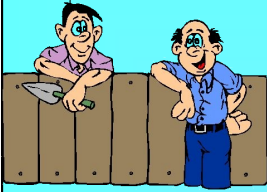


Get Moving Again

I've got to move away from my lift up chair,
enjoy this life again.



Get out of the rut I'm in and feel,
Natures wind, the sun and rain.

I've sat here too long in this house of mine
watched too many days slip by.

May the good lord give me the will to rise
the strength again to try.



May I move once again to gain my strength,
Breath the morning air... and on.

The stirring of spring, as the bird life sing
those memories of years long gone

As I walk on down the sloping driveway.

Then to where the side streets meet.

My mind drifting back to my old band days.

When I marched to the bagpipe beat

Let my legs walk forever, who knows where.

True to the pathway that follows.

Be it stretching long, guided by those who belong.

P'raps leading to all my tomorrows.

I'll be turning now ever slight to the right.

The glorious sun warm in my face.

My hearts feeling fine now spirits fly high.

Legs keeping time with the pace.

Bowling Club doors open, welcome mat there.

I've made it, with time now to spare.

Warm handshake caring. sharing. "Long time no see."

As I meet with my mates at O.M.N.I.



Roy McClelland (18.4.2014)