

조선형의 실 비취 산책 6

Seon H. Cho's essay on Golden Happiness

Winter has crept into Leisure World Seal Beach, California. Temperature is hovering around 45 to 60 degrees. Pink and red blossoms of Crepe Myrtle, along the street of St. Andrew, are all dried off from the stem, only bare branches remained; those branches look like whipping rods, twisted one another, piercing toward the sky. Eucalyptus trees, around the golf course, turned its leaves into yellowish dark color. Even Bougainvillea along the Golden Rain Drive is simmering.

Cold weather drove the residents into an indoors; Gym is full, the hall next to Gym is also filled with women engaged in line dancing. Ground floor where 12 tables of table tennis are located is crowded. At the corner table, four some are busy playing, laughing and shouting.

My wife and I went to "Health seminar" at the club house #3. About 100 residents showed up. The seminar was about plant diet. The theme was "stay healthy with vegetarian diet". The lecturer reviewed several research papers on effectiveness of Cholesterol medicine for prevention of a stroke.

Satin based medicine may reduce Cholesterol level but not for prevention of stroke. Cholesterol medicine produces side effects. Plant diet with vegetable and fruit not only lower the Cholesterol but also helps preventing stroke through making of healthy blood vessel.

Even in winter, Leisure World residents are busy in their engagement in activities from out door to indoor. From 9: 30 am, there are coffee hours at the club house 6. About 20 round tables are fully occupied having about 8 to 10 seats for each table. I enjoy chatting with those retired warriors in battlefield, editor of newspaper, professors in different discipline.

Their joy of harvesting golden happiness is in managing health, chatting with friends, engage in various activities of their choice. All the indoor and outdoor activities in the Leisure World are offered as free.

My wife and my dream is in following life cycle of Silversword plant in Haleakala Mountain in Maui. The plant lives in dry and windy place, the volcanic landscape in Haleakala, 10,000 feet above sea level. This plant consists of a rosette of narrow, pointed silver leaves that may be up to 40 centimetres long.

The Longevity of this plant is 90 years old. In the early stage, the plant survives as silvery cactus looking like a round ball, in the middle age it grows tall as three meters and 75 centimeters wide. In the final stage, blossoming with beautiful flower; flower heads with 600 compound in the inflorescence. The flower is simply gorgeous and beautiful.

The flowers in the last stage of life symbolizes glory from all those hard life lived in the volcanic and windy place. When blossoming ends, time for deflowering, the entire Silversword became silver and collapses on ground, and disappears. Remain and corps are untraceably gone. What a beautiful life was. No funeral but only the memory of glamorous flowers

My wife and I pray for our life to be like those Silvswords in Haleakala Mountain.

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