

Daily thoughts #1  
Ruth Rosenfein

Dates should be every  
other week throughout two  
notebooks & then I will  
switch to #3 and pen  
daily thoughts.



Composition  
Book



WB-905

90 SHEETS / 10½ IN. X 8 IN.

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A New  
Beginning

1-25-32

Monday 1-25-82

It's about a week now since I heard Gene tell me he wanted to leave and seek a new life with someone else because he didn't feel he ever really loved me and couldn't live with my personality. I cried for days and days but I mustn't ruin the children's lives and go back wards because only the future will give me the answers. I still love Gene and feel he will always be part of my life - I want so much to change for him and everyone, but everyone (including Donna Jueddee, my therapist) insist that it has to be for me first. I've always shifted my thoughts from myself to everyone else & she will try to help me see why. They weren't really constructive thoughts because they consumed everyone I loved. I always found faults with Gene from the beginning, but instead of giving me feedback, because he didn't want to hurt my feelings, he would want to leave or leave <sup>up with</sup> and that made me feel more insecure. Somehow I kept getting fatter to either keep him from me physically so I wouldn't see if he loved me for sure & he used the fat to keep him from getting close to maybe know he didn't love me. It will always hurt me to know he doesn't love me because I know with counseling we could make it, I know - I would like to very much.

There are so many nooks & crannies in my 31 yrs  
of marriage, I can't really relate them all.  
I'm so sorry for the hurt verbally I used  
against Gene, because I truly love him  
above everything else, but I had some kind  
of mist within me that I hope counseling  
will bring out - I'm sure what I was  
craving was too much for Gene to give  
me - Maybe I would be satisfied with  
everything now if I was only their  
exchange for Gene & I to be close & go  
everywhere together - I'd like so much to  
find out - It's so disappointing for me to  
have him give me up this way. I don't know if  
his lack of physical love for me, made me  
resent all the women I knew, this is  
what I have to find out. I'm so very  
thankful I have Ken, Linda & Bob to  
get me through this. I'm using this  
journal instead of burdening them  
with my thoughts. (Ken asked me to do this)  
Linda told me Dad called her at work  
today, I wish this was some sort of  
sign but he probably just misses the  
kids. That makes me so sad, even  
tho I put him to the breaking point, I  
didn't want him to leave, but I didn't know  
how much tree now.

It is still Monday evening. Linda came home & I asked her what her Dad had to say to her, and was surprised that he talked to her 20 minutes & related that our problems were minor and he probably could have remained at home & dealt with them but felt he needed time away to think & rest and get away from the pressures. It made me feel good that there was no other women in the picture, but I'm not sure it will remain that way, so my thoughts are back again to making me feel good about myself, physically & mentally so I can handle whatever lies ahead. I look in the mirror & I see the same old Ruthie, it's just too soon yet. Oh I forgot to mention, Donna, my daughter takes me out with her two girl friends to a late dinner (low on calories) on Monday nites, - I never seemed to go out with anyone but Gene, he would have been glad for me to have a little life on my own, but my insecurities kept me with him. This terrible trauma seems to be God-sent, maybe someday I'll get it together.

I lost  
another 1/2 lb.

Tuesday 1-26-82

I didn't sleep well last night, still always hoping for my old life to return, but afraid with the passing time it won't. I still don't wake up & look to a new day as exciting and oh, what will I do today for myself - just washing, getting supper ready, watch your diet, try to control yourself with the family (It doesn't seem hard to do now, or as important to comment on them as I used to do.) Maybe I'm trying to center on myself, but thoughts of Gene keep creeping in. My fears of him meeting the right woman is always there & I still have to cope with life without him. Another revelation I had yesterday. I will let friends & family in without care, to how much dust is around & I'll be dressed each day in case someone comes to the door, instead of hiding behind it. I want you to realize what I appeared like to my husband.

Wednesday 1-27-82

The weight just won't drop off - I'm eating only about 1200 calories compared to my 4000 per day, I guess once the water leaves, I'll show a loss. The day seems long today - I have to do at least one thing - I'll clean the mirrors, maybe tomorrow I'll dust & clean one room. Cleaning has always been a hang up with me, straightening up I can do easily because it goes with my personality - everything in its place, all neat & orderly, the way I tried to keep everyone's life. I thought I was so special & wanted everyone to know

that, but everyone still had their personality and I let them retain some of it but not all. My husband was not like that - He was never domineering, if he would say something to me I would understand, but felt he didn't care the way I did. I was always allowed to do what I pleased when I pleased, I never forgot anyone in my family in the doing, but evidently I infringed on Gene more than I knew. While I was working 9 years, things were basically fine with all of us, altho talking to Kenny Monte, it really wasn't. I always had an uncontrollable temper at times, nothing was good enough for me or perfect enough. I was always unhappy about something, now I realize I just couldn't cope with imperfections around me. My husband was always so understanding & we always talked for hours, maybe if I had done something constructive with my time, I wouldn't have talked so much or noticed so much. Gene was always so giving with his time, whether taking me places or talking, or working, etc. If only I could have seen what I was doing to him. Maybe I did but he wasn't perceptible enough. He felt if he told me anything negative about me, I would pout all day & say ugly things back to him. During my last year home, I'm sure he saw me as never changing, my sister & mother being a burden to him through me because I couldn't drive and my ugly words

coming out of my mouth because of my own  
insecurities - not working - being sick - not  
trying - not driving - not being able to be  
with other people, because I was jealous of  
all women - everyone was prettier and smarter  
and better at this and better at that. If I  
was to try to be more, it would take me forever  
and that would be such a chore - back to  
eating and pooping. Then suddenly with  
one big decision, Gene left me - He had  
every right, because he knew he couldn't  
deal with me at home - Oh how I wish he  
could have reached me before he decided to  
leave - I hate being so guilty - I'm so afraid  
something will happen to him before I can  
prove myself ~~then~~ <sup>or</sup> he may never want me  
again. I have to become what I always  
should have been and it seems like such  
a long, long journey. I have to learn to cope  
and be independent & like myself without my  
husband with me, so as Kenny said in a  
fit of anger yesterday - "so you won't be a  
liability to me". So all children feel this  
way about their parents or has Ken watched  
me for years and saw me destroying  
everything - The other two children at  
home don't feel this way. I know Ken loves



me a lot and is the only one who has the guts to tell me ~~my~~ failures & break my heart, but he was always in the center of my biggest arguments with my husband now and the last time he left 10 years ago. Even tho ~~the~~ I found faults with Gene & God knows I had so many of my own, I could never understand why he could deal with Ken's ways so well & I couldn't. So I would argue louder & bring up anything from the past to hurt Gene so he wouldn't look so good in Ken's eyes and in doing so I looked so irrational to both of them. Gene always seemed to look smug to me and I felt inferior.

Linda had dinner tonight with Gene, he looked tired, asked about me and what happened Monday with the gynecologist & the therapist. She related as much as she could - inserting that it takes two and he could have received help too. He felt he couldn't take the pressures any more & wants to just concentrate on his work and activities. He showed Linda he was still wearing his wedding band, and still considers himself married. & really, you can't ever know a

new woman truth, truthfully as you did your  
wife of 31 years. Juda said he certainly  
picked a good time to end our relationship -  
our 31 year anniversary coming up (He told her  
he wouldn't even send a card to me, because  
I wouldn't believe the verse) all his big affairs  
with his organization, which will be  
between April and August will be spent  
without me, which really breaks my heart  
but when I knew they were coming, I  
always had something derogatory to say  
about them & I showed no loss of weight.  
You say he will attend them by himself,  
I hope he misses me a little, he says he  
can't face me now, but when he can, does  
that mean, "out of sight out of mind". I'm  
paying for this dearly and sometime,  
the realization is overwhelming to me  
and I can't believe that I thought I  
was such a good wife when actually  
I knew nothing about being a really  
good wife, I was only a good mother  
to him. Oh god - I hope I have the  
strength to become the woman I should have  
been and have another chance, because I'll  
always live with my guilt for the last 31 years.

I lost  
another lb.

Thursday 1-28-82

I still feel sad this morning. The garbage cans flew everywhere, I looked Ken and he went for them, but it wasn't as hard to ask Gene when he was home, oh how I miss him - I know I did many good things for him, because he told me he loved me many times but I hope when he wakes up he thinks of me. He tells Linda about all the pressures of helping me with my sister & mother, but at the time, he always told me it was no problem & he wanted to do it. We always incorporated breakfast or lunch out with our daily doings & he seemed happy - he had time for his activities also & enough sleep. It was just the way I acted each day - feeling sorry for myself and not trying to make them happy as a wife should, going with him every where & always putting in snide remarks. This is what I have to face out - why did I always do that - with my children & my husband - the ones I loved the most.

I became sad again tonight, I was all alone, and all I could see was my husband going out with someone else, & going every where without me & it was everything over & over again, I cried & grieved with the disappointment. Then my

oldest son came over & that that he was in agreement  
with my husband leaving but he went over & over  
my problems for all these years & how his wife,  
who is a nurse in psychiatric care doesn't  
like me because I'm too overbearing & doesn't want  
her children influenced by me, and soon & so  
on, I cried & cried because I looked so  
bad to so many, I told him I only did what  
I did with everyone, smothering them with  
love because I thought they always said  
love was so important, Everything had to be fair.  
He felt the oldest that was he, should have  
been given more & the younger should &  
would have realized that he was the oldest.  
Then in our talk he admits problems with  
his wife & I said if she knows so much about  
human nature she should also realize her  
problems & not have them come to mine.  
When he left he kissed me & told me to see you  
& find out why I always feel so insecure & all the  
rest that will make me strong. Kenny said  
goodnite & that he loved me - Linda says  
she didn't see all the wrong they saw &  
neither does my youngest. She begged me not  
to listen to ~~say~~ so many & tear myself apart with  
guilt. I hope you can make me feel secure with myself.

