

Words of my Life

A collection of poems and song lyrics by Martin Jalovec created over more than 40 years

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Clickbait Blues

Woke up this mornin'
Booted up to start my day
Just gettin' started
The adds just blew my ass away
No way I can escape it
There's got to be another way

I'm not buyin'
Get that trash out of my face
I'm not buyin'
So many adds are just a waste
Got some better things to do
And I could use the extra space...

Solo

Can't seem to shake it
Seems they never go away
Close one and think it's over
And another starts to play
With some they let you skip it
10 seconds wasted from your day

Now I don't care if it's in stock
And I don't need to be enhanced
And I don't need no new insurance
I don't want to refinance
Jet lemme go about my business
I don't want no Clickbait dance
mwj

8/12/21

Old Hippie #3

He's heard the first one and the sequel
But they're still not where it's at

With 6 decades now behind him
Lookin' back just leaves him flat

He's got an ipad and a smartphone
Custom cable internet

And he never leaves his Facebook
Lest his Skype's a better bet

He often sits in wonder
What on earth is coming next

He's an old hippie
Qualifies AARP
And he gets the senior discounts
Sometimes help across the street
His mind is sometimes hazy
And his memory is weak
But his body holds its own
And he's a simple peace loving freak

He gave up the heavy drinkin'
And puffs 'lectric cigarettes

He's cut out all the fast food
Counts his carbs and added fat

He checks obituaries
Looking for his many long lost friends

And he thinks a lot more now about
Just how his time will end

Still rubbernecks the young girls
Out of habit with regret

He's an old hippie
He's not driven by desire
Of the ladies secret pleasures
Or the passion and the fire
They're really all just friends now
And he doesn't really care
He's more focused on his garden
And his long thin quickly graying hair

There is a certain comfort
That the years have brought about

He's got the wisdom and the knowledge
That the youngers are without

But he's given up his efforts
To share what he has learned

With a generation focused on
Themselves with little earned

The torch was passed on long ago
It's this generations turn

He's an old hippie
In the autumn of his life
He's had a lot of good times
And his share of pain and strife
He's proud and he's thankful
For all that he's received
And ready for whatever's next
He'll just roll and shift with the breeze

Yes he's ready for whatever's next
He'll roll and shift with the breeze

mwj

10/25/20



Kitty Kitty - Rest In Peace - 10/25/2020

I lost my closest friend tonight
My one eyed - clipped ear cat
A burly feral in my back yard
Who on our porch he sat

It took some time to make him trust
But we saw it in his eyes
And soon he'd come right up to us
A bit to our surprise

Then came the cold and ice and snow
He had no place to go
So a heated little house was made
He didn't like the snow

And soon he was at home with us
On each and every day
To greet us with his loving face
And even sometimes play

As time went on we came to see
He needs to be indoors
We welcomed him into our home

With blankets and warm floors

Adapting well to indoor life
He fit and seemed to chill
The love he gave affected me
And I'm sure it always will

And in the end I have to say
He covered me with snuggles
And laid his head above my face
Though I knew he was in trouble

His bad eye came infected
Diabetes hit as well
And to top it off he got heart-worms
How bad no-one could tell

With insulin and loving care
We bought for him some days
A Kitty hospice in our home
He was loved so many ways

And so goodbye my loving friend
I did the best I could
You suffered at the end a bit
I'd hoped you never would

You'll always live inside my heart
And I will often wonder
Should I have taken action sooner
To limit what you suffered?

mwj

4/28/2020

Can We Open Up That Door

Is it there on the horizon
Out of reach but we can see
Could it be the times are changing
Is it up to you and me

When inside it can get lonely
To cocoon is something new
Do we miss the things we often took for granted
Did we somehow miss the cue

In the times when we feel lonely
In the times when we feel sad
Can we open up and care for one another
Can we share the things we have

Can it bring us all together
Should the time of danger leave
Will we hug and shake the hands of one another
Or just touch upon the sleeve

Will we blame it on another
In a country far away
Did we simply miss the warning signs of danger
Is this the price we all must pay

Is there something deep inside us
That is difficult to see
That has made us look away from one another
Can we somehow find the key

Is it time to lift restrictions
Is it safe to leave our home
Will the hungry find the food they need so badly
Will they track us with a drone

Can we come to see the problems
That exist with rich and poor
Can we care for one another without question
Can we open up that door

mwj

Taking a Stand?

Most people forgo their opinions
It's better to keep to themselves
Debate has no level of comfort
That some feel that they need to excel

Taking a stand on an issue
Requires some real reason and thought
And often is met with resistance
From others who've challenged the thought

Exchanges are often unpleasant
And ideas will sometimes adjust
To things that have not been considered
Some even from those that we trust

And then there's the voice of the airwaves
From those who control all that's said
That lead us to shutter our own thoughts
And post stupid Trump memes instead

No politics up for discussion
No reason to learn and to share
It's better to live in the bubble
That leads us to not really care

And so what will come tomorrow
No matter the cheer or the howl
Is that which we'll all have to live with
'Cause we've already thrown in the towel

mwj

The Arbiter

No you cannot see all this
And yes it must be stopped
We cannot rest a minute
In the fight for who's on top

We mustn't drop our guard against
The lies of pure fake news
And we shouldn't turn our gaze away
From political corporate views

