

Hope

By Michael Smith

There was a time when I knew I had value,
A time when to myself I was true.
But then, one day, to myself I lied
And something inside me silently died.

I've only now begun to know the forces
I set loose when I conveniently accepted
the first damned excuse.

What was once lofty, all hopes and dreams
left ... leaving only sadness and schemes.
The face I shaved was never again the same
In the mirror ... who's that? What's my name?
So much shame!

But through Gods Grace I reached out for help
While I was still able to reach for myself.
The race may not go to the swift or the strong,
But I'll never know if I don't hang on!
There may be no trophy at the finish line
But having finished at all can be a process Divine.

I haven't a clue as to what will happen from here!
But, with renewed hope I will persevere.
Victory probably won't come overnight,
I know I'm in for one hell of a fight.
But I intend to never again be the man so
Far, but yet, so near ...



East Bay Stand Down The Youngsters light up Stand Down

By Ruth Masayko, Activities Coordinator

Alex Elfers, daughter of U.S. Army 1st Sgt Kevin Elfers, is one fantastic young lady! She is a voracious reader, writes poetry and has earned a Black Belt in martial arts.

Alex volunteers at the Activities Tent and in addition to that work she has set up book shelves, played games with participants, helped participants through the chow line and has run hundreds of errands! Most importantly Alex spent time visiting with the participants and giving them her undivided attention. She said, "I never thought community service could be so fun!"

Thank you, Alex!



A U.S. Veteran's Poem for World Peace

Youthfulness is courage
A time to grow, to set goals, to dream.

I once dreamed during the 60's Bay Area Social Revolution for a world of peace ... Flower children, gray panthers, black panthers and social consciousness against the war in Viet Nam.

My youthfulness aged as I became a veteran and homeless citizen ...
My dream for world peaces is alive with youthful vitality.

EBSD of 06 has revitalized my life force to keep hope alive that world peace is achievable because we must learn War is not the answer.

If we communicate life to life sincere dialogue continuously peace can be a basic human right for people of starship Earth.

Starship Earth is still growing and developing like all entities in our Galaxy. The human being has the universal foundation to change.

Change is the only thing constant in life. And it is with change that we grow to understand peace, love and human understanding are rights.

Aloha

Ambbee, H Hall



Farewell and good luck from the picture lady, newsletter woman, and the movie and popcorn team. See you in Yountville!

