

Life Lines – A selection of thoughts and poems

Message to the Reader

Where I've been . . .

I wrote the bulk of these poems in the years 1976 to 1980.

It was a time of turmoil in my life—hence *Life Lines*.

I had just broken up with Barb, a girl I went out with all the way through high school and the first two years of university. She was a pediatric nurse who left me for an ambulance driver.

Then I lived briefly with a girl named Shelley, who I had met at Ryerson University, where I obtained my Degree in Journalism. She was an Editor at the old TV Guide (remember that popular publication?) and she left me for another TV Guide Editor—a short, fat, balding guy.

At the same time I was living with Shelley I started work as Sports Editor at the Newmarket Era, where I met the love of my life, Aase (pronounced Osa). After Shelley left, Aase and I started dating, and in 2017 we celebrate our 30th wedding anniversary. Needless to say, she never left me for another guy.

While finishing university, and in the midst of exams in second year, Barb dropped the bombshell. That was a bad year for me and I suffered from major anxiety. I felt I had nowhere to turn, so I took to writing poems. Mental health wasn't as widely discussed back then and you suffered in silence.

That's where my head was at for the bulk of the poems you are about to read. I sincerely hope you enjoy this collection!

In closing, I want to thank Rose Thompson for the initial editing of *Life Lines*, and also Susie Kockerscheidt for designing the front and back cover. And thanks to Sheri Andrunyk of I C Publishing for bringing *Life Lines* to life.

God Bless,
Rod Urquhart