



## **BIT OF A DOWNER THINKING OF MATES.**

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2018 Peter Adamis

From time to time we reflect and confuse our minds with the simple word of "WHY"?

I write this because I miss my departed mates' family and friends.

There is never a day

that goes by that I don't receive a message one way or the other that someone we served with has passed away. However as much as I dwell on our mortality and those leaving us, I am reminded that it is such a gorgeous day, sitting and enjoying my surroundings, wishing that I had the wisdom of today, yesterday. But then again I would not be who I am today, nor have would I have had the same challenges and experiences.

My mind is always filled with memories of those since gone and it is only natural to feel melancholy, sad and depressed. But life being what it is brings hope and new opportunities just when you least expect them. I often tell all my friends to stay strong and yet at times even I succumb to moments of weakness.

Oh well, when such times do arrive, I remind myself how far I have gone and the challenges faced and overcome and then I pull up my socks and pack up any troubles and just keep on going. Not a problem I say, just keep one foot in front of the other and you will be fine. That's positive thinking for you. As for the images, well they photos sent to me by my number 3 son of the Victorian bush. Gosh how I love the outdoors.

Have a great day. Love you all.



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