

## A Little Light: Monday Musings with Mary Sue



### Welcome to the week of August 17!

It was 21 years ago. Tim had just finished his Ph.d and was a new professor at the University of Wisconsin-Whitewater. Each morning, before he left for campus, I would get up and take a walk in the woods just beyond the football practice field at the university. I wasn't alone.

For one lovely year, a man I called, "Grandpa India" was also out walking. His grandson too was a new professor on campus and Grandpa was staying with him for the year. Grandpa India loved learning about American culture and meeting Americans as he was far from his home village in India. He was absolutely delightful! Tim and Jeremy enjoyed meeting him too.

What I remembered most about Grandpa was his walking stick and the stories that came with it. It was a well-weathered stick that had accompanied him on many trails throughout his life. However, after a year of walking and friendship, he returned to India. We would email occasionally, but we lost track of one another.

The most amazing gift was given to me three days ago! I received a call from his grandson who had moved to Michigan, but was able to track me down through some mutual friends. He told me his grandfather, who had recently passed, had left me his walking stick! He told me that his grandfather had pictures of my family in his home and although 95, never forgot his talks with me and his time in America. I was/am touched and this walking stick will forever hold a special place in my home and heart. I guess we never know the impact we have on one another. I am so grateful to my friend for teaching me, regardless of years and miles, we remain connected.

**FACT:** Walking with a companion can boost your happiness, reduce stress, improve your self-confidence and self-worth and help you cope with daily life.

### **LINK:**

**"You'll Never Walk Alone" Virtual Choir/Orchestra 15 Countries: 300 People**

<https://www.youtube.com/watch?v=6gpoJNv5dlQ>

**Have a great week!**

**Mary Sue**