terribly.....

XO