



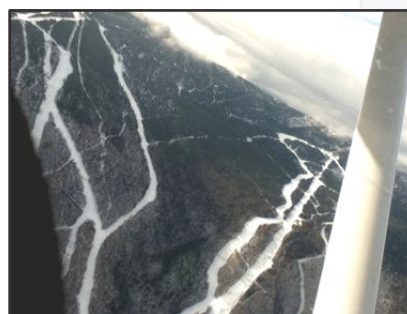
## Notes From The Plunge

### 2011 – The Survey

[There are so many solicitations for surveys these days; I too have one – for myself.]

#### 1. What is the first thing you did in 2011?

- Filled out a survey
- Deposited \$62,000 into a bank account
- Walked out of my hut onto a Caribbean beach
- Flew over Mt. Mansfield, VT (Stowe Ski Resort) in a Cessna 172



Passing Mt. Mansfield, VT (Stowe Resort) in a Cessna 172 with pilot David Miller.

#### 2. Please rate your experience of each of the following on a scale of 1 – 5 where 1 is *ouch*, 2 is *bummer!*, 3 is *satisfied*, 4 is *almost phenomenal*, 5 is *phenomenal*, and 6 is *too much*:

	1	2	3	4	5	6
Spirituality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Community	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Performance (Stage)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bookings	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Travel	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Freedom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Natural Disasters	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unnatural Disasters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### 2a. What do you see in the dots in the previous question?

- Elevator Floor Buttons
- Dressing Room Light-bulb Outages
- An Army of Fireflies
- Birdseye View of People at a Motor Vehicle Registry
- 198 + 11 and maybe 3 others
- Life is a show
- 209

#### 3. How many rehearsals did you have?

- 1 a day (or was that naps)
- $\gamma = (1 - v^2/c^2)^{-1/2}$
- epistemologically indeterminable
- 80

#### 4. How many shows did you do?

- 209 (exactly)

#### 5. Which of the following concerts did you see?

- Anna Sorina Popa (piano)
- The Big Apple Circus
- The Donkey Show
- The Cheeks (Ooo!, The Cheeks!)
- Tim Minchin
- Tiny Kushner
- Peter Pan
- All except Peter Pan

#### 6. To what from your music library did you listen most frequently?

- Phillip Glass' *Metamorphosis*

- Chopin's Polonaise in B-Flat Minor, *Adieu* Op. posth.,
- Snoop Dogg's *The Shiznit*
- Beethoven's Piano Sonata #14 In C Sharp Minor, Op. 27/2, *Moonlight* - 3. Presto Agitato

#### 6a. Really, to what song did you listen most frequently?

- The Leprechaun Brothers' (Swedish Chef, Animal, Beeker) *Oh Danny Boy*

#### 7. How many books did you read?

- 1/2 of *Don Quixote*
- all of *Don Quixote* and 1/2 of *I Want My Hat Back*
- all of *I Want My Hat Back* and 1/2 of *Don Quixote*
- 2 or more

#### 8. How many houses did you buy?

- 1  2  3  0, but I know someone who did

#### 9. Did you buy a comfortable lounge chair? • yes no

#### 10. Which Mountains did you climb?

- Mt. Monadnock (965m)
- Ama Dablam (6,856m)
- Pumo Ri (7,165m)
- Envy (not a mountain)
- Great Blue Hill (193.54m)

**11. Which of Jupiter's moons did you see?**

- Io
- Europa
- Ganymede
- Callisto

**12. Where did you volunteer?**

ImprovBoston

**13. What was your blood pressure during the following times of year?**

Beginning: 137/72

Middle: 138/80

End: 120/78

**14. What was your most compelling moment?**

- laughing myself to exhaustion alone in a studio.
- being towed across the beach by a tremendous current ahead of hurricane Irene.
- sitting in the wing at Portland Stage absorbed in golden light shining off the stage floor.
- driving in my car while listening to *Glass: String Quartets* as a veil lifted and all layers between *self* and *world* dissipated.
- the arrival of my new iPod!

**15. What is one compelling thing you learned?**

Psychology is what I have when my mind interferes with my sensory connection with the natural world.

**16. Are you in love?**

- no such thing
- it's come and gone
- I'm fooling myself
- oh, the places I'll go

**16a. Where is she?**

- at a desk
- in China
- on a mountain
- skiing
- in sexy boots
- smiling
- in my imagination
- kickin' butt
- in a convertible
- with me
- all of the above and probably a lot more

**17. What is (a.) your IRA login/password and (b.) the name of your therapist:**

a. danielforlano/831832bC

b. Bruce Eric Kaplan

## Turtle, A Fable

[In the 1<sup>st</sup> Grade I had a simple yet infinite homework assignment: Write a story about a turtle. Here I have repeated the exercise.]

Turtle sat below a tree. The tree's branches stretched high into the air. Turtle wanted to see the view from the top of the tree. He had seen the sand and grass and shore but he had only dreamed of the world of the high air. A bird sat on a branch in the tree. Turtle asked the bird, "Good Starling, what do you see from the top of the tree?"

"I see great big mountains; tall, swaying trees, and the rising sun," replied Starling.

"I would like to see what you see," said Turtle.

"I see a turtle who is neither in the grass and sand and shore nor in the mountain tops and setting sun," said Starling.

A moment passed and Starling flew away. Turtle looked at the grass and sand and shore. He saw great peaks and deep valleys in the sand, and wind shuffling tall grasses casting long shadows across the golden sunlit shore.

He was soaring.

Eden 1:  
A  
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the  
room  
sized  
yard  
behind  
the  
house  
where  
it's a  
few  
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the  
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ature.



## Online Press Kit

My press kit (pictured) is now available online as a pdf. It's really small so you can transport it easily and save your energy for finishing that hilarious classic *Don Quixote*.



## Credit

In my first newsletter, *Notes From The Cave* (2009), I excluded a photo credit: the photo above the caption "Paddling..." was taken by Tatiana Lawson. Her credit has been posthumously added in the online version.