They know just what is right for us
And what it is that's true
And any who dissent from this
Need to change their point of view

But wait I think there's something else
Not many seem to see
Who are the ones who draw the lines
And is this really free

Do we need them to decide for us
What we can and cannot hear
Can we trust that they are with us now
And not simply spreading fear

I choose to be the arbiter
Of what I read and see
And I don't need folks in government
To censor things for me

mwj

AS LONG AS IT ISN'T NOW

I've heard it said that getting old
Is not what many think
The dreams of time and lazy days
Are off the missing link

We work away for most our lives
With plans of better days
Without a thought on how to live
In a world made of today

A master plan that's well thought out
With every detail checked
We count the days until we're free
No time to just reflect

We had our health back in the day
And chose to just abuse it
Not seeing what it's done to us
We assumed we'd never lose it

And then there comes the simple truth
We age and start to wane
A sickness here, some dental work
Some new discovered pain

A new found fear begins deep down
Some thoughts of our demise
What time is left before the day
Of the dreaded last surprise

So what to do to navigate
This new uncharted path
Is it faith in God or something else
To help us face these facts

Can we find some peace in what we've been
Did we make a contribution
Do we have regrets and wonder why
Can we expect some absolution

Or could it be we just accept
Whatever lies ahead
Without the fear of what's to come
And choose to smile instead

The fear of what's to come to us
Is never worth the time
And it never changes anything
No matter how you try

So live the moment and just enjoy
Whatever time allows
Maybe welcome death as inevitable
As long as it isn't now

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Me, You, Us

See me can you see me
As part of your world

Hear me can you hear me
I'm feeling unsure

Just angry talk with no one listening
Why can't we see both sides

Tell me can you tell me
What's happening here

Show me can you show me
You're willing to hear

We're meant to live this life together
There may not be much time

solo

Join me will you join me
Let's open our minds

Know me can you know me
It's good to be kind

Let's mend our hearts to redefine us
And keep an open mind

See me can you see me
As part of our world

Hear me can you hear me
I'm feeling unsure

It's time we left our hate behind us
What can it hurt to try

I'm Retired

The past is running through my mind
Could it be this thing is done
Or does this mark a brand new start
Or should I just seek out the fun

Did I do the things I aimed to do
Can I call it a success
Did I make a difference in any way
Or was it only to impress

Did I prepare enough to make it through
The challenges ahead
Is the fear I feel anxiety
Could it all be in my head

It's not the way I thought it would be
Through all those years of planning
All the things I knew I'd do when free
They just don't seem as exciting

But then again I must admit
I'm really only whining
I have my health and lots of friends
I'll find my silver lining

mwj

Between The Lines

So what's the point of writing lines
That rhyme and have a rhythm
Divided into several parts
With meaning deep within them

So often short and to the point
Requiring little verbiage
It seems to get the point across
Without the extra garbage

Or could it be that to plant a thought
That requires a look within
Can open up a world of things
That can or could have been

Between the lines there often lies
A meaning just for one
That often means to each of us
Something different to be done

And so it is with words of prose
That challenge us somehow
To open up our minds to see
Just how we feel right now

So as you read relax your mind
And follow where it takes you
The one who wrote it may just know
A path to something new

To A Brother With Love

My dearest friend's in pain today
I feel it in my soul
He lost his love and confidant
And now it takes its toll

With smiles and laughs he tries to be
The same old loving friend
A man who's been right next to me
Through distance time and mend

What can I say to comfort him
Or help him on his way
In dealing with this fact of life
We all will see some day

To say I understand or know
The pain that makes him numb
Cannot be known by me right now
My time is yet to come

So all that's left for me to do
Is shower him with love
And open up my heart and soul
To a brother from above

My Fellow Americans

Take a look at where you are today
And look at where you've been
And look at what you've left behind
The many ways you've sinned

You say it's all democracy
And equal rights for all
A fight for peace and freedom
While other countries fall

With millions dead and hurting
And wars that never end
You're blinded by your ignorance
And only can pretend

Pretend that what is happening
Is best for everyone
As you've been told repeatedly
Until the deed is done

At first it was just Communism
The Reds at every door
And then there came the terrorists
That make you kill still more

And next there'll be the Chinamen
And all those Mexicans
That threaten all you live for
Or so you will pretend

The truth be told that cannot hide
Is plain for all to see
You need to have an enemy
To make you think you're free

The time has come to stand and fight
To make the change we need
Remove the sad duopoly
Of those we hire to lead

Corruption and the money game
Has brought this onto us
It's time to change the government
Before we turn to dust

mwj

Lessons of History

The lessons found in history
Cannot be seen in the moment
They hide behind the yet to be found
Through study, time, and comment

For in the chaos while still unfolding
The truth is yet to be
While blinded by the talking heads
Who mold the things we see

The truth has no position here
It doesn't fit the mold
We're showered with the greatness found
From all the lies we're told

But over time the changes come
From those who take the time
To look behind the quilt of lies
That covered all the crime

And so for me the time has come
My heart is filled with pain
As I have learned what many won't
We're merely pawns in the game

Routines

It began with my retirement
Unfamiliar and brand new
In a search for what lies next
Not a clue of what to do

A career that's left behind
After thirty seven years
With excitement laced with caution
And an element of fear

