

FRIDAY FOLLIES

March 23, 2007



Hey!

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Well, this one is for Andy, in the middle, of course, and his buddies. We love you guys very much! We also thank you very much! Words cannot express how much! God bless!

I received this photo this week and it meant the world to me. Can't wait for him to be home to tell me all of his stories himself.

I heard from so many different folks this week and from so many of you that have not checked in for a while. It was really, really nice. Thank you...

Big week and weekend. Just lots going on. Nothing terribly exciting or out of the ordinary right now. That is actually a blessing. I mean the Shamrock Marathon ran right past my house this weekend and since I slept in for a change and since Ollie still has stitches and didn't need to get all excited, we watched it from our front door. Actually, I was cooking breakfast, and he came scurrying into the kitchen all worried, his little brow was all furrowed and he was whimpering - not barking. Then he tried to coax me to follow him. I was so



sleepy, I had forgotten about it. When he took me to the front door and I looked out, I had to laugh. He needed reassuring that everything was OK. He couldn't figure out why thousands, literally, of humans - mostly dressed in green - were running down the street in front of our house. Very cute. Once reassured, he sat there for a couple of hours and watched them through the glass door. A couple of hours, folks! That's a lot of runners...



I am typing this on a laptop while watching *American Idol*. What a great show tonight. They all did a really nice job. Very entertaining. Chris (from right here in Chesapeake) did a super job and sang one of my favorite song from the sixties - "Don't Let The Sun Catch You Crying." But the really FUN one was Sanjaya. He is such a teeny-bopper, heart-throb. I just think he is BEAUTIFUL. He is not the winner, that is for sure, but he will end up doing something. There just aren't that many Indian males role models... and as I said... he is BEAUTIFUL! I started out this season not liking many of them very much, but now there are several that I think have HUGE potential.



All of my babies are doing fine. Ollie goes back to the doctor this Thursday and then he gets professionally groomed on Saturday. Thank Heavens! He is shedding like a son-of-a-gun!

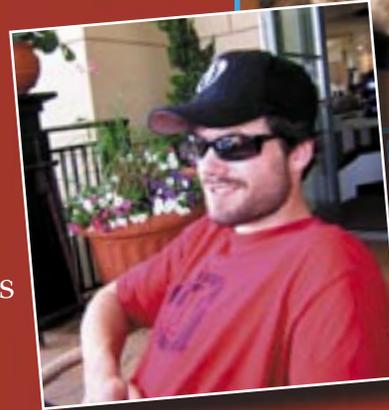
Maggie is sweet old Maggie... approaching her 20th birthday! I am thinking of having a HUGE birthday party in June. Jessica will be 25 (Maggie was a gift to her on her fifth birthday - can you believe it?) Ollie just turned one, and Beau BBOH will be one year old that month, too. Pretty cool, huh.

Jeremy seems to be doing fine - busy since they got snow in Tahoe. I hope to go out for a few days in the coming weeks. And last, but not least, Jess got a cute, new hair-cut.

We have a new baby, too! Actually, we could have had four, but two hatched and one of them died. The mama seemed to be roosting instead of feeding the babies, so I took the other two eggs and the one that didn't make it out of the nest. She immediately started to care for and to feed the baby. She is just young. I haven't named the baby yet. Still waiting to make sure it survives. Man, they are ugly before they get their feathers...

Big birthday party this weekend and am going to paint more of my living room. Sounds like I should be finished by now, but most of the downstairs has 18 foot ceilings!... So it is taking me a while. I am taking my time and doing a couple of walls at a time so I do not have to mess up the entire living area. Man! It is looking great!

Now - I have to get a bit serious. Remember how down I was the first week in January? Life had just taken a few unexpected turns and I was feeling a bit unloved and unsure of myself. Well, some of that never changes,



but I simply have to share this with you. While sitting at my office today, not even thinking about the Follies, I got this email from someone I do not even know... I open it - read it - and here is what she said...

"Hi, Judi. I used to read the Follies every day (the archives from the other website) a few years ago. But once they stopped showing up on the old website, I thought that I would never see them again. Something made me do a Google search for them yesterday and much to my surprise, I found them again. I was ecstatic! I enjoy reading what you write and would appreciate being added to the Follies list. From the looks of the archives, I have missed quite a lot! I guess I'll have to play catch up.

