













**To celebrate turning 60, I did 60 things I'd never done before, throughout the year. Here is the illustrated list of those things.**

*Nancy Thorwardson*

*March 2, 2015 – March 1, 2016*




1	3/2/2015	Turn 60 in Hawaii.	
2	3/2/2015	Drink a Mai Tai on the beach at Waikiki.	
3	3/2/2015	Watch hula dancers, fire dancers, and Hawaiian musicians at the Royal Hawaiian in Waikiki.	
4	3/3/2015	Watch humpback whales breach, blow, slap, and fluke-up at Halona Blowhole, O'ahu.	
5	3/3-6/2015	Take a beach walk and swim in the surf on O'ahu.	
6	3/4/2015	Tour the Kamaka ukulele factory! Fred Kamaka himself gave us history, hands-on details, and lively discussion at age 90. Talk about inspiring!	
7	3/5/2015	Visit Waimea Valley Botanical Gardens. Fabulous collection of Polynesian flora, waterfalls, and jungle rain!	






8	3/5/ 2015	Wade the beach at Banzai Pipeline -- world's deadliest surfing wave. We got wet but didn't die.	
9	3/6/ 2015	Hike to the Diamond Head crater summit. Fantastic views all around!	
10	3/7/ 2015	Play a concert with Patty Clayton and Dave Lidstone in Hawaii! Did I mention that my life is just grand?	
11	3/11/ 2015	See the Wailin' Jennys live and in person! Thanks to Emilyn for instigating, and for the truly amazing John Deere bling.	
12	3/13/ 2015	"Son of Very Short Stories" – Buntport Theatre Company presented a couple dozen short stories, reading and interpreting and making us laugh and cry. I had no idea that anything like this existed – it was just great!	
13	3/27/ 2015	"The Moth Story Slam", Denver; true stories told live. 10 people got up and told stories from their own lives, on the given topic of "Hair." Very entertaining and hugely popular – sold out Daniels Hall at Swallow Hill! Thanks to Nancy and Peter for taking me, and also to Katie G and Greg S for the idea.	
14	4/1/ 2015	Go a whole day without wearing ANY ACCESSORIES. It seemed like April Fool's Day was a good day for this one. It turned out to be both challenging and interesting. It took me ages to actually leave the house, as I couldn't shake the feeling I was forgetting something, and I found myself mindlessly checking my ears, hands and neck all day long. Thanks to Emilyn for this idea; I never would have thought of it on my own!	
15	4/5/ 2015	Write my 100 <sup>th</sup> song. It is called "Texas Smile" – western swing, of course!	

16	4/16/ 2015	Compose in the songwriting style of another writer. I studied up on several songs written by songwriters whose work I admire, and then chose a topic which moves me deeply to write about, using ideas from their compositions. The idea came to me from Katie Glassman telling me she had written a song like I would write! I learned a great deal from this, and I want to say that I admire Danny Shafer and Michelle Allen, both very fine songwriters, even more than before!	
17	4/18/ 2015	Do something 30 days in a row. I chose songwriting. What a great list item! The first few days were challenging -- getting in gear, staying focused, finding the time, and so on. But then it became a big pleasure, a thrill, and a delicious habit! I finished several songs from years gone by, wrote some new ones, and got deeper into arranging parts and writing counterpoints. This habit is going to stick, I do believe. Thanks to Kenneth Wajda for the suggestion.	
18	4/21/ 2015	Start a new pot garden for earth day!	
19	5/2/ 2015	Add the Buddha to the garden. Maisy, an incredibly intense devotee of the tennis ball, added her own offering. Thanks to Gwynne's Greenhouse & Gardenshoppe for inspiration and statuary!	
20	5/16/ 2015	Trade a fiddle bow for a mandolin. I was going to list "get a mandolin" but, not only have I owned one before, I have owned THIS ONE before! Once I learn the names of the strings, there will be no stopping me.	
21	6/4/ 2015	Take a mandolin lesson with Jordan Ramsey (traded for cowboy boots, but that's another story!) Jordan is a great teacher, and I am learning a tune from Pete Martin's book (given to me by Patrick Cullie, which is yet another story)!	



22	6/26-28/2015	<p>Meetup with long-time friends Bobbie and Carl Edwards and Barb Woehle and Ross Linville in Spearfish, SD. Lovely and beautiful! We toured – Spearfish Canyon, Bridal Veil Falls, lunch in Beulah, played extreme croquet, and ate baked oatmeal. Lots of firsts in this entry!</p>	
23	7/3/2015	<p>Go ziplining. This was by far and away the most terrifying thing I have ever done. I have a lifelong great fear of heights, and this zipline course involved jumping off of 8 towers, 60 to 70 feet high. I am very happy to say that each time it got easier to jump, and I truly experienced the diminishing of my fear – what a thrill, to realize that fear can be met and gotten past! I am so happy to have had this experience. Huge thanks to my dear friend Pat Jennings, who treated me to this adventure. I can safely say I would never have done it if she hadn't caused it to happen.</p>	
24	7/14/2015	<p>See Mavis Staples perform. This is something I have wanted to do my entire life – what an amazing treat! She is a dynamo, very inspirational, charming, and strutting her stuff at 76! With my dear friend Susan Rose.</p>	
25	7/22/2015	<p>Write and perform a song for Chase the Music. This is a wonderful, heart-warming project created by Clark Hodge, who matches up children in need of care with musicians and composers who create a piece of music celebrating the child or children. The project I was involved with was to write a song for Respite Care kids who attend a week-long camp at the Highlands Presbyterian Camp in Allenspark. My dear Blue Prairie friends Jani and Zeke Little played the show with me and it was one of the most emotionally rewarding performances I have ever done. There were other campers there as well, and everybody celebrated everybody! There was dancing, swaying, and singing along, and the cakes were beautifully made, featuring the name of the new song, Sweet Saddle Pals. Thank you so much, Clark, for including me in your project, and thanks Jani and Zeke for playing the show! I will carry the joy of this project with me forever.</p>	

