

Notes from Dallas

by Dede Van Haght

How are you doing?

I am doing extremely well! This is a wonderful facility. I would recommend you come here if you think that you are half crazy going crazy. You would see what a wonderful job these people are doing in helping people walk out of here with a big smile and a happy face. Though some of them are not walking and some of them may not have a leg or two.

As a perfect example, I had a long time buddy visit recently by the name of Flash Gordon. He is walking on two artificial feet from the middle ankle down.

He has a smile on his face and there is no way that anyone can hold him down.

To start with the only reason I am still alive is Anna. And also through Dee Wilson who is representing Anna, while she is away. I have come to a place where I can stand up and kick my heels. There is hardly a moment that there isn't a smile on my face.

If you have to be in a care facility, this is the place. The facility is clean and well maintained. The staff is friendly and caring. All in all I get superior care. It is in Pinellas Park. We are approximately 111 blocks North of the Blueberry Patch on 49th street. Which is the multi mighty number eleven.



March Events

1st - Open Mic

7th - Sing-a-Long

11th - Open Jam

22nd - Band - "Geezers"

Oh! happy day
 Kalukalaeh, Kalukalaeh
 There will come a day
 When they will have to say
 Go on your merry way
 Dallas! go on out and play.

May - 1st

Cook-em-off

Theme - "It's your thing"

By the way Duffy will be back someday soon and we will have some more humor from the multi-colored Ink-Tank.



Eden Lives

by
Byron Howes

In our garden, when a plant is not healthy
We give it extra attention and find ways
to help it become vibrant again.
Our neighbors, friends, everyone deserves
just as much care and support.
When someone is not smiling,
we have trouble seeing their flower.
If we're mistreated it helps to: remember that
Suffering comes from suffering sources,
so strive to be not offended. Instead,
seek ways to alleviate their pain.
magical transformations occur.
be helpful and break the chain of suffering
for everyone. By deeply, calmly, looking
we can see that this is true.

Many American traditions believe that
restoration of balance and harmony is the goal.
Rather than retribution and punishment,
this is justice that heals the community.
How can we show someone a way to bloom
who has endured too much pain?
We can be a flower,
our smile the petals of our blossoming;
peaceful and fragrant. Simple loving kindness
Just being present, truly there for someone,
is miraculous.

We are utterly dependent upon each other,
In unaccountable ways. Interdependent, co-arising-interbeings. The Buddha realized intuitively,
What Quantum physics, much later unveiled.
We do now know that all of us belong here.
To understand our interconnectivity,
To alleviate suffering: We must learn to:
Look deeply and love unconditionally
Then, when we look at ourselves
we will see each other.
peek a boo, it is true,
I am you. Peace.

Notes from the Editor:

Language is a powerful tool. Words
resonate through our very being.

Masuru Emoto has found that the
crystalline structure of clean water is
organized and beautiful, unlike
polluted water. He has also
experimented with language and
found that the crystalline structure may
change depending on the thought or
the word. directed at the given body
of water.

A large percent of our body mass is
water. So there is the possibility that
thoughts or words may fundamentally
effect our physical well being. And we
are certainly aware that it effects our
mental well being as well. Thoughts
are what propels our speech and
actions. So be careful about what you
think, say or do. It may fundamentally
damage you and someone else.

The foundation of right speech is deep
listening. Be kind to each other. Do
not slander and if spoken to harshly,
stop them.

IT CAN'T HURT TO DRINK MORE
WATER TOO.

If you would like to submit an
article to be published please
send it to,

blueberrypatch7777@gmail.com

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