The daily grind no longer present
And the stress now redefined
It began without my knowing
A new life is mine to find

From the simple morning rituals
To the lists and TBD's
And the change in all the normals
That so long we're part of me

With most things quite slowly changing
As I pondered through it all
I began to see that order
Had a place however small

All the things often repeated
As were programmed through the past
They were now just overtaken
By this new life changing fast

As I settle in and contemplate
On just what this could mean
I can see the start of all great things
Is based in new routines
mwj

Anniversary - 2016

Another year together
It's 29 so far
Perhaps it's time we come to see
How fortunate we are

We have our health and modest home
And special furry friends
We've stepped into the autumn phase
Of life when working ends

And with the changes often hard
Our hearts remain entwined
Though often facing challenges
With peace not quick to find

But every block upon our path
We've moved or worked around
With love respect and open eyes
Through all the ups and downs

So on this day I'd like to send
To you my loving wife
My love, respect, and gratitude
I'm thankful for our life

mwj

8/12/21

The Baby Sasha

From the day I brought her home I thought
There could well come the day
When love and warmth no longer work
To keep her pain away

For years she's been there next to me
In sleep and fun and play
To comfort me in many ways
And help me on my way

She'd hear from me what others don't
And comfort with her touch
With motor running all the way
That I will miss so much

And so today I said goodbye
A shot a hug and tears
Any many thanks to my best friend
For almost 8 full years

mwj

It's Been A Long Time (7/20/13)

It's been a long time
It really is a crime
Since there's been joy on the faces
With peace and love as prime

We've all been lied to
And we've been pushed aside
By the ones with the money
The air and the paper time

How could it be
This land of and by the free
Now lies a captive to
Only power and the money

The vote that once was right
Can now be bought outright
Can be from another country
Or on a boardroom night

I gave my 5 bucks
Support my choice as such
Petitions signed just for luck
Though I know it can't amount to much

How could it be
This land of and by the free
Now lays waste
To the welcome that used to be

Supremes of truth and justice
They're just a used to be
Now one extension of a simple truth
Power and the money

How could it be
This land of and by the free
Is now bought and paid for by
Political parties

Is it getting warmer
Is science still a truth
Can we pray the bad away
Will they do only as I say

How could it be
This land of and by the free
Will pass along to the future
A drab and shady legacy

It's been a long time
It really is a crime
Since there's been joy on the faces
When peace and love was once prime

My Little Friend

I have a little feline friend
He greets me at my door
Meows and fear speak out to me
He's hungry wanting more

He has no home from what I know
And little trust in me
But deep inside this little guy
A friend is what he sees

At times he's gone for days on end
I fear for his demise
But every time he still returns
For me a great surprise

If often think of where he goes
And how he spends his time
Does he have fun or is he hurt
It ripples through my mind

Or is he cold and lonely too
Impossible to say
I fear for him and want to help
He often makes my day

And so for now I'll just go on
Kitty talk and just a nod
I won't forget those probing eyes
To me the eyes of God

mwj

8/12/21

Reflections

If only I had known back then
The things that I know now
I might have taken time to see
The things I missed somehow

I might have put the here and now
Ahead of that to come
And lived each day for what it was
A walk and not a run

I might have stopped to wonder at
The gifts on me bestowed
And given thanks to all I loved
And all I'd come to own

I might have given more of me
To those that were in need
And focused less on racing on
Propelled by self and greed

But hey I've still got life and hope
Remaining in my soul
I'll pay it forward from now on
Until the time I go

mwj

Turtle

I stopped to help a turtle
As he crept across the road
And my mind began to wonder
Is he dumb or is he bold

Is it possible he understands
The risk in what he's done
Does he know of those above him
That would aim at him for fun

Has he any thoughts of me
In terms of what it is I've done
Can he feel the love inside of me
For him and everyone

I feel better now for helping him
I'd do it all again
But I'm sickened there are others
Who would kill him with a grin

mwj

6/18/82

My Wife, My Life

(wedding vows, 1st marriage)

As my life moves swiftly forward
And each day brings something new
At this moment I'm at peace and warm
Just knowing I'm with you

In front of all my loved ones
And nervous just a bit
I feel the special bonding
Of an almost perfect fit

Our union will endure I feel
The ups and downs to come
For I can truly say to you
You are my only one

I feel it at this moment
As at the last one too
And my edginess is fading
As I read this poem to you

As the seasons are to nature
We're both changing to and fro
With the snow we're close together
And the cold we'll never know

With the sunshine we're both smiling
Just the way most people do
As it rains we'll count our blessings
As it brings us all that's new

Yes the seasons shine upon us
And continue to they will
'Cause we've found the key to all there is
As nature, we change too

Yes I welcome you into my life
And cherish you I will
In sickness health and in between
I'll give to you your fill

Of love, respect and confidence
My deepest true regard
I love you Terri, I'll say it loud
And it isn't even hard

And if I die before my time
The gift I'll leave for you
Is the promise of my mind and soul
Forever dear, it's you

If you should leave before I do
Much worse than that above
I'll carry on for both of us
The trust and deepest love

The love of nature truth and kin
The happiness we've shared
It's all ahead for us my dear
We are the perfect pair

mwj

5/12/14

15 Years

It was August 12 back in 99
When I lost my Mom at 69
15 years have passed before my eyes
And on Mothers Day I stop and cry