Friday - Jan. 29. 82

I woke up in the middle of the nite with thoughts galloping again, crying & crying about my failures. I heard Linda go to work & promised myself I wouldn't burden her or anyone in my family with all my talk & questions. Kenny got up early to help a friend & stopped in to say 'goodbye' & would pick me up in time for my meeting with you. Before he left he said that it was cruel of my husband to make me feel right on everything all these years & then wash out on me. I felt better but I'm not sure he's right - a thought came to me just a few minutes ago that maybe I truthfully spoiled my husband all these years with love & care & just because I got sick this year & became very verbal with him he just got angry & left me like a child would his mother & told me he didn't love me & maybe would find someone he would - just to hurt me like I hurt him - he's leaving everything intact but letting me alone to do for myself to maybe show how important he is to me & then go on to the activities & people that make him feel important. Do you think this is the selfish aspect of his nature? Because as I said before, even tho I was part of his life for 31 yrs he isn't remorseful about leaving me out of this important part of his life.

Friday mte. Feb 5-82

I just left you and I felt so much that what you have told me are true, but when I got home, I was having dinner alone, and I realized I could have been going out with Gene to date, he would have loved that, but no, I said I was too fat & I didn't want to ~~embarrass~~ <sup>embarrass</sup> him, he said he wasn't embarrassed, but I think truthfully, I was embarrassed because I didn't even try to get them, just to hurt him because of the past. I knew that when I stood in line at the movies, that I would have loved to look like some of the thin women there, but I blamed him and not myself, I'm so guilty, Oh how I wish he comes back to me, so I can make it up to him and me. Maybe, like you said, I was afraid to get them to see if Gene's feelings for me were what I wanted them to be or not there at all, even when he returned to us 10 yrs ago. Maybe as Ken said on the way home, maybe he said he loved me just to come back to the children because he missed them so at my expense and Ken said, if Gene had to use that ploy to get what he wanted, he admired him as a father but not as a man. The children loved him as a father, he was very good to them and to me in most ways.

Did this really happen?  
or you had an invitation & turned it down?

I gained  
back 1 1/2 lb  
this morning  
I was so sad  
last nite.

Saturday - Feb 6 - 82

I had my worst <sup>(Friday nite)</sup> nite yet, and the terrible part was I was eating again, I couldn't sleep, writing in my notebook wouldn't help - I was all alone, and all I could think of was that I had the opportunity to go out every Saturday with Gene, if I only wasn't so damn rotten, my weight was my very worst enemy, I blamed him for it and at the time, nothing would allow me to lose it. It was just too hard to do and I was too selfish to do it for Gene and I had no idea that he was contemplating leaving which might have jolted me, but I'm not sure he knew it then either. If he had suggested it I may have done something irrational to him, so I guess it's better that he left so I could be alone to see what I had really done. All I could think of last nite was that he was out with someone, enjoying himself, & I just couldn't stand it another minute, I cried & cried with my guilt feelings - I don't know if I can stand another nite like that - I don't know if I can ever be strong enough to live without him, I just hate myself for losing him & the wonderful life I could have had if only we had come into counseling sooner, maybe I was just too afraid to find out what I really was - Selfish.

Well, as the day progressed, I started to feel a little better, Bobby came home from his night-turn job and talked to me a bit and he made me feel better & just knowing I was here with him & my other 2, I felt like going on. I got dressed & Linda took me to the hairdressers, Gene was coming over while I was gone to pick up a few more things & get some more figures for our income tax - Linda was back & saw him for a few minutes, we have grass carpeting on our front porch and he got out the sweeper & swept it a little, which really surprised me, he still has his wedding band on but he doesn't have much to say, concerning me. As Ken was talking to him about me, Ken mentioned that I was going to start exercises next month, & he seemed surprised, Ken mentioned that you would like to talk to him, someday so you could get a better, extended realization of what I was all about & he said he would see. Ken & Linda, think it's too soon yet, because he's committed to staying away for quite a while yet & Ken feels I have a lot of changes to make yet. I still have these negative feelings about me & I getting together again, but I still have to go on trying, I feel very tired tonight, I hope I sleep.



Sunday - Feb 7-82

Today is Gene and my auxiliary's monthly meeting. I hadn't gone for the past 3 or 4 months with the excuse that I wasn't feeling well enough to go - my legs were hurting from my excess weight and Gene didn't seem angry because he was busy with his thing & he said by next year I would probably be feeling better & I could start up then. I felt guilty but he was never angry & that was the way it was. He never threatened that if I don't shape up soon he may not be able to go on this way, he never talked that way with me. I felt safe, maybe too safe. As the day progressed, I probably had something derogatory to say about something or someone - I was just too safe. Here I am today, wanting so much to be part of his life and wanting to try to have one of my own, but to go today, would be foolish, because I was never there before when I should have. I'm very sad when I think of the summer when everyone I know will be with Gene at the affairs that are coming up - my heart aches. There will be women there who aren't any nicer than I was, but their marriages are still together, I always felt so close to Gene that I knew just how he felt, how could I have been so wrong. If only a sign could come my way of a change in him, it would give me courage.

I finally  
dropped the last  
lb. - Thank God!

Monday - February 8-82

I slept pretty good last nite, very little crying. Linda left me a note of encouragement. Bob went to school, Kenny is still sleeping. I have a lot of little things to do today, I won't start any big things till later this week. This is Linda & my date out for a little dinner, I'll buy a fruit salad for it. About 11 AM ~~at~~ a very good lady friend who's husband is close to Gene in his organization, called me. She's in her 60's but she likes me and she delves very deeply into her mind for answers. We discussed everything & she realizes how difficult it was for me the past 9 yrs with Gene not showing me any physical love because of my weight and his own mental difficulties & I also shared the blame for my verbal accusations & also not allowing myself to become close to him - She was very sad & asked me to call her soon - Then I got another call from another friend whose husband & Gene were very close in the younger days, & we discussed everything & she said she was also not too happy in her marriage because her husband as well as mine, was so wound up in their Veterans group, she can't reach him with her needs. So it was so good to talk to her also.

Before you knew it the day was almost over - I gave Bob & Ken something to eat.

Linda brought the record "Physical" home & Ken tried to teach us a few dance steps but before you knew it, I was panting from my asthma. It's going to be tough! Then before I left for dinner, Ken & I had a few words, and Ken became a therapist & started questioning me on how I expected to go on with my life if Gene did not come back & why would I want him back if I never liked certain things about him before & how would I forgive him this time, if I didn't the last time he returned & I told him that I think I could with a counselor's help, & he said I couldn't, because I'm not made that way, and we fought & fought & I finally in a rage told him I didn't love Dad & I don't want him back & leave me alone! So I was wrong, and I was the rotten one, & just because Gene walked out on me without even looking back, it was OK. I left the room, and Linda & he talked & when I returned, he said he was sorry & to have a <sup>good</sup>nite out - but when I left I wasn't happy any more, just guilty once again for what I put everyone thru & how I wish I could have sought help with Gene 5 yrs ago, but maybe he still would have left.

I'm not ever quite sure it was the pressure he was under from me, because I've been like this before, not that it was right or was it because he became selfish & wanted freedom from everything and everyone, just like before, and maybe temptation was out there for him again, and his ego was up. Only the future will tell me what really happened.

Tuesday - February 9-82

I wake up today actually feeling positive! I did some important things in the house today & felt pretty good. Had a good report with Kenny (I don't think I spelled that correctly) until supper. I fix ex him a good meal & he was real happy. Then the phone rang & I took it because he was eating and it was Gene. He was very surprised to hear my voice and seemed real pleased. We talked about a few things & he asked me how I was doing and I said pretty well & I asked him and his voice choked and he said pretty well also. I told him Ken would call him back & said he would be talking to me again. Then I ~~sat~~ sat down at the table

across from Kenny and he thought I talked very  
civilly to Gene and I started to cry & said that  
I missed him very much and I don't know  
why he had to leave. Well then Kenny really let  
me have it again about my inadequacies in the  
past & how I treated my husband and all  
the kids & so on & so forth. And then & there  
I realized how my husband felt when I  
~~unleashed~~ unleashed at him - Kenny was  
me & I was Gene. There was no talking  
to Ken because all the frustrations he  
had for me, he was letting out. I know  
half the things he said, he didn't mean  
as I didn't mean them to Gene, but we  
both go out of control & yet he claims  
I can't cope! I just went to my room &  
cried & I told him before I closed the  
door that I think the best thing for me  
was to leave with Linda & Bob & get an  
apartment. There I was Gene again,  
running away from my tormentor.  
Someone's personality I just couldn't  
cope with. I swore to God I would learn  
from these experiences if I ever had a chance  
with Gene again. Later on after everything  
cooled down & I slept a little, Ken went out.

and Linda came home & we talked & she said I wasn't really mean to everyone as Ken feels but he was always around to hear everything and inject something into every conversation I ever had, as if he could protect everyone from my so called Wrath - but because of this interference I always became more beligerent, not because I was so intolerant but because my son was interfering and my husband, who didn't like to fight, always became my verbal punching bag & I appeared to Kenny like a real demon! I'd go to bed after these arguments, angry, tired, feeling like everyone hated me & hating myself for my lack of self-control & this went on for years & I just kept putting on weight. - this and my lack of sexual involvement with Gene which like you said, may have been held back from him because of my spite. These negative forces were always in the house because of me, I didn't seem to have the control or want to for some reason, mostly because I didn't like myself. I couldn't even take praise at work because of my guilt.