"Around the time that I discovered the Follies, I was on the rough road to recovery from major depression that I had lived with for over 10 years (at the time I started reading these I was 22). Reading your newsletters really gave me some positivity in my life and a sense of happiness that I hadn't felt in years. I didn't know you from 'Adam' but still I felt connected to you. Your writings gave me joy that, at that point in time, was severely lacking in my own life. I have since been 'depression free' for over two years and feel as though I wasn't really alive before then. I now have a new found joy and a positive outlook on life. I have always wanted to let you know that you played a part in my recovery, and I will always be very grateful to you for that."

Now - do you think I wept when I read that message, or what? How incredibly sweet and precious is that? Of course, I had nothing to do with her recovery, but the fact that the Follies are in *my* life help me out many times, too. As I have always said to you, they force me to look each day and week at the positive. What is happening that is good? When do I need to push that "Turbo Button?" There is ALWAYS something that is beautiful, or wondrous, or good - Every, Single, Day! Even if it is a *lousy* day! I mean, sometimes you have to almost call it a *search and rescue!* (Smile!) That is the truth!

And we can choose to focus on the horrible and unfair, or we can take small pleasure where we can find them and be thankful and eternally grateful for them. We only get to do this once, ya know... Isn't it just easier to be thankful and grateful and ultimately happy?



OK. I must go now. But I really wanted to share that with you. So many, many of you write each week and tell me that you follow the Follies religiously. It really kinda blows me away. I have one friend who, to me, is very classy, poised, educated, and is hugely successful. She is always telling me that no matter how many meetings or projects or conferences she has - when the Follies show up on her screen, she closes the door and reads them - right then.

Honestly, that just blows me away! She says she loves them because they are all about "Possibilities"... "Possibilities" - every, single day. The possibilities of looking around you and seeing what *can* be. Not what *can't* be. Every time she says that, it just floors me. It truly is humbling, because I am not in this for anything! Never have been... As you know... they started out as a way for me to communicate with my sweet Momma who did not even have a computer. I would snail-mail them to her every week. Now, well, they have evolved into something else - even though they have stayed the same. I guess maybe "ordinary" *can* be beautiful and comforting. If that is the case, then all the better. But none of you will ever know what you have meant to me and my life. Sincerely. It has been extraordinary! Man - that email made me stop and take a breath. Thank you!

Now for my new theme song... I am teaching it to BBOH TaDa!!!!

Zip-a-dee-doo-dah!
Zip-a-dee-doo-dah! Zip-a-dee-ay!
My, oh my, what a wonderful day?
Plenty of sunshine heading my way.
Zip-a-dee-doo-dah! Zip-a-dee-ay!

Oh, Mr. Bluebird on my shoulder. (SMILE)
It's the truth, its actual.
And everything is satisfactual.



Zip-a-dee-doo-dah! Zip-a-dee-ay!
Wonderful feeling.
Wonderful day.

Zip-a-dee-doo-dah! Zip-a-dee-ay!
My, oh my, it's a sunshiny day!
Theres plenty of good times
Heading my way.
Zip Zip-a-dee-doo-dah! Zip-a-dee-ay!

Oh Mr. Bluebird on my shoulder. (SMILE)
Its the truth, its actual.
Everything is satisfactual.

Zip-a-dee-doo-dah! Zip-a-dee-ay!
Wonderful feeling!
Feeling this way!

Oh Mr. Bluebird on my shoulder. (SMILE)
Its the truth, its actual.
And everything is satisfactual.

Zip-a-dee-doo-dah! Zip-a-dee-ay!
Oh my, oh my, what a wonderful day?
There's plenty of good times heading my way.
Zip-a-dee-doo-dah! Zip-a-dee-ay!

Zip-a-dee-doo-dah! Zip-a-dee-ay!
My, oh my, what a wonderful day?
Plenty of sunshine heading my way.
Zip-a-dee-doo-dah! Zip-a-dee-ay!

**As you go through this week, please pray for
our men and women serving us overseas!**

To all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Lake Tahoe, Philadelphia, Key West, New Jersey, North Carolina, Indonesia, Washington D.C., Iraq, Costa Rica, Poland, Maryland, West (By-God) Virginia, Nashville, Florida, Saudi Arabia, Chattanooga, France, Phoenix, New York, Oregon, Russia, Maine, Australia, Bangkok, or Yuma, have a

God bless.

Remember, life is short...

We need to make it a good one.

Grow in peace and wisdom.

Your Friday Friend,



Judi Godsey

PS. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent emails. (To my knowledge, none of the 20 were on our joke list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if the jokes that accompany these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday Follies Joke List. PSS. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way. Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!