I cry for what she gave me
I cry for who she was
I cry for what I could have done
I cry because she's gone

I'm sad while just remembering
Her soft and gentle touch
And the wisdom she provided
That affected me so much

Regrets they are aplenty
As I venture through my past
And I wonder if I hurt her
Did these feelings in her last

Was she proud of what she made of me
Does she now just rest in peace
Am I what she worked so hard for
As her age I slowly reach

While there's nothing I can change of this
The past is what it is
I can sometimes feel inside of me
She's giving me a kiss

She knows there's been some rough spots
And some things she might rewind
But overall her son became
The man she had in mind

So Mom if you can hear me
I'd like for you to know
That I am the man you made me
And my love for you still grows

mwj

It's Their Way

He's the thinker and the puppet
That is pushed and pulled about
And he thinks he's really heading
Towards the truth without a doubt
All the evidence it points right to
The only proper truth
But the politics will twist this
'Till his mind is shaken loose
Yes he knows the way it should be
And he's kept his own self pride
But he's pushed into believing that
He simply must abide
To the pressures of the higher ones
That dictate right and wrong
When they've lost all sight of what there is
Through greed and ugly song
It's this element of industry
That keeps the good from great
And will stifle all true tendencies
To halt the need to state
That the job you've done is not to par
Not even close they'll say
'Cause you've done just what you had to do
Against your chosen way
And so it goes for those who do
The work for others high
They're the engineers and technocrats
That answer with a sigh
If I had it all to do again
I guess I'd have to say
That I make a living right or wrong
It has to be their way

Mwj
2/15/83

My Wife, My Friend, My Mate

She's a petal of the flower
That will glisten in the sun
She's got life and subtle passion
That is equaled by no one
She's the keeper of the reasons
I'll keep pushing towards the best
And she always keeps things open
Keeping doubt off of my chest

And she's often had to be there
Yes for this I'm quite aware
That to live this life without her
Would be surely hard to bare
She's the structure to my molded form
An anchor to my ship
And she cooks and cleans and helps me out
With love and true friendship

Yes this woman that I'm speaking of
In case you didn't know
Is my Valentine and number one
It's you dear - even though
You are not the type to recognize
These bright and shining traits
You are all of them and many more

My Wife, My Friend, My Mate

mwj

8/12/21

A Billion Cries

In the space between the earth and mouth
From where we gain our strength
From what we eat to what we wear
What we're for and are against

Exists a state of sadness
Real pain and suffering
With a billion cries for mercy
With no one listening

With factory farms and untamed greed
Compassion can't be found
With faceless gouls abusing those
In ways that have no bounds

In what would seem inhuman and
Atrocious at the least
We put ourselves above the rest
No matter what the beast

And yet it seems unknown to most
We needn't eat the flesh
Of our fellow earth inhabitants
To make our health the best

It breaks my heart to think of this
I'd cry if it would help
If I could stop it all today
I'd sacrifice myself

mwj

Prior to Dying

Like the pedals of the newborn flower
Wrapped around the heart inside
Our strong defenses hopes and fears
Keep us safe and satisfied

Until the day the pedals open
And the beauty flows like rain
On all who see and truly feel
The gift of love and rain

Because you see the blooming flower
Can sure be thought to imitate
The endless cycles travelled far
By those who love and contemplate

The final step of letting go
To trust and love and care
Without the pedals covering up
The lovely lives we share

Without the fears of being wrong
Without the fears of trying
We open up for all to see
A living prior to dying

mwj

One Way Trip

If a man decides to marry
There's a thing or two to know
And the time to learn about them
Is before to church you go
As a woman courts her loved one
She'll give out her very best
And then once she knows she's got him
She's acceptable at best
As she learns her knight in armor
Is just a plain and simple man
She begins to think about the time
She loved another man
She will let the things about her
Out in front for you to see
And you'll notice all the things you thought
Just surely couldn't be
Oh and yes of course let's not forget
The nagging and the hell
That she'll throw at you each time you try
To live it up or tell
Of the lady you were talking to
Or bet you'd like to make
Of the drink you thought you wanted
Just to help you stay awake
Yes this lady that you married
Is the one you used to date
But the attitude she's taken
Is enough to aggravate
Any person not aware of what
True marriage is to be
It's a one way trip towards living for
Masochistic tendencies

Mwj
2/16/83

Lesser Traits

People will be people in most every place you go
And in almost every instance there's a trait that's sure to
show
There's a quality about us that will make us look our worst
And it's often without knowing that we show this quenchless
thirst

It's the lust for more possessions and the drive to get the
best
And the feeling that we savor when we've bettered all the
rest
If we smash some toes along the way it's just the way it is
And the guilt we feel is swiftly lost through liking all of this

Yes it's human nature – good or bad
That drives us to this end
And it seems as if a lot of us
Can't even trust a friend

If we live as if we always know
What people think of us
We must surely face the ugly truth
They could be dangerous

And along with this the other side of peoples' lesser traits
Includes the way we prostitute the earth we habitate
As the hammer to the nail it's bad to be the beaten head
But the wood it's driven into is the part – it could be said

That can represent the life on earth that's swiftly on the run
That is filled with holes and battered nails respected by no
one
And so it goes from day to day
We'll live as if we know

That the things we really care about
Will not affect the flow
Of mother nature, truth, and love
Of children and of friends
We'll take for granted all of these
Until the very end.

