

MY ENDURING SIMPLE PLEASURES

- ♥ A well thrown football
- ♥ A heavy sweat from a punishing workout
- ♥ Cottage life
- ♥ Reading a favourite author
- ♥ Easter, Thanksgiving & Christmas dinners
- ♥ Everything Rosie
- ♥ Fitness goals
- ♥ Walking a beach
- ♥ Ice cold beer
- ♥ Parkinson's in Remission
- ♥ *Abide With Me*
- ♥ Rome
- ♥ Rare, red meat
- ♥ 1967 Toronto Maple Leafs
- ♥ Spring Training
- ♥ People who listen
- ♥ A wink
- ♥ *"To teach is to touch a life forever"*
- ♥ Banana cream pie
- ♥ BIG Physio
- ♥ Compression socks
- ♥ Soft vanilla ice cream
- ♥ Fountain pens
- ♥ *"Hi Man"*
- ♥ A personal letter
- ♥ *"There are only so many hops in the frog."*
- ♥ *The Boy, the Mole, the Fox and the Horse*
- ♥ Spaghetti
- ♥ First sip of eggnog
- ♥ Salted watermelon
- ♥ *Swan Lake*
- ♥ Cohasset Triathlon
- ♥ A blue suit, freshly starched white shirt and silk tie
- ♥ Kayaking
- ♥ The months of May and June
- ♥ Sitting in the sun
- ♥ Pedicure and reflexology
- ♥ Playing catch
- ♥ *Layla* (Live Aid version)
- ♥ Affogato
- ♥ Buying a lottery ticket
- ♥ Watches
- ♥ Watching our kids be themselves
- ♥ Measured progress
- ♥ Good shoes
- ♥ *In the Air Tonight*
- ♥ Starting the day at my desk
- ♥ *"...never give in, never give in, never, never, never give up."*
- ♥ Butch and Sundance
- ♥ *"Be Kind. Be Awesome."*
- ♥ Canoe portages
- ♥ Good questions
- ♥ Writing without fear...editing without mercy
- ♥ A smile from a stranger

♥ *"In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of those things not meant for you."*