

EVENTS OF A LIFETIME 1
RITZ PRESENTATION AT
SEPTENNIAL CANCER SEMINAR
28 SEP 2018

I. I invite all of you to recall significant events in your lifetime. Some were good and some were bad. For the bad events I hope your response was "I will not let this event define me". Maybe you did not say the words but I will just let you look back and say "Yes, that is what I thought and how I acted."

II The Challenge ~~Some~~ of us have faced recently in pancreatic cancer. I know you have gotten excellent medical care but what about your part. Dr. Hamlin and Dr. Way-Gibbons told me that it was extremely important that I have projects to keep me engaged in life. Fortunately, I already was. Working on my memoir "From City Shadows - An American ~~Story~~ Stay" and on creating a Family History Association to capitalize on my 50 years of family history work. These two have kept me preoccupied now for 27 months. When my

Persephone neuroptly tells me to stay in my lounge chad my brain calls on me to go work on my projects. Haneys goals has prevented my career from defining me.

III How You Can Proud Career from Defining You.

A. Each of us have years of experience behind us to use as a basis for not letting careers define us. Let's think of a few examples. No doubt you have your own to list.

1. People - Think of those who have helped you along ~~through~~ life's way. Maybe you should reach out to them updating each other and thanking them. Maybe you could write a little article about each one. In my memoirs is a chapter with write-ups on 50 people who helped me.

2. Your Family - your parents, your children, your grand children. There is ~~is~~ something ~~to do~~ to spend to do, to say or write. Now after 40 years of marriage I have regular dates with

my wife on Saturday Nights.

3. I am behind on my drinking. Now late on Wednesday I have an enjoyable luncheon with 7-11 and cashiers.

4. Don't wait for cancer to force you make adjustments if you do it is defying you. I gave up my car keys in a second before I had to do so. I started using a walker to avoid a fall before I had to. I will control my life not cancer.

5. Whether we are 30, 60 or 90^{or} in my case we are all gone just one day at a time. ~~of~~ No one gets more. If we could have the 24 hours in our cancer has not won.

My hope is that your family support is as good as mine. My mother had me as a prince and my wife continues in the same vein. My three children men care for me ~~as~~ ^{as} ~~an~~ ^{an} ~~eye~~ ^{eye} card for them. A special tribute is due to my daughter Dep who along with my wife ~~is~~ helps at every medical event. She is wise and gentle yet firm. ~~At least~~ ~~At least~~ ~~to~~ By our collective effort cancer has not been allowed to define me. The last two

you have been the most precious
of a lifetime. Tomorrow will
be another great day

Thank you for allowing me
to share some thoughts with you.