

“If I Had Some Extra Time . . .”

Given all the time I needed, I'd get rid of 'one day' procrastinations and seize more opportunities. Altruistically, I'd volunteer more for charitable organizations that I believe in and might even start up one that I completely oversee. I'd stop agreeing with family and friends that 'life sometimes just gets in the way'. Intimately, I'd spend more time with my family and appreciate what great blessings I have around me. I'd see my brothers and parents more often. I'd take my young cousins to the zoo and play with them at the beach. I'd watch them and help them grow, not just grow older. I'd spend quality time with my older aunts and uncles before they become a distant memory. I'd spend the time just listening, learning, and connecting. I'd get my Ph.D. and complete that goal. Finally, and perhaps most importantly, I'd travel with my parents and enjoy them while I still have the opportunity.

“As a matter of fact, I am going to call them right after I push the ‘send’ button for this email. I know many people who wish they could call their mom or dad just to say ‘I love you’. If I wait until ‘one day’ it may be too late.”

-- Athena Azar, America's Luggage Depot

“I would spend my extra time outside -- gardening, playing with my dog,

and exercising. I would also spend more time with my whole family -- dinner parties, movies, road trips. But then I would also need extra money!”

-- Joanie Benedetti, Director of Public Relations, Clover Stornetta Farms, Inc.

“Personally, I focus on the time that I have, not ‘If’ I had any more time. By doing so, I give my best quality time each and every moment to those I love my family, sweetheart, friends, Rotary, and especially the grand kids. Here and Now are the priorities.”

-- Terry Bryant, Moon Essence

“Right now I work full time and go to school part-time. So if I had extra time, I would snuggle up with a good book and read something for pleasure.”

-- Kerry Connors, Sonoma Valley Publishing

“If I had all the time in the world I would...”

“Spend it making up lavishly for all the time I've spent away from my special little boy. I would do everything in my power to create a life of happiness, love and peace by sharing inspiration with as many people in the world as possible. I would take the time to write down all my feelings and make them into songs that I could sing to the world and bring joy to those who need it. I wish I had all the time in the world always!”

-- Jodi Cookson, Check Center of Petaluma

“The question is an interesting one for me. If this were one year ago, I would

have had a long list of proverbial wishes upon which to expound: time for learning guitar, hiking the Bay Area trails, reading, visiting with family and friends, etc. A year ago I was working full time at our Athletic Club, caring daily for an ailing sister, and working on myriad projects. Last year I needed more time for just breathing, eating and sleeping. I had no time to rest, read, hike or do much of anything relaxing. But as things go, the time I always desired was about to materialize -- though not by a means which I had ever conceived.

“I found out I had breast cancer and my life as I knew it was about to change. Because my husband, Rob, and our staff at the Club were so exceptional, the time I normally would have to spent at work was whittled down to a few hours here or there. My sister passed away, and that sadly freed up several hours from each day. Just like that, a new calendar for my time was issued.

“I seemed to have gotten onto the ‘Train for Life’ to doctors appointments, and to just thinking, reflecting and watching the world go by. During this past year I spent more hours doing something I love to do when I have had the time: learning. I read non-stop, did research on the web and tried to grasp the significance of every new pathology report or diagnosis. I ended up hiking and thinking about the life I lived and the decisions I needed to make. I had time to ponder questions about the faith that I held in my spiritual plane and how truly precious the people were with whom I have shared my

life. I had time to visit with friends and family as I recovered from chemotherapy, surgeries, and radiation treatments. I took a long look at each day and the gift of time each day affords us.

“I had learned many years ago that every action can be viewed as a challenge to experience new things. This was one of those. I believe that the ebb and flow of life just happens. We will be busier than bees at one period and free as birds in another. So today I can say that what I asked for in time, I got -- and I will always be grateful for having had it. I still plan to learn to play the guitar and to paint and hike but now I will do it because I made the time happen through my own volition. Life is good, and the time we have each day is a gift. I plan to use it wisely.”

-- Martha Domont, Petaluma Valley Athletic Club

“There is not enough time in each day to do all that I would like to, so I do what I can. My bigger plan is to do as much as I can in my lifetime, if not all in the same decade. In my twenties and early thirties, I threw myself into my career. I spent the next thirteen years raising our two young daughters and volunteering in the community. Now I have realized my dream of owning my own shop. Last fall, I took ownership of Bluestone Main, the beautiful old shop that has been in Petaluma for 19 years. So, as time is marching on, I am just trying to march along with it.”

-- Sarah Godsey, Bluestone Main

“When I think about what I do with my time presently, I have a very content feeling about the time factor in my life. I think I do have all the time I need, because lately I'm experiencing immense gratitude for just being alive, every moment and every day. I'll use the cliché, ‘it's a gift’.

It is and I know it, so I spend my time enjoying whatever I'm up to -- work, play, family, friends or alone time.”

-- Jean Grant-Sutton, BodyWorks Integrative Yoga and Stress Management Center

“Being the owner/operator of a small business -- as other owners might agree -- can at times be overwhelming and consuming. So, when I dream of any small slice of ‘free time’, I of course think of doing something nurturing for myself -- like a massage or facial -- or the luxury of just sitting down and reading a book. But putting all ‘self-indulgence’ aside, I would love to spend some free time in the service of those less fortunate. Having spent many years working in veterinary medicine, I would find it fulfilling working as a volunteer in training the incredible canines chosen to be Guide Dogs for the Blind. What a great gift to give back to society!”

-- Mallia Leonhard, Indigo

“I find the older I get the more my priorities rearrange themselves. But I suspect this is true for most of us. It's precisely why I am a realtor.

“I now have the best of both worlds -- the time and energy to do what I love most (making dreams come true) with the people who are dearest to me, my family friends, neighbors and new clients.

“The most rewarding experience for me and the best time I spend is helping a home buyer who thought their family would never own a home. When I help make their dreams come true -- what more could I ask for? It is such an emotional feeling.

“Also, being on the Board of Directors for the Petaluma Chapter of Realtors, spending time helping charities who would otherwise go without is an equally great feeling for me. If I had more time I would do

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