Linda begged me to always be positive around Kenny, because when I get negative he thinks I'm feeling & she sees the old Ruthie, and he wants me to be strong & independent & like myself. Linda said I can talk to her or Bob when I feel down & they'll build me up again. I have to get this confidence in myself again, maybe with the loss of weight, which certainly is coming off very slowly, even if I do keep under 1200 calories. I'm so tired tonight.

Wednesday - 2/10/82

I promised Linda I wouldn't talk negatively to Kenny but I got into again with him after mentioning a fear I had for the future, financially - After some discussion on something else that pertained to his father, he came back with how much he loves me more than anyone else because he won't let me slip back into ~~self~~ self-pity - he wants me to be strong & self-confident, which he feels I never have been. He feels there's no future for me & I see if I always have negative feelings about him. I know all Kenny says to me are right, but I just hate having to change myself around at this age.

I should have been "together" long time ago. If Gene and I ever get together again, I have to learn to accept him as he is and hope and he will have to go to counseling as I do to understand me. I will always have to look into the future and only learn from the past and not bring it up so often. It's a miracle my children haven't followed me in my foot steps all these years - everyone fought against me - I guess Ken was their leader! It's so strange how I felt thru my years that I was such a bright and shining star to everyone, but truthfully I lacked self-confidence. Donna, please help me to understand this.

Thursday February 11-82

This has always been such a special day to me - our anniversary - It is now 31 years - Gene always took me out for dinner, but the last few years, especially on our 25<sup>th</sup>, I wanted him to think of something real special, but he didn't, we went to Emersons, we had a real nice time, but as is my personality, I wanted more. He said he would have taken me somewhere, much nicer but I would have turned him down saying I couldn't fit into my nicer clothes. So as the years went by, I complained,



& he felt bad. That's why I'm in this predicament now, I didn't try hard enough to get them and he couldn't like me any more. Oh, how I'd like another chance! Ken asked me yesterday if my hurt from Gene's leaving is any sadder than what Gene heard from my mouth the last couple of years & I guess truthfully it isn't, Gene just never told me how sad he was from my attitude and I just kept it up, and that's why I say to you how guilty I was then, because hatefulness is not what I really feel it comes out from insecurities within myself - I'm not even sure thenness will be the ultimate answer - for some reason, I need an awful lot of love, physical & otherwise & still I might feel someone is better than me. Why? Please help me find the way. In my train of thought comes - why do I want Gene so much - because he has always been part of my future - he is like part of my body - we grew up together - we had dreams together - I hope he misses me.

Well it's evening, I had hoped against hope that he might have sent me some kind of card or something, but no. I'm so lonely tonight, the two boys are sleeping for a while, Linda is out, I'm thinking all kinds of thoughts, like he never really loved me just stayed with me until things looked bad to him this year. It feels so frightening to me.

Friday February 19, 1982

I enjoyed my session with you once again, & Linda definitely wants me to continue because she likes you very much & you have such important things to tell me. The most important lesson I got today was to give the children space to breathe & not put my stress on their shoulders. I know they'll think an awful lot of me if I make it thru this ordeal & I certainly do try - I cry a lot more by myself, when I'm alone in my bedroom, if I think of Gene and what he is doing. I also remember the terrible things I did to him to maybe make him change.

Saturday, February 20-82

All I'm going to do today is get my hair done & grocery shop & watch some TV. As I've said so many times before, I could have done anything I wanted on Sat nite but I refused because I just couldn't get dressed to go out. What a waste!

Well, it's evening, but I'm so lonely & as you said betrayed, I'm so sick inside, maybe it was my selfishness that brought about his - or am I taking the blame again?

Sunday - February 21 - 82

I have to talk to someone in my age group that has always given too much of herself thru the years, how do they accept the rejection of others - In a way Gene always gave me more than 100% of himself but not physically & then I returned gave less than 100% to him. Did he have the right to turn against me now? We both took from one another in some way. I'm just feeling so sick today. Went out to see my sister in the hospital and now I'm home making supper, I know my family is grown now but I'm sure they're happy I'm around to make them meals, you see I always need to be needed, I just can't be happy for myself, I'll probably always have to give of myself but I'll have to feel independent, losing weight and learning to drive should do that. Losing weight I've found out, is easier I'm sure than learning to drive!

Monday - February 22, 1982

I didn't get the best sleep last nite. It's not quite 2 months since he's been gone, so I still feel hurt. I'm still losing weight, thank God, and that I mustn't give up, because it's been my hang-up since early marriage. It's kept me away from so much. I won't let it happen again! My asthma has been driving me crazy, that's because spring is around the corner with all that pollen. I went out with Linda & her girl friends & out for a small dinner, I probably would have been happy, but Gene has taken me out for dinner so many times that all it does is bring back memories, sometimes I wish I had a bad life then I wouldn't remember so many good things. This is why Gene feels so confident in leaving, he feels he gave everyone a decent life to remember. Bob called him tonight & even tho I felt very bad because they have to keep in touch with their father, I know they can't feel as I do - So I was jealous again. Maybe Gene can live away & just hear from his family now & then but I know I can't, unless the children go on their own.

Tuesday - February 23-82

Wednesday - February 24-82

Thursday - February 25-82

I don't know what to do, I'm more despondent each day, I can't sleep at nites, all I put into my brain is Gene going out to affairs, meetings, etc. & not even missing me. The weight is going off very slowly but the days are so long. I have to ask you how I can get over this terrible sadness that engulfs me at times, I do keep busy, but my asthma is very bad now & it keeps me from being very active. When I get my weight down to about what it should be, I may try to get a job again if the doctor allows me. I'm so afraid of going on by myself, just for myself. Without a mate. I do love my children so, but they have their own lives and I have to learn to be independent, everyone tells me it's a great way to feel!

Friday - March 5-82

Coming to see you today - looking forward to it.

Saturday - March 6-82

The normal Saturday, everyone running somewhere, Gene will be over today to pick up his mail while I'm at the Landpressers - All our birthday cards <sup>to him</sup> are in the bundle - He'll be 54 on Monday. It will be the first one in a very long, long time that he's spent without us. Maybe he'll know how badly I felt when my 31st anniversary passed by without him.

Sunday - March 7-82

I feel pretty good today with myself, losing weight properly. I think I'll cook & bake a bunch of things for the family - this is about the only time we all spend dinner together. Linda just asked me if I would allow her to bring one of her friends over to dinner & I told her fine. I haven't been that agreeable in many years. I don't walk around any more with a "poor me" attitude for absolutely no reason. My husband put up

with so much from me it is unbelievable. I had so much from him except one thing & I let that take over my life instead of taking the bull by the horns - losing weight and seeing how my husband really felt toward me. Instead I had a terrible jealousy & I always let it show. What a dummy!!

Monday - March 8-82

Gene called Linda today to tell her something to tell me about our Income tax & she wished him a Happy Birthday he didn't seem like aative at all - I'm sure he couldn't be too happy without all of us with him today but this is what he chose.

Tuesday - March 9-82

I just read an excerpt from Dr Joyce Brothers' book "What every woman should know about men" and she says that there is a Pivotal Decade between 40 and 50 or 45 to 55 when a man senses the arrival of middle age, & it is characterized by physical & psychological distress. It is a dangerous time for marriage. I wonder if I had acted differently toward him if all this had to happen & did he ever love me and will I

and he ever be able to mend things or will he go into a whole new life for himself. I'm so sorry I wasn't wise enough to read more books on our problems or <sup>to have</sup> gone to a counselor while he was still home - he was always so quiet & never revealed his real feelings. I can't get thru anything except knowing that he doesn't really love me & hasn't for a long time & it was just what he wanted me to believe because he wasn't ready to leave before. Another woman might have been quieter at this time, all knowing, because she realized what her husband was going thru, she probably would have kept herself looking good so she could always be at his side, but not me - I felt marriage was forever, till death do us part, no matter what the strife. I could write a book now!

Wednesday - March 10, 1992

I wish I could stop thinking in the middle of the night, my sleep is so broken. I want so to be positive about the future but it gets intermingled with negative thoughts of Gene. I know, just think positive about myself because I can control that & believe me I do more than I don't, & that really keeps me going. I know that the summer will be filled with



activities with the family and house & I certainly have been controlling my emotions with the family which I didn't do before & things seem fine between all of us - It is a good spring board for my relations with Gene ~~if~~ we get back ~~there~~ because it has taught me to deal with others as they are & not as I want them to be. As you said, it was easier when they were children to guide them & think for them, but not now. They have to learn thru their mistakes - Gene always wanted me to learn this but I always spent my energy worrying, for absolutely no reason, it was just their growing up period not their resentment for me. Now it seems to be Gene's turn to turn away from me, to live his life without me because I didn't know how to share it before - I hope this year turns out good for both of us - together.

Tuesday - March 11-82

What a negative evening I had last night, I had to pay for all the years of not learning to drive, I couldn't seem to work out a schedule to see you, it wasn't that I wasn't independent enough to take buses but from where I live to where you live, it would take me about 5 to 6 hrs because of bus

scheduling - Gene doesn't want me to do that - he'd rather try to work something out in a few weeks, but I'm really depending on Bobby to see what he can work out for Tuesday mornings, that would be ideal. Then as the months go by, maybe we'll make it 2 times a month and if Gene comes back into my life, he and I can go in the evenings. I also had a terribly negative dream about Gene and his other woman, if there is one, and how much he wanted to be with her. It was awful, thank God, dreams don't always come true. Everytime I go into this ~~zone~~<sup>zone</sup> of thinking, it frightens me, because it's not about my future, alone, but always with Gene. I know that this is OK when you are ~~definitely~~ with a man, but now I'm not, so I mustn't continue to think this way. I also have learned from you & everyone else that you have to have an independence that can mix with another's without infringing too much on theirs (whatever I may mean from that profound thought.) When I come to see you I'm going to try to talk about my future more than I do my past, because I have to change my thinking about me!

