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Foreword

I wrote a book, a poetry book
 I wrote a book of love, and spirit
 And longing and loving
 And peace in the heart

I want to touch your heart
 With nostalgia, with humor and mostly with love.
 I want you to smile and I want you to feel empathy, with me and from me
 I say I wrote a book, but I hope and feel that the book wrote me, partly
 to self-discovery, courage, and trust in myself.
 I'm fulfilling a promise to myself but at this stage, it's "bucket list"
 material. A few months ago, I told myself that there was still something
 left for me to do and I needed to get on with it. And it followed a path of
 gathering these poems together, some old and some new, to this book.
 How many times have I talked about putting my poems in a book? So
 many times I have dreamt of you reading my poems. This is not for
 praise, nor glory, this is for us. I am no longer scared about what I have
 to say, I like my voice. Thanks for sharing.

I cannot say enough "thank you"s to my friends who were forced to listen
 to my poems while driving and especially to Carol, Sherrie and Laura
 who interrupted their days many times because of my poetic whims.
 And to my dearly departed Christy. And to Desiree and Ronee for their
 computer savvy. To my brother Anthony Maillard for his consistent
 inspiration and encouragement. A special thanks goes to my new friend
 Kenzo who brought everything full forward and brought this project to
 a close with his art, encouragement and trust. The cover is all his. Last
 but not least to my boys Roland, Richard and Robert for their belief in
 me. Roland, my computer whiz kid, your patience and expertise saved
 me hours of frustration and made my work presentable, to meet my
 deadline. Merci.

Peace, love and blessings!