Mwj

5/8/87

First Mother's Day

To a mother and a friend
I send my deepest true regards
On this day of recognition
Of the ones who work so hard

You're the topic of my sweetest dreams
The anchor to my ship
Though I met you almost yesterday
I cherish your friendship

And what's more than that I've said above
Though hard to understand
I feel the glow of newborn love
Just touching hand to hand

I feel the need to open up
And give you all my best
And take the love you have to give
That parts you from the rest

The love you give unselfishly
That goes to just one man
The love that flows so easily
When you say you understand

You hold the key to happiness
That often slips away
From all the ones who need it most
Have a happy Mother's Day

mwj

A Matter Of The Heart

When faced with the uncertainty
Of sharing from the heart
We're often lost and tangled up
Before we even start

We'll look within and try to show
The feelings kept inside
And find ourselves compiling lists
And outline notes that guide

We note the points that concentrate
On what we think's expected
And hope that what we've come up with
It won't end up rejected

And with all this we end up with
Much less than when we started
That precious gift of peace and calm
Serenity has parted

So on this day it pays to note
Before we even start
Tear up the list and let it flow
It's a matter of the heart

mwj

5/19/87

At The Bar

To the waiters and the waitresses
Who work so hard at nite
I pay my deepest true respects
To all they add to life

They're the ones who serve the happiness
That makes the lonely well
And they're always there to listen
To the plight of clientele

To the problems of the people
Who they'll never get to know
They give love and simple friendship
We all find so hard to show

They're the ones who make their living
Giving other people pride
I salute them in their place in life
In them I shall confide

mwj

Upon These Ears

If I could write of here and now
To someone close I know somehow
That all my feelings thoughts and fears
Of shattered dreams and wasted tears

Would flow like rain upon the land
Upon these ears that understand
Upon these ears that don't inject
The way they think or might expect

That I should be or somehow change
To fit the mold that they've arranged
For I'm the one that ought to be
The one to know what's right for me

Because you see and answer's clear
The greatest gift that one can hear
Is the gift of trust and true respect
Except me now without regret

mwj

To Start

So often are the times
A thought comes into mind
That strikes without a warning
And leaves one wondering why

The light that shines upon us
To spark this star of thought
Is lost as it approached us
The time to understand it – lost

To capture this enchantment
And muster it at will
Is the gift and nurtured center
Of the shoes I've tried to fill

To keep the treasured moment
Through recall and control
Can focus all there needs to be
To conquer any goal

For the ultimate achievement
And key to all success
Is the knack to turn it on and off
And focus all your best

On the task that's put before you
By order, chance, or choice
And use the gift of focus
To prosper and rejoice

mwj

12/9/92

Five Sweet Years

Our day is here again my dear
With five sweet years behind us
We're still in love and best of friends
Respect and trust have found us

We're bound by all we know and have
And how we learn and think
And though it may sound kind of strange
I feel a special link

For often times when we're apart
I feel your thoughts and love
That guides me through the roughest spots
And helps me rise above

So on this day as those gone by
My heart is one with you
And as above I feel your thoughts
I think you feel mine too

mwj

For You, Mom

A child is born in '54
On a normal spring filled day
To a couple blessed three years before
With their first not far away
With the husband of the working type
Tough hands and rigid back
There's the mother of the patient type
Who keeps things right on tract
She's concerned and truly lives to care
For those she calls her own
And she's given much much more than most
To make her house a home
There's no career for this dear Mom
To take her from the task
Of spending every waking hour
To field the questions asked
She's shown the fight required to be
The strong respected type
And she knows the traits that separate
The freedom from the hype
She'll keep the real in line with all
That simply must be done
While she's got the heart to love and care
That's equaled by no-one
So on this day from all my heart
I'd like to say to her
She has my love and true respect
On this she can be sure

mwj

Unemployment Line

To think is to imagine
That the problem right at hand
Is at best an inconvenience
A diversion from the plan

And to worry is to defeat oneself
Division from within
'Cause emotions are the part of us
That'll never let us win

In the battle for our sanity
The fight to do what's right
Keep your cool and count to ten they'll say
And they're almost always right

'Cause the anger and the tension
And the love and hurt and fear
Must be handled using reason
For the end is truly near

mwj

An Ill That Needs A Cure

So you think you need a diet
And you know you'd like to try it
But you can't escape the feeling
That you know you're going to fail

So you tighten up the buckle
And you starve yourself to death
And your life becomes a nightmare
And you're learning to regret

That decision to participate
To try and drop the pounds
'Cause results aren't even showing
And the hunger's still around

Yes you've tried most nearly everything
And worked so very hard
But you're still the same old person
Just a slouchy tub of lard

Yes this is the way you see yourself
It's sad but really true
'Cause the weight you really need to lose
Is deep inside of you

It's your attitude about yourself
Your negative true face
That will beat you almost every time
And make you feel disgrace

Yes you'll hurt and really hate yourself
And quit before you're done
'Cause the mirror shows a person
Who'd much rather be someone

That's quite different and better
In each and every way
You're convinced you're not the person
That you could become one day