Friday - March 12-82

I talked to Bobby this morning & he said again, that his store manager said Tuesday morning would be fine to see you. In starting to concentrate again on me, my weight loss, etc. During the last week I seemed to go very negative & slipped a little in my thinking, but today I know what my goals are again, & I'll try to keep my thoughts in that direction!

Saturday - March 13-82

I went to the allergist for my shot and then Linda & I went grocery shopping. Seemed to take forever - It's funny, I felt so guilty having Linda drive me & go thru the aisles, she said she didn't care. Reminded me of Gene, he always said he didn't care & I always thought he didn't because we always shopped together. But at this time of his life, it was probably boring, along with his life with me. I only seem to know this now after talking to you & reading Dr. Joyce Brothers book about men. How I failed during the last 4 or 5 years of my life! I look back for granted, now look where I am! I'm doing things & thinking things I should have done years ago. I wanted to tell you something I

did today, out of anger at Ken for what he said, it certainly must have been important, I can't even remember what it was! It triggered me to call Gene & tell him off good & plenty, but when I got him on the phone & heard his voice, and asked him how he could be out there & not even miss us & he said with a shaky voice that he missed us very much but he also likes his freedom, I simmered down & don't you know it I confessed my love for him again & told him how I understand where I failed him & how much I've learned that he needs a companion & that he is only going thru a phase in his life. I asked himself he remembers all the things he wanted for his future when he was home, and weren't they true and he said he wasn't there at the time. But he still had 10 months on his lease & he wasn't ready to come back yet & wasn't sure I would want him back. I said I could handle anything, if it would mean our happiness, but I feel he needed counseling and he turned that down, because he's not ready, I guess he'll keep searching for another happiness, but not with me, unless it's not out there. I know he's seeing another

woman, because I asked him, & being a woman I asked if she was younger & prettier than me and he said no affirmatively. He wasn't committed to anyone, just liked his freedom now. Boy, if I had only known that sex really meant something to him, even tho he said no, I would have made myself stay there instead of fat out of spite. He said he would think over everything I said & would talk to me again, because he was going to take B. Shover & I had to go to the hairdressers. I felt good that his response sounded positive and on the other hand I felt rejected again, because ultimately I'm waiting for his decision at the end of the year, or close to it - Then I'm afraid I'll be angry again because I had to wait. I have to talk to you again, just in case it never happens, will I be strong by then.

Sunday - March 14-82

It was a typical Sunday. quiet, I only had to make dinner for Ken & myself but he got a call from his friend across the street inviting us over for dinner & I actually went. I usually refused everything, & we had a nice time

Monday - March 15, 1982

Still losing weight, thank God! I can't wait to talk to you tomorrow. I'm controlling myself & not talking to the boys about me - I'm listening to them instead, I really am interested in them but when they were growing up as teenagers, it seemed my frustrations were paramount. I did all my talking to Gene, & he was so good he listened & listened, little did I know how wrong I was to pile negative thoughts on negative thoughts on him. Maybe at the time he didn't realize how destructive they were to him and took it with a grain of salt. God ~~and~~ am I angry that I have to learn this awful way & still maybe never get my life back in order again & I'll lose Gene to someone else.

Tuesday - March 23-82

I really enjoyed my session with you today - It definitely is like an inoculation!

Wednesday - March 24-82

Nothing special on my mind today, just some of the old stuff - I know I'm developing new mental habits, constructive ones, it will take time until they are definitely part of my overall personality - but thinking of myself and my own duties instead of everyone all the time gives me a new perspective for life - I just pray it can be with Gene again - I love him that!

Thursday - March 25-82

I continued to do a bad habit again today - It's the old sledge-hammer effect that you lack about. I did it with my nagging Linda about personal things that I would like her to change, and she said to me - "you're using the old sledge-hammer effect again" - So when I got off the phone I wrote her a note, apologizing, and promising not to mention anything again, that she knows my feelings and enough said!

Friday - March 26 - 82

The kids talked to Gene over the telephone yesterday  
nite - I mean Ken talked to him & then Linda  
did - she called to straighten something  
financial out with him. He's not too  
talkative to anyone - I don't know what  
that means - Either he is sad or he could  
care less - I think he's just interested in his  
activities now, I don't think he thinks of me  
at all - I think of him all the time - I know  
that is wrong - but we always loved him more  
than he loved me or apparently so because  
he left me. I get so sad when I think of him  
with other people & not even talking to me at  
all - I always felt like his best friend but I  
failed so. I'll continue on with my goals but  
I have such a sad heart most of the time.

Saturday - March 27 - 82

Today started out like any other Saturday.  
I sewed a hem on a nightgown & matching nylon  
robe that Gene had given me many years ago  
& I never wore, peach color, I wanted to have  
it ready for the new Ruchie & maybe all the  
things I fantasized about and also I fixed  
another blue outfit I had been saving.



Bobby was working, Ken went out with a friend, and Linda was busy running around getting a surprise birthday party ready for a friend. Today I was to get my hair done as usual & I did go with Linda about 2PM. While I was gone, Gene came over for his mail, Ken was home then & naturally when I returned I asked Ken about his Dad. From what I could get out of Ken, Gene claims he still misses us very much, and has much soul-searching to do - what this all means I'm not sure. He told Ken that he can't see and talk to me because he gets all choked up. It could mean pure guilt but I hope it means some love. Ken insists that I reach all my goals for myself because I have to become stronger for myself or I won't have changed at all. I promised. I don't know why, it must be woman's instincts or something, but I felt in my thoughts the other day that Gene soon would be taking his summer swimwear soon because his conventions would be coming up this summer & as I looked thru his drawers today, lo & behold he did gather up his summer stuff, including his bowling jacket that I just placed back in his

cupboard. It was just so strange - It must be all the years we've spent together that our minds co-incide. It made me sad again, because a little more of him was gone from the house. Then the final blow came about 9:30 PM that evening when my elderly lady friend called me to tell me something, but I knew it before she told me what it was because she had been to an affair last nite that Gene was at and before she told me what I knew I would ultimately know some day - I said to her - "you have something bad to tell me about last nite" & she said she had to tell me because everyone I knew was aware but me - Yes, my suspicions were founded, Gene has been seeing this particular widowed woman that I never cared for because she always like to put me down and I always felt she was after Gene - Gene was a prime candidate, He had a very overweight wife, who had no self-esteem of her own - always arguing with her husband because she was jealous for this woman coming between them & it finally happened Gene was weak because of his male

Ego was deflated by me and I planted the seed in his mind that she was coming between us & I guess almost any woman would have been sooner or later. When I actually heard the truth that he is openly seeing her and everyone we know knew about it but me, my heart sank & I cried to Ken - he said he always knew it was her but it didn't matter who it was, I still have to reach my goals to show my strength to Gene & myself. He feels that if I do a complete turn around physically and mentally, Gene & my life can go on forever. I asked him if he thought Gene would be a good husband for me after all he's done, especially with someone that he knows I detest and he feels Gene has done a lot of good in the past for all of us (which I'll never forget) and he begged me not to waste my energies on hating the other woman because if Gene was happy at home, no one could have persuaded him to leave. I've heard this all before & I promised him that I wouldn't let him down. There is no guarantee that Gene & I will ever get

together again or that he will want his life back, with all of us again -- and even if I have the strength to forgive & forget again but I have to try more than ever to reach all my goals now, so much is at stake for me and my family - at least they'll all know I gave my very best! With your help, Dona, and with courage I have to muster up from some where and with God's help I hope to come out of this, a woman that has the strength to overcome. When you think of all the unhappiness that people suffer in this world - that I'm thankful I don't have to - This is a small endeavor as Kenny would say "in the spectrum of life".

Sunday - March 28-82

I had a very bad sleep last nite, I pictured Gene with this other woman at all the functions he will attend & I know he may very well do this. As I think it over, it seems so unwise for him to be seen with another woman other than me, while he is still married & going into a State office. The last couple of people I talked to can't imagine

Why he would be so open at this time - Those who were his friends must be looking at him twice now & not really understanding how a man that seemed to have so much integrity would be at all (spelled wrong) be seen with another woman, <sup>and</sup> if she represents the women's auxiliary, they all seem to know what is going on. I read in Joyce Brothers book that sometimes at this time of life, men go into situations as if they only had tunnel vision. I get so deeply saddened to see Gene in this vein of light, maybe I always saw some of this in him but I was never sure because he always did so many nice things that he was protected by any weaknesses he showed in the past. There is something I'll always be very frightened of in him - This unknown factor that probably can only be brought out in therapy. But maybe I'll never have to worry about solving this, he may have met someone now that he can be really happy with - I won't know for a while - Ken keeps telling me this never would have happened if Gene would have been truly happy at home - but I'm not quite sure how vulnerable Gene is, even if he had a happy home life.

