

Conversation with the Mayor - July 5, 2010
Vicky Daly

Make time in your schedule

Down time is a rare commodity in my life as it is in most. Whether you have one job, two, or three (it happens), or are retired, filling your life with unpaid volunteer activity (the need is huge), the unfilled notation box on your calendar is likely to be an anomaly. I hope this is not, of course, a 24/7 situation but particularly busy, overly scheduled periods of time do occur. Summer, Memorial Day through Labor Day, is always busy. The time is short; the events many and no one wants to miss any of them.

Schedule details are specific to each person, but the result is the same – no time to day dream, goof off, see the images in the clouds, to do what you want to do. I am in the midst of one of those busy, busy times, but have found, to my surprise and pleasure, a time frame that allows me down time to look and appreciate. As I said, the details differ. To replicate my looking and appreciating time precisely, you would need an eleven year old corgi, sidewalks adjacent to a construction project, and approximately 20 minutes to walk in the 7:30 – 8:15 AM time frame every day, and personal patience because elderly corgis, ours anyway, strolls and inspects – everything. While she inspects, I have the time to admire and appreciate – the well tended garden, the new fence, the lines of a handsome house, the scent of newly mowed grass – and the trees. Have you ever really looked at our trees? They are magnificent! You have to walk, preferably slowly, to really see them.

Rosie the Corgi investigates every tree and bush on our usual route. Now that Canandaigua Street is often part of our morning outing, she has developed an interest in the mesh protecting the trees and the not-operating-at-the-time construction equipment. To appreciate our trees you have to look up. We usually see trees only at eye level. Look up; they are huge, in essence forming a canopy over the village. Year round, our trees are a gift. Enjoy them. Years ago, a visitor from Japan commented “Americans live in a forest!” I took that as a compliment, tinged perhaps with a trace of envy.

I am not suggesting that you acquire a senior dog or, with or without a dog, walk on Canandaigua Street in the morning. What I am recommending is that, heavy duty schedule or not, you take time regularly for you. Walk, read, kayak, carve, paint, garden, whatever. Do something you want to do for you. The busier we are, the more important it is that you do so. Don't postpone. You will regret it.