Yes our attitudes about ourselves
Are paramount for sure
Especially if they're negative
An ill that needs a cure

mwj

In Search Of Something New

Outside it's warm and peaceful
Just a perfect spring filled day
As I catch myself just wishing
I could think the time away

If I could I'd end each day you see
Just after it began
'Cause I hate the way I spend the time
At work I cannot stand

Yes for some it's just a sacrifice
To earn security
And the money can't be beat they say
Endure and you shall see

That the time you spend is well worthwhile
You'll buy our peace they say
I just hope that what I've bought won't be
A senseless early grave

Yes to me it can't be right to sit
Each day and hope to be
Several hours into the future
Out of work and feeling free

Cause the freedom only lasts until
To work it's off you go
And you hope and pray the day you live
It won't be going slow

As it is we choose which way to go
And I can surely say
That to wish for time to speed away
Is not the proper way

Could it be that off around the bend
An answer lies unfound
It's your life/career that fits your mind
And turns your hopes around

It's a way of life that lets you see
That time, our dearest friend
Is a gift to live each second of
Up to the very end

So for me it's on to something else
In search of something new
That will make me see the light involved
In time, go slow, it's true

mwj

What Makes Your House A Home

To be happy is the bottom line
Of all we think and do
Yet this feeling lies just out of reach
To most like me and you

Could it be that what we're looking for
Is there inside of us
But it can't be found since all we want
Is simply not around

It's the house of dreams or fancy car
Or yacht out on the bay
With our minds made up we'll push until
We've finally made the day

When the dreams are gone and on our lawn
The boat lies always still
And the car it drives just up the hill
To the house that's better still

Yes it seems that what we want is fine
Until we've conquered it
Then it's time to move again to when
We simply must have it

And so it goes around and 'round
With no apparent end
Until you've got most everything
With more than you can spend

Yes to most it seems this is the goal
To live your life around
And it couldn't be that once you're there
True happy won't be found

But the bottom line to all there is
Is not how much you own
It's the way you live and why you smile
That makes your house a home

mwj

Ode To TMI

If a thinker is a doer
And a wise man is content
Then the workers of this industry
Are almost always spent

They will gamble with their sanity
And hope they're never sent
To a job of true integrity
That holds them to the rent

The rent they pay for take home pay
For dignity and grace
The rent that's fairly asked for
In today's most rapid race

Yes this industry's complexity
Has made it safe to be
Just a mindless piece of garbage
In today's society

mwj

Friends Like Bob and Sue

Way back in the 60's I met a good friend
And we've kept ourselves together as we will until the end
And he's finally getting married to a wonderful girl
Who's become a loving friend in both my wife's and my
world

They're a pleasure to accompany and fit each other well
And they accent one another like the flower and its' smell
There's a special kind of magic in the things they like to do
Since it doesn't really matter, you'll have fun and they will too

Oh and yes of course I musn't shun the very special trait
That they radiate together giving cause to celebrate
They will bless you with a feeling when you came and spent
some time
That will send you out believing it's for you the sun will shine

Yes these are the type of people who will really truly care
And they'll show they really like you, which is often very rare
It's a very special feeling having friends like Bob and Sue
And we wish them all the best in life – we're proud to know
these two

mwj

12/9/88

Just One Year

To my darling wife of just one year
I'd like to say to you
My love still burns as if it were
A feeling bold and new

We've fought the odds that complicate
A new love's chance to make
A happy life in harmony
Not laced with hurt and hate

We've found the way to overcome
Whatever stands in line
With what we want for then and now
No matter – rain or shine

I love you dear with all my heart
And let me say to you
I'm here for you for all my life
Forever we are two

mwj

A Part Of Me

In the woods of North Wisconsin
Live the parents of my Dad
In the beauty of the seasons
And the love of what they have
They're the perfect senior couple
With a thriving family
That has grown from four fine sons
Into a shining legacy
They're both happy and they're healthy
And they're often on my mind
As I hustle with the bustle
Putting off most every time
My ambitions to communicate
To quickly drop a line
Just to tell them that I'm out here
Living well and feeling fine
Yes it seems as if there's some unknown
That keeps me from the pen
That will write just what I'm thinking
Taking time out now and then
Oh I guess it's just the way it is
Among the young and old
And I'm sure I'm not the only one
For whom this story's told
But I'd like to say right here and now
As rare as it may be
That I'm thinking of the both of you
You are a part of me

Mwj – 6/83

6/24/2013

A Mother's Love #2

Between the first sign of sickness
And infant's loving stare
Exists pain and emotion
Just a mother must bear

She'll live through uncertainty
The joy and the fear
That comes with the journey
New life almost here

With the last grand finale
All the pain and the hope
Comes the cries of what's coming
New life which to cope

Baby girl came today
She's the apple of the eye
Of the mother lying silent
With a happy gentle cry

She'll grow 'neath the cover
Of Mom's caring hands
'Till she's learned she knows better
Than all in the land

She'll weave through the tussles
Through puberty and teen
Not seeing what's given
At times even mean

But one day an inkling
The change shining bright
She sees what's been given
By she who gave life

She's come to see now
The depth of Mom's love
Respect and compassion
A gift from above
mwj