Monday March 29, -82

Will I ever sleep well again? I'm still losing weight, thank God, I'll never be able to lose sight of this again - with the loss of weight. I feel better about myself because I'm disciplining myself in my behavior - both physically & mentally - which I wasn't doing the last 10 years - The biggest objective I have to do is learn to drive a car - we said this before. We've been thinking a lot this morning about how one can't expect 100% from anyone, they are only human. I can see it clearly in Gene, his behavior this year is so unlike him - altho my behavior the last few years was intolerable so how could I expect him to cope any better than I am with him this year. I know now that I must keep busy with whatever life I build for myself and then blend into my husband's - if he ever comes back or if I ever meet another. I never dreamt that one human being could smother another, maybe because I was doing all the smothering & no one smothered me. Maybe you get that way because your partner doesn't object too much thru the years!

I can't tell you how difficult it is to change one's personality after 31 years or I should say behavior patterns - the old ways want to creep in now & then but I try to be aware of them. I still can't believe that I developed such bad ones & maybe would not have known until what happened this year - So it is God sent but I just want everything to return in my life. We're going out tonight to see Bob's new place of employment - Gene was asked to come but he told Bob he had a meeting. Well here it is late evening, and we all went & had a real nice time, EDDIE, my oldest, came with both children, his wife was working so my wife went very quickly, holding the little one <sup>3 months old</sup> in between eating my salad! When we got home Kenny talked to me & said he saw the same old habit with me, wanting to talk about myself with a lady friend I met or painting out how pretty some women were. He wants me to have you deal with my insecurities because he feels until I get to like myself more. Nothing has changed because it is the old me that caused the old viciousness that caused all the problems.

Tuesday - April 6-82

I enjoyed my hour with you again! I liked when you told me it was OK to be me and find opportunities with people & events to actually be me and not to hang heavy over Gene's head (if we get together) for him to have to be like me. Now that we're not together, I do remember very nice times - Shopping together always, traveling together to events & colleges, his constant niceness and quiet love - which I really did love and appreciate but always wanting more - I was so spoiled - I so hope as time goes on a love for me, be kinder (spelled wrong) and we can get together again - appreciating each other more for what has happened. I'll have to wait it out and get myself more independent with the waiting. I slip a little prayer into God every nite and promise him that if Gene comes back to me with love for me & I still love him, I will never forget what caused our break up.

Wednesday April 7-82

Nothing special today. Kept myself very busy. Linda & I joined Spa Lady last nite, instead of eating dinner out on Monday nites - That was my second goal after starting to diet - The next one later is - drinking!



Thursday - April 8-82

Couldn't sleep too good last nite. Negative thoughts about him. No one has heard from him in about a week - Last weekend he went to Allentown for a state function & took her with him, he might have stopped in Atlantic City first, from the rumors I hear. That's when I began to think that it wasn't all I had done, but something he's been wanting for a long time - a good fling with someone else and the time was ripe! That's why I try not to think of him at all anymore - because I'm not quite sure what really happened & truly why. Now it is later in the morning and I just read an article about abused wives and I began to think how I abused Gene by my accusations & putting him down so much - altho he did his abuse of me by not letting me feel like a woman with him - I guess my putting him down was really my low-self esteem & his refusal to be sexual with me was his low esteem in that category. Without counseling as I know it now, we couldn't cope with each other. I know I still love him and I hope he realizes he loves me and not just cares as a son to his mother. What a mess!!

Friday - April 9 - 82

I didn't realize till yesterday afternoon that my daughter Linda had breakfast with her father yesterday morning. The reason she did it, she said, was to voice her displeasure in his choice of woman friends, and to warn him that whomever he is seeing, and we do know ~~who~~ who, will not be the same woman she appears to him now as she will over a year from now. (Because as I told you before, this woman shows her true colors to Linda & myself, before she dated Gene.) Gene did not get angry, just said that she was a nice woman & he wasn't committed. Then Linda in her own words told him that if he decides to come back home he better not think he can come back into my life, "leechy split" without seeing me for a while first. I don't know what his answer was to that. He did question Linda about how my efforts were going - dieting - exercising - driving. I realize now with these things going for me beside others, it will always keep me busy and not so demanding on a husband. I realize that now! I also came up with something profound that I read in this morning's paper about wife-

beating husbands. Their lack of control and self-esteem was a lot like mine. Their Jekyll-Hyde personality was also like mine. The big difference was, I took to verbalizing my anger instead of using physical force. There were just a few times when the children were little, that I would resort to physical anger, nothing that would have a true, lasting effect on them, but it was still there. My lack of coping was always there. I always drove myself to the extreme in showing that I was the best mother & wife. When I realized that I failed in some aspects, it demolished me & my low-esteem took over & I showed extreme anger - to Gene & the kids - mostly verbally - I'm sure they knew that I truthfully loved them because they put up with me all these years except when Gene must have gotten to the breaking point, knowing that I might never change! My head seems to be "hustling" with knowledge about myself, but at times I feel myself going back to the old Ruthie, but I catch myself & I'm sure the new habits will eventually take hold & I can prove to Gene and the kids that the real Ruthie is here to stay.

Saturday April 10-82

We went to Passover dinner at my mother's yesterday - It was the first time in oh so long that Gene wasn't with us - I probably missed him the most because the kids are always on the go with their lives and I'm sure their thoughts weren't with him. My little grandchildren were there & that kept me busy. Gene was invited but told my mother it would cause too much friction. The more I think of him and our past life the more I become negative and the only thing that actually picks me up is the thought of the future in a positive way, because I really don't know how it will end up - but I keep talking to myself that it can't be good if I allow myself to stay the same! So I'm off and running again today, determined to get off this weight (especially since last week's meal). I'm sure I don't have as much socializing to do now, but maybe it will change later - either with Gene or someone else. It doesn't have to be love just a friendliness, maybe that's all Gene feels for his former friend. I don't know for sure if his leaving was necessary to make me change - just a good sincere talk may have done the trick but this was his way of coping.

Sunday April 11-82

This will definitely be a quiet day. I'm not feeling as "up" as I should, probably because I didn't lose any weight this week. I didn't seem to have the "pust" I needed. Also I guess weekends are the worst for me, psychologically, because Gene was always with me the entire two days, while being he worked night-turn he slept during the day during the week.

Monday April 12-82

I knew I would do it again! Ken and I got into a battle again. It was all my fault. I was feeling so down last nite that all I could imagine in my mind were all the worst possible things about Gene including what he might have been doing last nite! Ken had a good talk with me again & I calmed down & felt so badly ~~again~~ about putting Ken thru it again. We can only get this under control when I feel low in my esteem. I'll have this one habit beat! Ken says I always get this way when I'm feeling down about myself, which was most of my life!

Tuesday - April 20 - 82

Well, after coming home from our session, I did something for me - I went to sleep. Later I told myself that one of the reasons I'm so depressed is because I'm feeling again at my weight loss, and I'm proving to myself once again that I don't have what it takes to be a winner, but from all the tapes I've listened to, you can develop that. So I must do it! I've always relied on Gene to get me thru my down periods, being I've been with him since the age of 21 approx. I never had to be truly responsible for myself. He was always so loving and good to me, but he never could possibly be himself exclusively, because he always tried to be the way I wanted him to be, to please me. So when he went his way again, for the second time, I feel devastated. I guess carrying me on his back for all these years proved to be too much for him & he decided again to look for his own life. It makes me so sad, because I feel we belong together & the only way that can happen, is for me to be a complete person unto myself. I'm faltering so much, but I try to continue each time. I just have to make it this time, I just have to!! I'm sure then to get back some self-esteem.

To get into another vein of thought, Ken was on Channel 4 "Pittsburgh AM" as a guest host and looked real good and we expected Bob to be on the 6 o'clock news date, because Channel 2 filmed him for "National Secretaries Week" because he has just completed his stint at Monroeville School of Business toward being an executive secretary, but now he's in a managerial trainee position at Pizza-Time Theater. But wouldn't you know it, they cut the segment short & he was never shown. I was so sad about that, I know he was so high about being shown especially since he was filmed on his 21<sup>st</sup> Birthday - April 19<sup>th</sup>. Such is life - again!

Wednesday - April 21-82

Thank God, I finally lost a lb, again. I'm feeling good about myself again, even tho I had a very bad sleep, negative dreams. I realize why I feel so terribly lost without Gene each day - I lived thru him so completely, everything he did or the kids did was an extension of my desires for them and myself. When I was working, Gene's mental load was lighter, but at that time, if he had told me, I would have felt he didn't love me, so he didn't.

Gene knows his goals for himself and doesn't need me to achieve them. I did truthfully want to be part of his achievements, but evidently he doesn't need me for that. I'm so hurt by that, because even if I was so bad verbally, doesn't he know I love him & wanted the best for him. How could he take a strange woman to be at his side as he achieves his dreams. I feel after 3 years of marriage and at least semi-happiness with our home and children he would want all of us there, physically and mentally.

Thursday - April 22-82

I have a big wash to do today and Gloria is being transferred from the Hospital to a Transitional Unit in Wilkesburg. I know she won't be happy but I know we've tried everything else, including a beautiful apartment in a very nice neighborhood. We're almost finished getting her out of that apartment, just a few more things to move. Ken is taking me down to Wilkesburg to give her a few boxes of essentials for her everyday use. It's up to her now - I'm just plain tired of living her life for her. We had enough happening this year, I deserve a break also.



Friday - April 23-82

We saw Gloua yesterday and she seems to be calm about the whole thing, but I don't think she's going to like being forced to sleep continuously and go to activities per day. It's like the calm before the storm but I refuse to hedge this time, we've done enough for her, she must change her life & attitudes, the way I'm trying! Linda & I are going exercising tonight again, but I know that watching your food intake is the most important!!

