

Happy Canada Day (eh!?)

Posted on Jul 02, Posted by [Administrator](#) Category [The Walk Blog](#)

what a delightful day!!!...weather was mixed, coolish, hotish, rainish AND the entire 21.3 miles was UPHILL!!!...the country was GORGEOUS!!!...it wasn't REALLY all uphill, coming into the valley where Osoyoos sits is a great view as is the other side of the valley on the way out...the town is crawling with people this weekend as tomorrow is the day off from work for most folks...lots of boats on the lake...if you check out the area on the web you will see how gorgeous it is...of all my musings, ruminations, contemplations and cogitations I cannot over emphasize the main thing that I am having reinforced and that is "I CAN ONLY DEAL WITH WHAT IS"...so when Tim Horton's has no salsa at the Osoyoos store what good does it do me to get pissed off???...when a driver doesn't move over what good does it do to get pissed of???...this I know and have known for years but it seems that with 8-9 hours each day to contemplate the issue it is slowly sinking in and becoming part of my cognitive system and NOT just something I pontificate about!!!...I suppose it goes back to "don't tell me SHOW me!!!"...and here I thought I was past self discovery!!!...today I found a quarter and yesterday eleven cents, I also found a small maglite that looked like it had been tossed from a vehicle, gonna put some new batteries in it and see what happens, amazing how little things like that get me excited, I guess small things amuse small minds!!!...I am grateful form my Canadian heritage AND my chosen homeland of the US of A, lots to learn from both places...to all my native Americans, other countries have good ideas too!!!...you project for the next couple of days will be to put together a cumulative milage count, my estimate is right around 350, we shall see...thanks to the "lady in red" driving the Lincoln who stopped and offered support and a bottle of water, I gave her a card and explained how to contribute to any of the listed causes, those sorts of conversations are VERY energizing as are the friendly waves and taps on the horn...stay tuned for the outcome of the maglite!!!...cheers

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