It's Their Way

He's the thinker and the puppet
That is pushed and pulled about
And he thinks he's really heading
Towards the truth without a doubt
All the evidence it points right to
The only proper truth
But the politics will twist this
'Till his mind is shaken loose
Yes he knows the way it should be
And he's kept his own self pride
But he's pushed into believing that
He simply must abide
To the pressures of the higher ones
That dictate right and wrong
When they've lost all sight of what there is
Through greed and ugly song
It's this element of industry
That keeps the good from great
And will stifle all true tendencies
To halt the need to state
That the job you've done is not to par
Not even close they'll say
'Cause you've done just what you had to do
Against your chosen way
And so it goes for those who do
The work for others high
They're the engineers and technocrats
That answer with a sigh
If I had it all to do again
I guess I'd have to say
That I make a living right or wrong
It has to be their way

Mwj
2/15/83

For You, Dad

At the heart of every person
Lies the subtle influence
Of the person they grew up with
Who gave strength and common sense
He's the husband of the Mother
And the master of the house
And he's always made quite certain
That you've never done without
He's the source of all the answers
To the things that left you blank
Like the reason for insurance
Of the money in the bank
As you grew he lit the trail to where
You found your happy day
Always being quite aware
That you'd mistake along the way
If you fell he'd lift you up just when
You'd lost your will to try

When came a tear into the eye
Yes there's a lot that can be said
About this warm and friendly man
And it's even more apparent
When we talk of my Old Man
In addition to that stated here
He's got some special traits
Like the art of always giving
Much much more than he will take
He will always be the person
That will sacrifice the most
With the strangest thing about it being
You'll never hear him boast
Of the things that he has given
Of the work that he has done
That's my Dad and he's the greatest
And I'm proud to be his son

Oh and one more thing before I go
I'd like to say to you
Although it's not said often
Dearest Dad I do love you

Mwj
6//6/83

Slow The Pace

One thing about time
Each person should know
It often goes slowly
When waiting to go

When bored or exhausted
Or totally spaced
You wish you could hasten
It's god awful pace

But slow it may be
And tired you've become
Remember there's one thing
That just can't be done

You'll never slow down
It's tempo or pace
It's ticking against us
The whole human race

So live for each moment
With smile on the face
And treasure the time
That you have - slow the pace

Mwj
3/12/82

Get To Know

To be all alone not having to be
Is a feeling that's new and different to me
To make my own bed and scratch my own head
Is something essential, although it's been said
That living and loving – a must for a man
Is vital and futile – all part of a plan
A plan of survival, a plan to complete
Although the true job you'll never defeat
Plans are the beginnings and plans are the path
To most it just seems they'll never get past
The stage of the plan that changes about
The center of all that you're never without
Eluding intruders it covers it's path
It's simply yourself, your now and your past
So look to the future and build on your plan
But know well before that the truly best man
Is a person who knows his do's and his don'ts
Who'll love and who'll live, but hurt you he won't

Mwj

Acceptance

The wind and the rain

The heart and the brain

The dawn and the dusk

A good song's refrain

The thoughts and the feelings

The fear and the pain

All bring us existence

In this our domain

Mwj

8/18/79

My Gift

I could have bought a fancy card
Or a bunch of stems and roses
Or taken you out on the town
To play until it closes

But all the gifts and niceities
Out there for us to see
Cannot begin to demonstrate
Just what you mean to me

For you my dear are at the heart
Of all there is for me
And in my life I hope someday
You too will come to see

That cards and stems and fancy nights
Though nice and sometimes fun
Cannot begin to celebrate
The love we've just begun

So on this day my darling wife
I'd like to let you see
Beyond a doubt my love is true
You are the one for me

Mwj

My Special Star

Though times are lean and hardened
By debts both new and old
And the bills just keep on comin...
And the house is always cold
There's a way that I can tell you
Of my love on Valentines
That will cost me all of nothing
But the card that holds the lines
And in these lines I'd like to tell
Of how I love and care
For the one with which I share my life
Who's warm and always there
To help me through my good and bad
And lift me up from down
And share the laughs and happiness
Of all the good we've found
Yes Nancy, you're my special star
And on this Valentines
I'd like to wish you all the best
True love is yours and mine

Mwj
2/14/88

Others Point of View

I long to learn to love again
Just how I cannot say
For as I am I feel as if
I've lost my heart-felt way

I don't express the way I feel
From deep inside my soul
More oft than not I just react
To thoughts most often cold

I long to make the one I love
Feel wanted and alive
And keep her here inside my heart
For our true love to thrive

So as for now I'll start with what
I know just must be true
I'll learn to give and understand
My others' point of view

Mwj
1/29/01

Mom's Day 1988

So here it is another Mother's Day
A year for us gone by

And in that time we've done a lot
We've laughed, we've loved, we've cried

We've weathered the wrath of seasons all
That comes with learning how

To love someone you hardly know
That starts out with a vow

So from my heart my dearest wife
I'd like to tell to you

Of all my love and deep respect
And happy Mom's Day too

Mwj
1988

Two Times Seven

14 years - two times seven
Lots of time to spend in heaven
Though all not perfect, some not fun
I feel right now we've just begun

We have our home that's right for us
We've come to see, accept and such
That though not perfect every day
In love we know we'll always stay

And for the time that may remain
For us to share our sun and rain
I pledge to you my heart and soul
And stand by you as on we go

And when it comes that we must part
With just one left with grieving heart
Regret we won't, for we shall know
To each we gave our heart and soul

mwj

12/11/2001

It's Been A Long Time – M. Jalovec (7/20/13)

It's been a long time
It really is a crime
Since there's been joy on the faces
With peace and love as prime

We've all been lied to
And we've been pushed aside
By all the ones with the money
The air and the paper time

How could it be
This land of and by the free
Now lies a captive to
Only power and all the money

The vote that once was right
Can now be bought outright
Can be from another country
Or on a boardroom night

I gave my 5 bucks
Support my choice as such
Petitions signed just for luck
Though I know it can't amount to much

How could it be
This land of and by the free
Now lays waste
To the welcome that used to be

Supremes of truth and justice
They're just a used to be
Now one extension of a simple truth
Power and the money

Guitar lead insert.....