Saturday - April 24-82

Linda is taking me grocery shopping today and then I have my hair appointment this afternoon, not very exciting, but necessary. We learned a very good lesson, I always had someone to take me out, but I indirectly "thumbed my nose at it" because I was always unhappy with myself & I would always let Gene know. I will never blame anyone again for my lack of self control with my mouth and my tongue! We stopped at my mother's just to pick up something and I knew it would happen. Gloua is unhappy with things & of course because my mother's whole life is centered around making Gloua happy - so my mother is crying.

At first I thought I would love to seek alternatives for Gloria again but when we got home, I talked to Ken & he begged me not to let Gloria control our lives again - she has to try herself - Everything before was done in her good interests and she refused to help herself (just as I refused to help myself, physically & mentally, during the last 20 years) I always feel that if those around me didn't make me happy, I would do my best to make them unhappy thru neglect of myself. How stupid!!

Here it is 3:20 PM and Linda is bringing me home from the hair dresser (boy, will she be glad when I learn to drive) and my husband Gene is in the driveway with Ken (I was so surprised to see that he was still there) we had to pull in and I looked over at him and said "Hi" and he smiled but his voice choked & he got tears in his eyes (I guess he feels more guilty because he's seeing another woman) I went into the house while he talked to Linda because I felt kind of stupid on the porch. Ken tells me that Gene does miss everything but he's in the midst of other stresses in his life (State Commuter coming up soon) and he just won't allow himself to think of anything else right now. I do understand. In the meantime I'm listening to some great

Motivational tapes that Kenny has on winning -  
and Ken says in a few months he's going to work  
on Gene - he feels we belong together but we  
both have to be winners because a winner and  
a loser can't stay together & he feels I'm going  
forward being a winner while Gene in  
actuality is a loser <sup>on his personal life</sup> so he wants to help him.  
I hope this all works - but I mustn't lose  
the faith & work harder than ever!

Sunday - April 25 - 82

I meant to mention something else that happened  
Saturday - The woman that is dating my  
husband (breaks my heart to say that) is also  
the President of the Auxiliary and always  
asked my mother to help her set the tables  
in the meeting room each month and my  
mother always felt sick doing this because  
she knows about this woman & Gene and  
<sup>my mom</sup> always told me before Gene left that she always <sup>(through me)</sup>  
got around Gene wherever she could  
so finally my mother came out point-blank  
& told her she would not be active this  
year because she can't stand what is  
going on between her & Gene and we also  
have heard thru the grape-vine that she's leaning  
hard on Gene to be committed to her and is disappointed

because he won't. So Gene went to my mother's apartment in the same building they have the meetings and asked her not to quit because my mother always liked the meetings so - but she said she couldn't stand this woman and would be active when she left office. Gene said he was only dating her but nothing more than that, but my mother said "not this year", Gene had tears in his eyes. Then guess what, this afternoon Glou left her transitional & came by cab to my mother's refusing to return. I left her with it good - I told her she hadn't even given it a chance & the only other alternative right now would be a State Mental Hospital. Then I told her she's ruining everyone's life including her own by never really trying! Then I hear from my mother that Gene came up after the meeting & insisted that he take Glou back to her apartment tomorrow morning. My mother told him that I would get angry for involving him, but he insisted. Later this afternoon, Linda & I are going over to her old apartment - someone is buying her living room furniture. Whata life!!! -

Monday - April 26 - 82

Well, thank God, the aunt of the young lady that bought the living room is buying the bedroom. Now I don't have to think about that anymore.

Naturally Gloria wishes she had back the apartment and all the niceties within, but I told her that she has to suffer first as I am doing for not appreciating what she had before. It may be cruel, but she has to start facing the truth of the matter, as I am now - but what she is doing <sup>to me</sup> is the same she did before, to me. I forget my goals for myself and center my thoughts on her unhappiness & I told myself this morning that it's the same trap I fall into before - worrying about others at the expense of myself. In a way Gene did this also - always worried about me at the expense of himself. That's why I put such a strain on him.

I know he has other problems within himself about his association with me, but I hope someday to resolve this, with his help. One thing bothers me (maybe because I'm a woman) how can my husband take another woman with him on a pleasure & business trip and not feel strange about it? I'll never understand this & other things that he has done these past few months.

Tuesday - May 4 - 82

Nothing to report about Tuesday, that was special, better than seeing you.

Wednesday - May 5 - 82

I thought the day would be good, but my sister came over to my mother's for the day, instead of going with the group to Truck Park. Why? Because she didn't feel good & she hated where she was staying, etc, etc. Of course, my mother wanted me to know what was transpiring, so I called also, but in the "great tragedy" (spelled wrong) Kim came home while I was on the phone & asked me not to dwell on the problems with my mother & sister. My mother got angry because she likes me to know everything that is going on, moment by moment! Kim wrote me a note, because he had to leave that said "Stay on your game plan, Mother" (meaning diet, driving etc.) He had talked to Gene the night before, but he wouldn't tell me what transpired, other than I can be the "winner" if I keep all my goals I've set for myself!

Thursday - May 6 - 82

I called my mother later this morning to see how she was & she told me off good. That she

didn't have to put up with me telling her not to tell  
me everything that I would do & she didn't feel  
that Kenny was a psychologist & well tell him  
so. I told her she was forgetting all that we  
have done in the past to help her & that she  
shouldn't be so hasty in saying she didn't need  
us, but she said Goodbye and hung up. I'll  
let her alone for a few days to settle down  
& think over what she has done. I've been  
very good to her even at my own expense to my  
marriage & she has to understand what a  
burden she keeps laying on me per day with  
Gloria's experiences, decisions etc. Linda has a  
dinner date tonight with Gene (Eat & Park) and  
now she's back, not telling me too much,  
but begging me to lose all my weight. From  
the little she says, Gene does act like he  
wants to renew our life, but I have to change  
(weight, personality, companionship etc) because  
he needs this badly & he in turn will  
do everything to make up for what he has done  
to me. The woman in his life doesn't mean  
anything to him, just someone to be with.  
I guess what he wants from me isn't too  
much, something I should have done before for  
myself anyway.

Friday - May 7 - 82

I'm feeling much happier today after Linda's  
Yack with Gene yesterday. It's not that the  
hurt isn't slightly there about his seeing  
another woman but from the books I'm  
reading, it seems to happen to a lot of men  
for different reasons. I guess it's the mother  
in me that wants to forgive & the woman in  
me that says I must forget. As Ken always  
says "what is - is" and let's go on to tomorrow.  
If I didn't remember Gene's goodness & kindness  
to all of us thru-out the years I may have  
second thoughts about his infidelity - but  
without caring for his needs I caused a lot  
of my problems today - and I'd like us to  
have still another chance. So I'm going to  
work very hard at my physical appearance  
that means so much to him and certainly  
means more to me now & then together we'll  
work at our mental problems, Now that I  
know so many of mine. Well I have to go now,  
to wash my mile with my friend kept door.  
Then Linda & her girlfriend and I will  
go exercising tonight - it has become a new  
routine for me & I'm not going to regress.  
P.S. I called my mother & she apologized for her rudeness



Saturday - May 8-82

I received a beautiful hanging plant yesterday from my oldest Son, Eddie & his wife Truss and the two little grandchildren - Jessie and Anne. It's just lovely - a Tahitian Bridal Veil. I like it so much, just hope I don't kill it with neglect. I'll try to take much more interest in flowers in the future. Linda gave me one of her mother's day gifts yesterday - She typed up a pretty print, a beautiful tribute to Mother from an article she read, about mother being one of God's angels, that he sent down to her, and it goes on and on with beautiful tributes, then she condensed it in on a word processor and put it in a lucite frame with an embroidered rose in the corner. She made me feel so happy that we have grown so close even if we grew apart, a little, a few years ago. Then a card came thru the mail from Gene - I was so afraid to open it, because if it didn't have the words I wanted to read so badly, I would be depressed once again - but it had all the words - how special I was & how he thought of me often & what a good Mother I am.

And then he wrote "After 30 yrs, you don't think that I would forget, do you? Have a nice day, and maybe next year, will be a better year for you" hoo - Ene. You can't imagine, how happy I was and how I cried. It's from everything I read, about men going thru a pivotal stage at this age of life & if they can make their way back how happy they can become again. So I'm going to try so hard, to bring him back to me again, by becoming what he wants his wife to be - loving and a good companion. I'm sure he'll do his part, but I must always remember to work at this marriage and not be heart for granted. Ken said, knowing me I would just take him back without Gene understanding that he has some changes to make also - so Ken is glad he is still home, so he can work with his father to make him a winner in life, also - because Ken says 2 winners have to be able to make it in the game of life. I told Kenny the girl he meets & falls in love with, will certainly have to be pretty special to measure up to his standards and he said "She'll have to be pretty close to God" - I laughed & laughed!

Mother's Day - Sunday - May 9-82

Whata beautiful Sunny Day it is today -- I'm just going to enjoy today and Linda is making dinner. I'm all dressed up, not in my robe as I usually would have been, and I'm going to knit on my nice heat porch. My plants are watered and I'm doing something I didn't do the past few years because of my weight - I'm enjoying my house - outside as well as in!! My mind is still cluttered from habits of the past but I must erase them from my sub conscious & begin a new life - hopefully with Gene. I'm going to visit my Mum today with her gift & I was going to come home & just relay but after seeing her there all alone I invited her over to dinner as I've always done in the past! Naturally with her here, I always get uptight, but she basically has no one but me & my children & even Linda gets up tight with me. The dinner Linda made was delicious, but she was also washing clothes so I insisted I would do the dishes. By the end of the nite I was extremely tired & edgy, I knew things were going my way, but I just couldn't

Cope tonight, I got angry at Ken (which I apologized for later) and I cried like a baby to Linda. I'll talk to you tomorrow, because I thought about it & I want to discuss it with you.

