



# The Bon Mot

*Issue No. 18*



The hardest part of this time of year, besides the dark, is being reminded, everywhere you look, to think and plan ahead for the holidays. Prepare! It's not far away! Christmas decorations are in every store, and the Thanksgiving blend coffee is already on sale.

But I'm over here, enjoying the autumn that I've seen in my recent travel to the Washington coast, western North Carolina, and now, finally today, in my own neighborhood. Fall here is very short, just a few days, but the leaves yellowed overnight and are falling as I write. They may all be on the ground tomorrow.

I'm over here, being present. Present with a lot of grief and a lot of joy. Present in really difficult conversations, and in being gently supported in others. Present in a burst of creativity and inspiration that has rarely appeared so forcefully. So present that I am resisting planning any meals, preferring to see what I can create from what I already have, which is starting to be very light on fruits and vegetables, and heavy on oatmeal and cheese.

I'm over here, being so present that when I have music playing, I'm listening to the words and experiencing it as poetry.

No I'm not doing mushrooms.

But good question.

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# Three Things

## 1

A visit to see Lynley, my friend of over 30 years, and her family, who live on the Washington state coast. My oldest son, who has known her his whole life, joined me. My friend Lynely has significant health challenges right now. Any time we spend together is cherished. This kind of friendship is so rare.







## 2

Life is A Verb Camp, created by [Patti Digh](#). It's held in Hendersonville, outside of Asheville, North Carolina. It's so good for my soul to find a community of people that are my people, and to spend several days in a blissful bubble, meeting so many brave, talented and kind humans. I loved spending a few days devoted to learning, fun and connection with this group of writers and artists.

There is a labyrinth at the conference grounds. I found it meditative and affirming in a cycle-of-life way to walk it. There were also hula hoops to try out, under a magnificent tree in full autumn regalia. I'm happy to report the muscle memory of hula hooping is still there.

# 3



I spent a night in Asheville before heading home from Camp. I explored the bookstores and a few shops. My hotel was pet-friendly and I met dogs in costume, from chihuahuas to a Great Dane. I met Pretzel and Gummy Bear in the elevator, a famous (but unknown to me) pair of miniature imperial somethings. I decided to fact check myself on this and lost an hour of my life watching dogs on Instagram and yes these two are famous. In fact these dogs got flowers and little spa robes and stayed in a nicer room, with better views than mine. They saw more of Asheville than I did, those little shitzus.

If my dog actually liked leaving home, I'd rename her after a cute snack food, hire a full time groomer and exploit the shitz out of her for first class tickets and penthouse suites. However, she is more like the Susan Sontag of dogs; attractive and smart, surly, deeply conflicted about her attraction to females and aversion to males, needs medication, prefers nighttime over day.

Sometimes she sleeps with my parents. So that won't work at all.





*I had a great meal in Asheville but it was not at this place. This eye-catching mural is for this sushi sports bar named Mudpuppies and features 63 televisions playing sports. It also features very little sushi. I sat at the bar and contemplated the truly bizarre menu. The guy next to me ordered a burger and fries and when it arrived he removed his hat and prayed. I thought about what David Sedaris would do. He would have stayed. I'm not David, I left.*

## Cute Dog Photo



*I met Margarita, Salt, Martini and Olive in Asheville. Hard to see in this photo but they were all wearing square dancing dresses and mini cowboy hats.*

*The owners have two more dogs but they had to leave them at home in Florida because of the unfair airline practices of only two dogs per human passenger.*

*I didn't get the names of the other two dogs. My best guess is Manhattan and Cherry. Or perhaps Manhattan and Ice Cube.*

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