

Treasures

Sensing relief from discomfort
is a simple pleasure.
For me, each simple pleasure
is really treasured.

Feeling chilled on a wintry day,
trembling, cold down to the bones,
then sipping hot soup is so warming. Ahh!

Having a splitting headache,
with agonizing pain in the brain,
then the migraine is not there. Ahh!

A cramping in the upper leg,
causing anguish and screaming,
then the pain stops. Ahh!

Being blasted by raucous music,
assaulting to the ears,
then the noise abruptly stops. Ahh!

I can go on and on, but what I mean to say is
when a feeling of discomfort leaves me any day,
Ahh!, this sense of relief is indeed a pleasure,
though noticed only for a moment or two.

I hold such moments as precious,
valuing each as being a treasure.
Certainly you must have collected
many of these treasures during your lifetime.

Norman Molesko



Norman Molesko was trained as a psychologist at the New School for Social Research. He composes and performs poetry with positive uplifting messages. His poetry touches and connects with folks of all ages. Norm gives voice to people who can't express for themselves what they are experiencing. Sometimes he focuses on the richness of memories and nostalgia of the past. His two books are *Retiring And Senior Living, Experiencing The Second Half Of Life* and *Heart Attack! Then What?* Both books have been placed in the Columbia University Med School Narrative Medicine library of resources and texts for teaching and learning. Norman is "Poet Laureate" for the California Retired Teachers Association, San Fernando Valley Division, and "Resident Poet" of the *Valley Voice* Newspaper. He poetically kicked-off the 2011 first phase completion of the Oral History Program for the Museum of the San Fernando Valley and was Variety Show Coordinator/Host/Performer at the 2011 Canoga Park Art Walk event on Poetry, Songs and Music.