



This poem was written by an unknown author that touched me and many others as a result of my placing it in one of my CLIMBING THE MOUNTAIN Newsletters. Several readers wrote to me and commented on the valuable message that it contains and so now I pass this onto you ... a reader on my Articles Page.

The Crabby Old Man

What do you see nurses? What do you see?
What are you thinking when you're looking at me?
A crabby old man not very wise,
Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply
When you say in a loud voice: 'I do wish you'd try!'
Who seems not to notice the things that you do
And forever is losing A sock or shoe?

Who, resisting or not lets you do as you will,
With bathing and feeding The long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse you're not looking at me.

I'll tell you who I am As I sit here so still,
As I do at your bidding, as I eat at your will
I'm a small child of Ten with a father and mother,
Brothers and sisters who love one another

A young boy of Sixteen with wings on his feet
Dreaming that soon now a lover he'll meet.
A groom soon at Twenty my heart gives a leap;
Remembering, the vows that I promised to keep.
At Twenty-Five, now I have young of my own
Who need me to guide And a secure happy home.
A man of Thirty My young now grown fast,

Bound to each other With ties that should last.

At Forty, my young sons have grown and are gone,
But my woman's beside me to see I don't mourn.
At Fifty, once more, Babies play 'round my knee,
Again, we know children My loved one and me.

Dark days are upon me My wife is now dead;
I look at the future I shudder with dread,
For my young are all rearing . . . young of their own.
And I think of the years And the love that I've known.

I'm now an old man and nature is cruel.
Tis jest to make old age look like a fool..
The body, it crumbles grace and vigor depart;
There is now a stone where I once had a heart.

But inside this old carcass a young guy still dwells,
And now and again my battered heart swells
I remember the joys I remember the pain
I think of the years all too few gone too fast
And I'm loving and living life over again.

And accept the stark fact that nothing can last
So open your eyes, people open and see....
Not a crabby old man Look closer see ME!!

Remember this poem when you next meet an older person, man or woman, who you might brush aside without looking at the young soul within. We may all, one day, be there, as well!

A Brief Biographical Sketch

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.