How could it be
This land of and by the free
Is now bought and paid for by
Political parties

Is it getting warmer
Is science still a truth
Can we pray the bad away
Will they do only as I say

How could it be
This land of and by the free
Will pass along to the future
A drab and shady legacy

It's been a long time
It really is a crime
Since there's been joy on the faces
When peace and love was once prime

FREE AND EASY - (M. Jalovec)

The wind in the trees

Makes me happy

A warm summer's breeze

Lifts me up

Saturday afternoons

A walk in the park

It always ends too soon

I'm gonna live forever

And use my time to find a way to be

Just free - free and easy

Free and easy

A country stream in a lover's dream

That's a pleasant break from the old routine

I'm lookin' for the reality

That's not laced with subtle insanity

I'm lookin' to be with the ones that see

That all happiness comes from livin' free and easy

Saturday afternoons and a walk in the park

It always ends too soon

I'm gonna live forever

And use my time to find a way to be

Just free - free and easy

Free and easy

On A Dance Floor In Dixie

On a dance floor in Dixie - alive with the sounds
Of the songs of the era - good cheer all around

It was then that forever - my life it would change
It was then that I met her - with Nancy her name

Like the ones who may wonder
How trees come to be
And the birds as they follow
Just what we can't see
I am lost in the beauty
That I just can't explain
She's the heart of my passion
And Nancy's her name

With the charms of the South - a kindness and warmth
That today still inspires me - though now living North

As we pass through the stages - of life one by one
The respect and devotion - are matched by no one

As we flow to the music
Not as one – but a pair
With our lives quite in tune now
As we waltz through the air
We are one with each other
In the sun and the rain
She's my rock and my compass
And Nancy's her name

To the days left behind us - and to those still to come
Let us toast to our love - that is forever young

And forget we shall not – or for granted we take it
We will cherish the love – we'll continue to make it

Like the ones who may wonder
How trees come to be
And the birds as they follow
Just what we can't see
I am lost in the beauty
That I just can't explain
She's the heart of my passion
And Nancy's her name
Mwj 12/19/01

SIMPLE TRUTH - (M. Jalovec)

The side of an endless pace

That leads to a pointless race

It's our troubles that come to guide us

We live with the constant weight of

Never being late - We're all covered - we've made our minds
up

All that's deep inside us

What we think must be

We've learned to take the bother gracefully

The needs we all come to find are greed

And not being kind

We're all smothered - by our defenses

Gone are the simple times of love

And playing rhymes

We're all covered - we've made our minds up

It's me I have to care for

Look out for number one

A simple truth that's part of everyone

A SONG FOR HER - (M. Jalovec)

A warm day in spring - A holiday fling

Alone in the dark - not afraid of a thing

Simple fun with an evening

Sensual thoughts having meaning

She is to me - one free feeling

Expressed silently with a perfect meaning

A soft perfect high - not a cloud in the sky

A letter from home - never being alone

The nicest things all surround her

With the peacefull sense of a mother

Maybe some little ones in our future

or maybe a memory lasting from her

A soft loving song - hope it doesn't go wrong

JUST AS YOU ARE (M. Jalovec)

Don't let them tell you of a way to be
Don't be afraid of what you really see
Take things in stride and keep your will to be
At peace with life and you'll see

No sense in speaking of a used to be
Time's movin' on and really can't you see
Life's just a gift that's come to you and me
Look to yourself and you'll see
There's only one way to be

Just think on a time when your life was in rhyme
And all you could see was there just to be
A simple song to sing
A free and easy fling
And easy time just to be
Just as you are can't you see

It may be your school
It may be you work
It may be the times
You feel of no worth
Look to yourself and see
Time's on the move just to be
Fresh and clean just for you for me
Look to yourself and you'll see
There's only one way to be

Just think on a time when your life was in rhyme
And all you could see was there just to be
A simple song to sing
A free and easy fling
And easy time just to be
Just as you are can't you see

8/12/21

Slight of Hand

So I asked a friend I listen to
About the poems I write
And if she thinks that I should stop
I'm thinking that I might

To some it seems the rhyming pen
Has nothing much to do
With all that we most care about
Concerning old or new

They say it's lame and out of date
A thing of times gone by
When words could make us know and feel
And even make us cry

From deep inside these words just come
Most often with a message
A dose of rhyme and slight of rhythm
A thought for every passage

To some these words will make no sense
And others understand
A way to share one's inner self
With thoughts and slight of hand

From where this comes I cannot say
Perhaps the heart or soul
Or maybe just another way
To let some others know

mwj