

# Julienne

FINE FOODS & CELEBRATIONS  
ESTABLISHED 1985



## On a Personal Note

A few humble words of encouragement as we enter month 8 of Corona.....it takes a lot to stay self-motivated, self-cared for, self-engaged--AND, for many with children and families--to be encouraging to them, too.

As the on-going pandemic, social unrest, contentious elections, economic depression and uncertainty continue to collide..and flu season on the horizon....mental fortitude is ever needed just to keep going. To find some little happiness to look forward to, everyday. To keep things in perspective. As challenging as circumstances are this year, other moments in our history have been equally severe, consequential and longer lasting. And I, most sincerely, continue to have many things for which to be grateful.

Monotony and boredom have certainly settled in. Little moments of happiness like going to the movies, theater, concerts etc have evaporated. BUT...driving to work the other day, my same route morning and night, day-in and day-out, for the last seven months....music on KUSC pushed me out of my stupor --"The Moldau", the great Czech composer Smetana's rousing, patriotic, and dizzying music lifted my spirits so, to a point where I opened the sunroof, rolled down all the windows and EXHALED. AND conducted along. And smiled ear to ear. It's been a long time coming to feel so alive and happy, unexpectedly, and those 5 minutes, just one movement, made a real mental shift.

It reminded me of how much music has guided my spirits in the past. Of particular note is "The Ride of the Valkyries". Wagner's great and triumphant music has a real soft spot in my heart ever since I chose to listen to this piece when I was enduring a particularly intensive and long type of radiation -- twice a day for six days. As I lay on that radiation bed, hooked up to multiple wires and everyone ordered to leave the room, except the patient, of course, I was allowed to bring music to play on the speakers in the room. The quiet church hymns I initially selected just didn't cut the muster. Something more conquering, more triumphant was needed--hence the Ride of the Valkyries. Blasting through those lead lined walls (maybe??) I felt invincible and ready to KEEP GOING.

During my year of cancer, happily 10 years ago, I leaned on the sweeping and exuberant opera choruses of Verdi's Nabucco and Il Trovatore, and the collective symphonies of Brahms, Beethoven and Dvorak's "New World". And I certainly can never forget Joe Cocker on the radio unexpectedly singing You Are So Beautiful the exact moment my head was being shaved. Divine intervention, indeed. Music then helped me mentally get over the fatigue of ...everything. As it has for centuries, music covers every human emotion on the spectrum--it in fact, connects us to feel more human. The power of music is undeniable. I am sorely tempted to blast Valkyries for the next few weeks at Julienne!

I bring this all up as I struggle to find the motivation to keep going, keep being optimistic, keep things in perspective, all while keeping my mask on....I find joy, once again, in the emotions of music. While there really is no definite end in sight, I believe that circumstances will indeed improve, that we will prevail individually and as a community, and that our nation will make meaningful strides to recalibrate to the values and ideals we hold true as Americans for all Americans....I want to be a part of the change that celebrates and encourages our diversity.

So may I humbly suggest singing in the car-- or wherever the spirit strikes--as a way to Exhale, Smile, and truly enjoy a few moments of JOY. It's good for the soul.

Best Wishes, Julie

