

Bon Voyage!

Written by

Thursday, 16 December 2004 00:00



This morning Jay was up and at the gym before we arrived at Karley's to take him to the airport. By 10:00 when we got to the house, he was packing his suitcase and getting organized for his flight home. Karley joined us to see him off but first we stopped at the raw food restaurant, The Living Source, to pick up two previously ordered meals for Jay to take with him on the plane.

Jay's flight was leaving at 1:00 so we left The Drive by 11:00 in order to get to the airport. The traffic was light and we arrived in good time so we parked the car and escorted Jay into the terminal. After he checked in we joined him for lunch not because we were hungry but mostly to prolong the time before we had to say our goodbyes. After Jay ate one of his live food meals and we enjoyed tea, we walked him to the gate. Karley was still wiping away tears while we headed back to the car. (Pregnancy hormones!)

The rest of our day was spent at the dentist, then shopping for groceries. We are trying to stay with the "live food" way of eating simply because we enjoy the way we feel when we eat that way. There are a number of organic shops on Commercial Drive not far from Karley's with reasonable prices that will make this lifestyle easier. Perhaps when we get together with Jay again, I will have learned how to prepare a variety of "live food" meals for us all to enjoy. As I have said many times already, Jay has been an inspiration and a wonderful teacher to me and I completely agree with his analogy that this cancer has been a gift! We miss him already.... thanks Jay!