Tuesday - May 18-82

Our talk today was so informative - I honestly realize now, how naive (spelled wrong?) I really am - I know so much but when I am personally involved, I can't handle it! I may have rejected my husband in the past (verbally) but he does it differently with another woman. It's still rejection, but we do it differently - which is truthfully worse? - I don't like it happening to me either way - but I'd rather have it verbally. I don't think Gene could handle me having an affair with another man for 6 months. I know how devastating it is to me if I think about it too much so I have to concentrate on myself fully so my thoughts don't run away with me because then I don't think clearly and I dislike Gene for all he's done. We need so much guidance from a counselor so we can understand our needs fully.

Wednesday May 19-82

I had a very restless nite - my mind is so full of questions & answers - I just can't sleep. I no longer think of my problems & solutions but I also think of Gene. I try to compare them & see how they fall into the same categories as mine. The more I think of it, I realize Gene falls into the same trap with all women including me - in the previous tense. This other woman has him locked into a kind of husband-wife relationship - he really wants to live with us but he can't really speak up for himself, to free himself - he always feels he owes the stranger in his life because of the pleasure she's given him - he never actually comes to terms with her early in the relationship - maybe because the man doesn't want to cut it off just yet. But with me - I had nothing to offer him - nothing - no sex - no companionship but instead of dealing with that way early in our relationship, he let it build up till it was out of hand. I hope with therapy he learns to open up with me more freely so I will understand him better.

(continued) → Wednesday May 19-82

This has to be one of the greatest days of my life! Gene came over today and told me I was going to Atlantic City as a third honeymoon and then to the State Convention. I was shocked!! It seemed that God was listening once again as I asked him to give me a sign soon & it came about over the last weekend when Gene was returning from his Bowling Tournament in Ohio with the other women (who wanted to go) and just around Wheeling, WVa. She asked him "the question again" -- "Are we going to get married?" And he told her no - he wanted to return to me and the children - where he truthfully belongs & was really happy. Naturally she was very hurt & angry & didn't have much to say to him until Pittsburgh & then he talked to her again & then again within the next few days. She couldn't believe he would cut it off like that but he said he never really committed himself to her fully. (At her age, I would imagine she should have been a little more realistic & realized how hard it would be for anyone to forget 31 years with his first wife.) That day Gene & I went over to his apartment to pick up a few things (it was so strange!!) and

she happened to call him there. (He didn't say I was with him) I questioned him again on how he could be so cold & leave her so suddenly and he told her, it was in his mind a lot lately & he tried to show her with his actions (I'm sure she could see it coming.) She said she didn't appreciate him using this as a fling & he got angry with her & told her he didn't think of it that way at all & thought she was a wonderful woman & friend & she would soon find someone else who would really love her - I'm sure she was hurt but so was I went she was out there last November & had an affair with him while he was still living with me at home!! She honestly knows how wrong she was and how she doesn't deserve to win. I hope she learns from this lesson. Then Gene & I went out for a small dinner & it was just like before - after all it was only about 6 months. The only problem was my head was spinning & I had some bad thoughts in my head which I controlled better than I could have before. He stayed over (but nothing happened between us, which I know was too early for that) & I wouldn't have been ready.

Thursday May 20-82

Something that came up, last rite, before we went to bed, was very crucial. It related to a very specific problem we have and had - our sexual relationship. We were to watch an HBO movie which was labeled "profanity and nudity" and Gene said to me in effect that I had too much out of movies like that in relationship to the both of us. And I felt all the problems arising again and I lost my cool & told him that I wasn't sorry about my sexual feelings and I wanted from him what he was able to give to another woman and he said he wasn't ready and would probably in the near future. I just couldn't cope & I started crying & going up to my room again but first I called in Kenny because he asked me in the previous months to let him know if Dad was behaving as before & he and Gene and I had some heated argument & Gene then promised to see you starting the following Tuesday - I settled down but I let him know I wouldn't ever stand for what he put me thru before.



And I felt that he had a bigger hang-up than I ever had sexually. He was angry because the woman he had an affair with acted as if he was a terrific guy and I told them a lot of women lie to hold their men and I would never lie to him, and I still would love him, however we had sex, just because I feel so close to him. But it will all come out in our meetings together.

Then Thursday morning, my arrivers and Jude & Bob had breakfast with us (I think) It's terrible - my days are getting mixed up in my mind. Because I didn't get to write in my notebook until this coming Sunday. Gene went to work Thursday night, I packed his lunch for the first time in about 5 months.

Friday - May 21 - 82

I had a much better sleep last night because I was a lot less tense. Gene stopped over for about  $\frac{1}{2}$  hour this morning, then to his apartment to get some rest, then shower & then back to my place (actually his) for a small dinner but we ended up at Eat & Park's - then he stayed over again. It was a lot more relaxed.

Saturday - May 22 - 82

Linda & I spent the majority of the day together - I got a permanent, went shopping, etc. Gene stayed at our house, working on the air conditioner & gutters. He enjoys doing that! When I came home he just loved the way my hair looked (I was shocked with his appreciation for me) then he showered and he took me out again (we used our canyon book) All the rest of the family would be out also, so it was a real nice date for Gene & myself. Later we went walking thru the Mall - (Gene would have doubtless before) He was very attentive & loving. Later we went to the party that Ken & Linda were attending and had a nice talk with his friend's parents whom we knew. Our later evening was nice, no arguments from me because I've learned to cope so well!!

Sunday - May 23 - 82

Gene went to a morning meeting - she was there, nothing seemed to happen between them. There were about 20 people. They went to decorate the soldiers graves at the different cemeteries. Memorial Day is coming up.

When Gene returned, I decided to do some of my grocery shopping while Gene went to his apartment to make some phone calls & gather up a few things to bring back to our house. I enjoyed myself shopping. I didn't need Gene with me as before. He picked me up in about an hour & we went back to our house. Dinner later then he went to work.

Monday - May 24 - 82

Today because of the weather, my asthma is terrible I just can't breathe well. Also the pains in my right side & leg are something awful. I hope it shows soon. Then today I got some sort of stomach virus & I feel terrible. I got my waist done but I feel so very tired. So when I spoke to Gene at his apartment at 5PM I told him as much as I hate to - I wasn't going exercising but I would go Wed-Fri and Saturday! I don't want him to think in going off my goals as I did previously. Am starting to feel a little better so I made Gene a nice dinner when he came over. Later in the evening, I became edgy and my negative thoughts crept in about the other woman (I had promised myself not to allow myself to get

that way, but I did anyway) Gene was getting very angry and asked me to stop - because he said I knew he was coming to see you & we would clear everything up. I finally did but I was so ashamed with my poor coping. I asked him to forgive me, which he did, but I knew I went back a few steps & would have to go forward positively again. I begged God for forgiveness & help and went to sleep after Gene went to work. We'll see you tomorrow!

Continuation from June 2, 1982 - (OTHER BOOK)  
All dates will be in order from this notebook into the other.

June 6, 1982

I don't remember if I mentioned in my previous paragraphs that Linda & her very good friend Carla are going with us to Atlantic City. They will follow us in their car, so they don't get lost & then find rooms in another motel, somewhere near the Resorts International & will see them for dinner, etc. Then we will go to the Pecos for the State Convention & they'll go back home to Pgh.

June 8, 1982

We're on our way to Atlantic City and the ride down was fine, I was happy & Gene was excited. I think mostly because he likes to gamble when he comes down here. I played the "one arm bandits" for a long while & I told the girls I was going to bed a little earlier than them & Gene was at the tables. I thought he would come up a little earlier than he did but he said he ran into our daughter & she said I went to sleep so he felt he didn't have to rush back. But I was looking forward to this night but apparently Gene wasn't at all. We had sexual intimacy for the first time in about 10 years & it seemed very difficult for him which I could understand but I was so sad from the realization that he had spent so many nights with the other woman during the last 6 months that I broke out in tears & I unleashed all the wrath that has been bottled up in me. But naturally Gene thought that I was to fault not really understanding what I have been going thru with him. We finally fell asleep.

June 9 and 10<sup>th</sup> 1982

These two days were pretty calm, I had a terrible time mentally when we walked the boardwalk & I realized that I just was taking her place. If it wasn't that Gene came back to me at this time, she would have been with him not me, because he planned to take her here before the convention. I hated him so for all the unhappiness he has given to me and I treated him very poorly that night - I'm sure his mind is very messed up at the thought of being with me again, while he had it so pleasant with the other women - but can't he see why - she had no previous commitment to him and so ~~was~~ no unpleasant recollections!

June 11-12-13 (Tammament State Convention)

Well, we're finally here, the trip in from Atlantic City was nice, Gene was like his normal self & I felt pretty secure. As the day progressed & started to note a change in him, maybe it might be from his nerves about all the political stuff going on around him.

It tried to be happy. I dressed nicely, my good friend Irene Michelson, told me I looked beautiful Gene did not! I felt so odd with him, like I didn't belong to him as a wife - It's been lost since he's been sleeping with another woman the last 4 or 5 months - He just won't get close to me physically - he seems very turned off as he's been for the last 15 years - It breaks my heart that his love for me is so shallow that only what he sees physically is important to him. I'm so disappointed in him as a man.

