

Playing with Life

How to Deal With Glitches

August 11, 2008

Our Lives.

Last week I spoke of a slight glitch in Sunny's move. She and her family will stay here for a few weeks. My dear friend Sharon is coming in from California and will visit us today – while Sunny and Curt see a (ugh) Philly's ball game. So we will all baby sit and have fun.

Coaching

I don't know if I've ever encountered moving towards a goal without finding the path littered with glitches. How you respond to them can make a real difference in your ability to fulfill your goal. A glitch is basically a delay, a snag, a usually small difficulty in getting from here to there – it often causes a slowdown and is sometimes seen as a breakdown.

I particularly love the etymology, because the word is seen as being derived from the Yiddish word meaning *glide*. It would be just wonderful to glide through glitches.

The main thing is to recognize glitches as – at worst – temporary slow downs and - at best – unexpected opportunities. Learning to see them properly is probably the best way to deal with them: Panic is for losers; breakdowns often set the stage for breakthroughs.

Ironically, today one of my grandchildren did something to my other computer and I couldn't undo it. After a few minutes, I gave up trying (stopped them from getting on – not me.) But my grandson couldn't wait. He simply turned off the computer and turned it on again. Voila! For me a breakdown; for him a simple glitch.

The Coach Recommends: For Your Friends

I would appreciate your passing this on to your friends; so will they. Bob & Ray used to end by saying, "write if you get work." I say, "Call if you have problems."

Useful Quotes

The system has been plagued with glitches ever since its launch.

anon. pervasive

Success is sweet and sweeter if long delayed and gotten through many struggles and defeats.

Amos Bronson Alcott

Circumstances may cause interruptions and delays, but never lose sight of your goal.

Mario Andretti

All delay is helpful, but it does produce wisdom.

Publilius Syrus

From you, on Commitment

Ever since I asked you to send in your notions of commitment, replies have been coming in. This is from Morris Kafka and is superb!

Long before we called it sustainability, my whole goal was to reduce waste and increase the quality of life for my urban community. A lot of my concern grows out of the Jewish cultural values I was taught, take just what you need but not more, plant trees and respect nature along with mend the earth (tikkun olam)

My commitment to restoring old houses comes with the knowledge that the way to use the least resources is to use things that already exist. Restoring a house involves a lot of human labor and limited new materials versus building new which involves reducing open land and using so much fuel and material goods.

For years I've written a monthly column in "Food for Thought" the newsletter of the George St. Co-op, a group committed to a healthy, sustainable planet for nearly 40 years. My articles often focus on ways to make a difference by living more efficiently, usually in terms of domestic activities and household habits. This year I've extended my reach by providing articles to the Highland Park Mirror on the same topics. I am committed to sharing the knowledge about energy efficiency and comfortable living that I've gained over the years through my writing.

I also spend a great deal of time encouraging my tenants to learn about living sustainably, to conserve resources, treat the planet and built environment carefully and avoid disposable products whenever possible.

For 16 years I have been a vegetarian - no fish, poultry or meat and this is one way people can really start making a difference. The amount of methane produced by cattle worldwide is worse than what autos create

and the amount of water and grain that humans could use that instead ends up feeding cattle and giving a very limited food return is shockingly high. Plus there is more and more evidence that the animals are treated poorly and that there are all sorts of health risks associated with eating fish and meat, etc. I think something like six people could eat well as vegetarians for what it takes to provide food for one person eating an average amount of meat. This isn't even factoring in the cost to the environment of the health complications from poor diet ... think of all the chemicals produced for medicines, all the time spent at doctors due to poor diet. all the clinics and facilities that have to be built and maintained, etc. that could be reduced if we all tended to our physical health well. Given the scale of the US medical system this is a huge issue that isn't talked about much. So while I have chosen not to generally discuss my diet I do bring it up if people ask what I am doing to make a difference and when I have a party I try to encourage alternatives to animal products.

I try to ignore trends. I don't buy clothing or electronic gadgets or household items to be in style. I look carefully for the most useful, durable and well made items that come from places that don't exploit their labor force or environment (whenever possible ... there are web sites that can help with this) and I buy what I need but not more. I have maintained the same vehicle for over 20 years (still competitive in terms of efficiency with new) and kept the same furniture for many years because I purchase well and practice routine maintenance. I don't redecorate on a fad, I use paint when I need it and I wash the walls and blinds, etc. to keep them intact rather than just redoing things because they need a cleaning. I've composted food and yard waste since I was in college and I try to follow recycling rules in every way to reduce waste. I never buy individual size serving products or water - I use a thermos when I travel, etc. I have a nominal yard for mowing and the rest of my property is in flowers and shrubs that are largely drought tolerant and don't need much water plus I do fruit and vegetable gardening without chemicals.

I just spent a good deal of money to have my basic truck, which is my only vehicle and which I need for work, revamped to use as little fuel as possible. What is next for me is finding a way to streamline my life and not commute so much in order to complete my work. Focusing in on less locations will help the environment in the larger sense and my day to day efficiency as well.

I could go on and on but this gives an idea. It is a joy to share with others so that they can make a difference for the planet and save money too.

Take Care! Morris

