

Dec. 16, 2021

## Just Show Up

We all have a few people in our lives that inspire us to live well. My Dad was one of those people.

My Dad was a farmer, a simple man of few words that listened carefully. He didn't always know what to say, or the words to use, but he was there. Just there. I learned from him that just showing up, is one of the most important things we can do in every aspect of our lives.



My Dad loved the farm, he worked hard with not a lot of resources. His life was simple. He volunteered tirelessly with numerous charities and the church. He took up golf and curling in his early 60's when some people are slowing down. He stopped golfing because it was so darn frustrating. Curling however was HIS game. He curled until age the age of 86, when getting down in the hacks was just too difficult. He often told us, and I quote "I'm not using one of those push sticks, those are for old people".

My Dad taught me so much. I didn't appreciate him or his wisdom until I was much older. Isn't that the way it is! What did this quiet man teach me? He taught me to show up. My first husband passed away unexpectedly. My three sons and I were a mess. But my Dad showed up every day and sat in a chair in the living room. He didn't know what to say, but he knew that just being there and giving us routine was important. Some evenings he didn't say anything, he'd just be there. One morning, I recall him telling us "the sun rose this morning, so should you". Again, he was just showing up.

He taught me that age is but a number and shouldn't be relied upon to determine what is appropriate. He danced and curled for as long as his body would support it. Even when the body wouldn't cooperate, he would get in one dance and then offer to volunteer so that others could dance. Again, showing up.

He taught us to be humble and work hard. No matter the level of our successes, there was work to be done and always more to learn. I loved his line "I don't know much about that subject". Humble and honest. No pretending.

He was fiercely proud of each of us kids, but he didn't ever tell us. He told everyone else though. I don't subscribe to that theory with my family.

He taught me to be self-sufficient. I was preparing to sell my home and needed to repair the basement ceiling where the plumber needed to access a leaking pipe. I called my Dad, certain that he would come help repair it. Nope! Rather, he gave me instructions over the phone. Build a box, secure it to the joists, cut the drywall to fit, secure it in place, then mud and tape it and paint. It will be fine. The boys and I did all those steps and more. I wonder if the folks that purchased the home laughed when they realized that duct tape was used to secure the patch in place! Sorry!!!!

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More importantly though, he taught us that age is just a number. You need to have a purpose; you have a responsibility to show up in your community and participate. You will recall from Blog Post #3 that I needed to find a new purpose in life after my recovering from the concussion and losing my career. Being in the position to participate requires a healthy body and that means getting sufficient sleep. If you are not sleeping well, check out my free guide [5 Stretches for Better Sleep](#) on my website.