She was at the convent for all 3 days & her presence to me was so damaging, because he never made any effort to really make me feel he loves me! I cried so much each night & had arguments with him, I didn't think I could emotionally make it. They never really talked to each other very much, but I know he wasn't over her. On the way home to Pittsburgh Sunday, I went into such a terade I thought I would throw myself from the car. He had to stop a few times at the side of the road, so I could get into control. The mental anguish I was bearing was intolerable - There was a man who never truly ever came back to me, mentally!!

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June 14 thru 19th

The week progressed fairly well. Gene never really stayed over at our house - he slept at the apartment during the day, came over for a little while, ate a little, took his lunch then went to work. We went to a few movies, I thought maybe he was trying to work at our relationship, but it wasn't true. I still feel very uneasy at times. He made no attempt to sleep over on the weekends, to try to get back to me physically.

June 20th - Father's day

Last night he could have stayed over but he deliberately went to his apartment. I was having a cook out for Father's day and he told me he would be over in the morning, but caring only for himself, which he has been doing the last 5 or 6 months, he went to breakfast by himself & came over at 1 PM. Feeling very smug with his independence I teased him verbally & thought I couldn't control myself - when I do this he seems to smirk, allowing the kids to see me as someone no one could live with - But it sent so - he just has drained me of my self-esteem which was low anyway.



I got control of myself and the rest of the day went well. I even apologized to Tom but in the deepest part of my soul I know I was being taken advantage of.

June 21 - 1982

Today Gene and his girl friend had to go to Mechanicsburg, Pa for a hearing in front of a magistrate from there. What had occurred during the last 5 months (and I could have mentioned it in my back paragraphs) was that at a convention of organizations, called FANCO, Gene who represented QUV for Penna, had attended and taken his girlfriend (which broke my heart when I heard, because he wasn't intending to take me, and I realized this later, because he was always ashamed of my weight, but always lied, as not to hurt me too much). After the convention ended, he noticed a model airplane outside the building, about 3 foot long, a little dented & asked one of the girls who worked there, who it belonged to, and she said it was left there because another couple or 2 men, whomever could not get it into their car.

So Gene asked if he could take it, and she said she didn't care. Now Gene's girl friend never stopped him, and Gene thought he could sell it at the QUV flea market in Knoxville for about \$25. He never investigated it further, and just like everything else he was doing, proceeded to not think!! That same day even if Gene lived at his apartment, the State Police called up at my house and asked for him. We had to tell them Gene's new phone number at his apartment & from what Ken found out later, the State Police reached him & he returned the plane to the police barracks. It turned out to be very valuable (\$3000.00) and probably the Air Force was negligible in watching it. (They were having their convention at the same time) Gene returned it, and was shaken quite a bit but thought the incident was over. But the State Police don't end the case that way. They continued by serving a summons on Gene and his girl friend, which comes to this day.

JUNE 21

I called him at his apartment, because he never got an alarm clock, so he asked me to see that he was up on time. He didn't seem very nice to me but he claimed later that night that he was very nervous. He spent the entire day with her, and took \$1000 with him for bail, (which he borrowed) and met his lawyer there. He had a very bad day. The magistrate was terrible to all of them & set bail at \$500 each, they were both mug shot & fingerprinted - He was demolished! He went straight to work that night & called me & was like the old Gene.

June 22, 1982

He met me for breakfast the next morning to talk about the events of the previous day. I was very concerned & felt for him until I saw that he had removed his wedding band - I felt so devastated again - he said he did that because he felt it would look so bad in court, his name different from hers. I accepted that - but I had a little taste in my mouth.

June 23 thru June 30<sup>th</sup> 71

Things didn't seem too bad between us, movies, therapy, visiting, dinners etc. But I never felt what I wanted to feel from him - there was always this cloud between us

July 2, 1982

For one, GUV was sponsoring an evening at the synagogue, it was a complete disaster. No one hardly showed except the same group of people, including her. - She came with a gentleman who recently lost his wife. I feel now that Gene was so distant with me that nite because he may have been jealous of the two of them. I got thru that with a lump in my chest & we went on to the Senior Citizen Home for a little heavy party. He bothered with me as little as he could - making sure he was near her a few times that evening - even tho he denied this to me. He went to his apartment again that nite - so afraid to show me too much kindness.

July 3, 1982

We had brunch at the Holley House, the same bunch of people including the National Judge advocate that was invited to attend our local JUV 25th Anniversary. Gene treated me pretty nice & later we went for a walk in the mall. But that evening, even tho I thought I looked pretty nice - he didn't have much to say to me & I noticed he hardly came over to ~~talk~~ me at the cocktail party, just conversed with others, instead of having me by his side, as the State Commander's wife. He managed to talk to her a few times that evening! If only I could have heard him say, with ~~that~~ truthfulness, that he loved me & wanted to be with me, I could have gone through anything, but I knew he wanted to be with her. So during the dinner, I said a few things to him & the note was such a strain. I knew things would come to a head soon - he just wasn't putting anything into wanting to stay with me as a husband!!! He went to his apt. again!

July 4th 1982

Gene came over today for a little barbecue with my mother, sister and our kids. Things progressed normally.

July 5th thru July 11

A pretty normal week, Gene still stay at his apartment.

July 12, 1982

We went out for a sandwich that nite and then to our therapist that nite - Gene seemed a little strained - after his meeting with Lona, our therapist, we sat together in front of her & he told me he didn't know if he really wanted to spend the next 15 or 20 years with me and wanted a separation again. I cried like a baby but told him he was free to do as he wished, I just didn't care any more. We didn't talk going home & I told him I wanted him to tell Ken & Linda himself - which he did & then he went to work. Linda cried that nite herself, for the disappointment was feeling. Ken said he came back too soon - she wasn't clear in his head yet.

And Ken feels that he isn't seeing the woman he really wants in me.

July 13 thru July 15<sup>th</sup>  
I've cried a lot but I'm finally coming to grips with myself, after talking to the 3 kids. I'm not going to let him demolish me, I have a lot on the ball, and I just have to lose weight to attract someone else. If it turns out to be Gene who returns, with therapy we may work it out. I'm so tired of hitting my head against a brick wall! It's his problem now, not mine. I'm not searching, he is. Good luck to him! I know what my goals are and I have the support of my children!

July 16<sup>th</sup> 1982  
Gene came over this morning to ask me what I wanted deposited from his paycheck. I was loving & cordial he had tears in his eyes - he was going out to play cards tonight. The ball is in his hands, I'm not going to drive myself crazy to make him love me - It's his choice now, I'm tired

July 17, 1982

I got my hair cut today - looks nice. I feel pretty good about myself. I'm losing weight. We are going out tonight to the Civic Light Opera with another couple. This was planned before, also next Saturday nite, what comes after that I just don't know. He also says he wants to continue therapy. We'll see, but I'm going to try to keep my self-esteem up. - I know what I did to him to make this marriage fail - but I want to become a different woman - he also has to work at it as a different man. If he can't & won't, our marriage will dissolve completely & I won't feel guilty for having tried!!

July 18, 1982

Last nite was much better than last Saturday between him and me but by the end of the evening I noticed that difference again - that removed personality that I've seen in my past. When we got home he changed his clothes - I talked to him to get some answers - And the answers were the same, he couldn't come back to me because



He was still searching for his happiness & as of today (Sat) it wasn't with me. Of course I cried again last night from rejection. Today I'm doing little things around the house - very quiet - everyone is out. It's very, very humid & hot today & I wondered what he was doing - and suddenly I said to myself - I'll bet he's out swimming with someone and I ran upstairs and looked in his drawer & as I suspected, his swimming trunks were gone. I felt like I couldn't breathe knowing he was with another woman again - I'll never forgive him for this - When I think back I know he never loved me enough - especially as I gained weight I cried and cried that day. Kenny was so angry at me & finally he said, 'Mum I want you to divorce Dad so you can just think of yourself & remove your thoughts of what he is doing each day that he is not around and will he call or not. So that night we told Gene, I think he was surprised & when I told him that he can finally remove his wedding ring for good, he turned to me & told me not to tell him what to do and walked out!

*Gene came back to me early part of May 1982. It looked like everything would be fine.*

1982

25TH ANNIVERSARY SERVICES

On Friday, July 2nd, 1982 at the Parkway Jewish Center, 300 Princeton Dr., Pittsburgh, PA 15235, East Boros Post #718 will sponsor an Oneg Shabot service in honor of our 25th Anniversary as a Jewish War Veterans Post in the East Suburban area. Post past Commander Joe Zuckerman of Arizona, who is coming in for our 25th Anniversary affair will conduct the services in behalf of our Post. Service will be at 8:15 p.m.

CALENDAR OF EVENTS

CALENDAR OF EVENTS (CONT.)

May 31 Memorial Day Parade, Monroeville, PA

June 6 J.W.V. and J.W.V.A. meetings  
J.W.V. Senior Citizens East Boros apt, Monroeville, PA  
10:00 a.m. J.W.V.A. will serve breakfast at 9:00 a.m. sharp.

June 20 Father's Day

June 24 J.W.V.A. Hospital show, Aspinwall V.A. Medical Center, 6:30 p.m.

July 2 Parkway Jewish Center, J.W.V. Oneg Shabot, Services 8:15 p.m.

*(we went to Atlantic City first)*

June 7 J.W.V. County meeting, Tree of Life, 8:00 p.m.

July 3 25th Anniversary of Post #718, Holiday House, Monroeville, PA. Be There.

*Excuse me I went wrong Gene wasn't himself again. She was there the next thought she*

June 11-J.W.V. and J.W.V.A. Dept of 13 PA convention, Tamiment resort

*It was terrible for me Gene wasn't himself, he forgot all about me I didn't exist - I was so sad!*