Inquiring Minds: Recalling a few high points of the Month

"Silent gratitude isn't much use to anyone." ~G.B. Stern

February 11, 2013

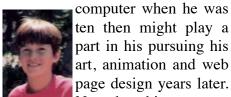
Issue #22

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PLEASANT SURPRISES ALONG LIFE'S JOURNEY

The things we do for our family, friends, and even strangers come back to us in unexpected ways. I'm sure all of us have our stories to tell, but it's important to remember them and be grateful.

I never thought teaching our son David to program our Apple II



ten then might play a part in his pursuing his art, animation and web page design years later. Young David Nor that his constant questioning would lead me to learn more in the

> field. eventually teaching it in my own computer lab. The best

find and define our careers.

Two weeks ago I went to SF by myself (Patricia was ill) to take care of our granddaughter Lois. This ten hour challenge would be a first for me alone. We had a great time doing all sorts of things and having wonderful "adventures" like two hours at the Randall Museum and petting zoo.

Last week, at (Sr.) Mary Jane's kids house for helping with homework, one volunteer was excited about having figured the answer to a physics problem for a high school student--Joanne is such a wonderful mentor for our girls there. The three retirees I work with are amazing: John is a former

The older kids keep us on our smart toes--Jennifer has me taking an traditional online course in Algebra 2 to keep shows up with her. It's fun, productive, Minutes, and well organized, thanks to our columnists such eighty-year-old leader.

GRANDKIDS CHANGE US ALL

Patricia and I are still new to Friedman, and more. having Lois in our lives. She turns Armed with a smart three this Sunday, February 17. phone, the internet and we are still in awe of the whole has expanded the power of the experience of again having a child press to the people. Anyone can be in our midst. She has transformed a reporter, and as such can effect us all: the joy of being with her, of change. Hopefully, this will raise seeing the world through her eyes, the standard for a better world. and having her see something wonderful in us. We respect our daughter and son-in-law even more because we know the challenges of part for us was spending time parenthood. We feel they, too, see together and helping each other us and John's mom Karen in a new light for what we have done in raising them, and also helping with

when we can. The e x t e n d e d family is also touched, and David loves being uncle.



Lois with Papa on a True, solo adventure in SF

it does take a community to raise a child, yet in doing so, the child raises its community to new heights. Such is symbiosis at its best.

THE AGE OF REVELATION ACCELERATES CHANGE

math teacher, and Joanne, a retired I welcome the new transparency

surgeon, and Marc, an engineer brought about by the internet,

phones, exposé 60 like and as Mark Shields, David a Brooks, Paulp Krugman, Thomas



of mass instruction

In the sense that the Apocalypse literally means an uncovering, so the last days of hidden injustices are here. They may still exist, but for lack of knowledge. Hopefully the urge to fix the problems will overcome lethargy or laziness. So problems revealed should be a positive sign because the first step in solving a problem is admitting that there is one.

On a individual level, knowing that there is no sin done behind closed doors that will not be outed (sexual abuse cases, murders, etc) might motivate a better morality, albeit a less noble reason to do the right or avoid the wrong.

REVISITING GRATITUDE

Thanks to our friend Tom S. for

reminding us of a practice he and his roommates after started viewing



gratitude website I mentioned business several issues ago.

Instead of the traditional grace must be tempered before meals which may impose in , with, and by one's religious beliefs on another, reality. Such is Patricia and I each just briefly life's struggle. No review and state that for which we one wins outright, are grateful for that particular day. at least not for long. It's a nice way to recognize and give thanks for the positive elements in our lives day by day.

Jonathan Haidt's book The Happiness Hypothesis is nicely summarized in wikipedia.

OUR FAVORITE NEW MOVIE

Silver Linings Playbook. Starring **Bradley** Cooper, Jennifer Lawrence, and Robert De Niro,

this had been nominated for four acting categories, a possible



first in 31 years. A bit painful at first, but stick with it. It's worth it.

THE NEW NORM: LIVING WITH DYNAMIC TENSION

Anyone who is a close relationship understands the give and take needed to nourish and sustain that possible to union, whatever it is.

The nature of dynamic tension is its give and take, its seeking a balance, an equilibrium, a mean, or a homeostasis, if you will. Nature and human interaction are rife with If you are interested in gothic dynamic tension. It is the male and cathedrals built a thousand years connect in other areas of shared female, the yin and yang, of our ago, and want to learn about their interests like spending time with existence. When one dominates, history, and the physics that keeps family and friends, hiking, seeing the system breaks down. Such is them standing (or not), you may movies and musicals, et cetera. It's with politics and the many and want to check out this 2006 52- nice, we're both happier, together varied issues facing us. Ideologies, minute show on PBS NOVA. If and apart. Life can be wonderful.

verses environment,



Consider the the symbol above, and note from wikipedia:

complementary, not opposing, forces, interacting to form a whole greater than either separate part; in effect, a dynamic system. Everything has both yin and yang We saw and highly recommend aspects, (for instance shadow cannot exist without light). Either of the two major aspects may manifest more strongly in a particular object, depending on the criterion of the observation."

> To embrace the give and take nature of reality we need to be of a certain temperament. Patience, understanding, temperance, humility, compassion, and other like-minded virtues are needed to speak one's own truth and listen to that of another. It's much easier to ignore difficult people than to deal with them responsibly. It's not about us changing them, changing ourselves as much as find productive coexistence. Our survival depends on these traits and practices.

KQED LOOKS AT GOTHIC CATHEDRALS OF EUROPE

be they liberal or conservative, you missed the viewing, you can --Peace and gratitude, from Joe

stream it from the website, but I found it easier to find by just googling the topic.

The problem for us, with so many good shows to see and so many good books to read, so many seminars to attend, etc., prioritizing what we want to view, read, or do in the time we have.

Research and careful choosing are the keys to helping us decide "Yin and yang are actually how we want to spend our time,

TOGETHER ON SOME THINGS. APART IN OTHERS, GLADLY

This choosing oftentimes Patricia and I going our own separate ways because we have our own interests. I used to think this was a bad thing, especially in doing quasi-social events such as attending church events. True, when we were raising our children, we stayed together on this, but now my spouse has gladly given me the freedom to attend what I want, especially if we have differing opinions. True, I do not badger her to play tennis or golf either, although I see some other couples sharing these interests But we do



Us at Mama's in North Beach last month as we toured the city for two sunny days