26	7/23/ 2015	Attend a Colorado Shakespeare Festival performance. The shows are put on outdoors at the Mary Rippon Theatre on the CU campus – wonderful venue under the stars! I was with Jani Little, Joanne Belknap, and Fran Costa – an intellectually stimulating and most rewarding outing, for sure!	
27	8/11/ 2015	Perform “I’m Pau” with 3 ukes and a guitar at the BC Swing Camp faculty concert. This was so much fun! With bandmates Karin Plato, Sarah Maisel, and Neil Fraser -- what a dream band! Thanks to John Morton for finding this tune, and to Patrick Cullie for loving it for Gadzukes!	
28	8/10 & 14/ 2015	Dance every dance at BC Swing Camp 2015! Super fun, with wonderful musicians playing solid swing with great gusto and pizzazz. I am so filled with gratitude that I live in a time in which this can be made possible for an one such as myself. Hip-hip hooray! Thanks to Rosemary Campbell and all the folks at camp, and big thanks to all my dance partners – couldn’t have done it without ya!	
29	8/27/ 2015	Go to Ireland with Norma Jean E. Schwab, Betsy Harrison, Susan Renner, Amelia Harrison, and Betsy Harrison. This is so lovely -- beautiful country and fantastic, funny friends. The best!	
30	8/30/ 2015	Visit Macroom Castle, County Cork, with five fabulous females!	
31	8/30/ 2015	Tour Killarney National Park. So beautiful -- lush vegetation, waterfalls, lovely gardens and stonework...and great company!	




32	8/30/ 2015	Go out for traditional music in a pub in Cork. This band is Arundo -- just brilliant, to use a lovely Irish expression!	
33	8/31/ 2015	See the Altar Wedge Tomb, driving the Wild Atlantic Way. This altar is four or five thousand years old. Mind boggling. And so beautiful.	
34	8/31/ 2015	Visit Mizen Head, the southernmost point in Ireland, where we got some very sound advice. (Sign on fence says "Beware of the Bull".)	
35	9/1/ 2015	Visit St. Finbarr's Cathedral, Cork, with contemplative women.	
36	9/1/ 2015	See the Ogam stones at Cork University. So cool - - fascinating carvings in stone, with a 20 character alphabet -- old, old, old!	







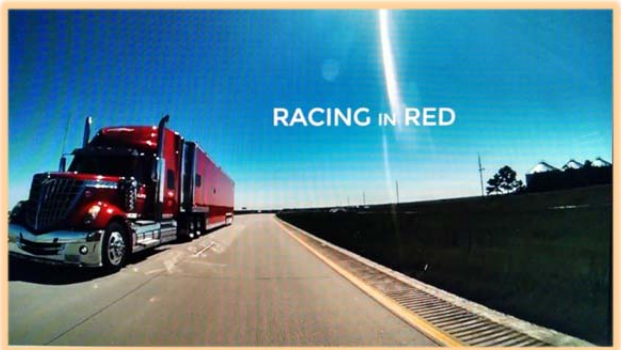
37	9/2/ 2015	Augment our gift of gab by kissing the Blarney Stone!	
38	9/3/ 2015	See the sights in Timoleague -- Friary, Abbey, church, Lusitania. Old, old, old stone stuff, very cool.	
39	9/3/ 2015	Tour Charles Fort, Kinsale. Huge! Great views of the lovely, charming, harbour town of Kinsale.	
40	9/4/ 2015	Tour the Dingle Peninsula! This was on my list a long time before this year, and it was so wonderful to see it in all its magical glory!	
41	9/4/ 2015	See a fantastic music and dance show with these beautiful wild women!	

42	9/5/ 2015	Take the train to Cobh, from whence the Titanic sailed on that fatefully sad voyage. Still, it is lovely here!	
43	9/6/ 2015	Drink an Irish coffee in the Stag's Head in Dublin's fair city. Lovely!	
44	9/7/ 2015	See the sites in Dublin -- the Book of Kells and Long Room at Trinity College, the National Gallery, Dublin Castle, and several thrift stores, followed up by a traditional music session at the Cobblestone Pub. Doesn't get any better than that!	  
45	9/11/ 2015	Visit the Redstone Museum in Lyons. This was very fun to see – there is SO MUCH STUFF at the museum! Lyons has been my home town more than once, for a total of about 15 years -- I can hardly believe that I haven't been there before. Thanks to Pat Jennings for joining me in the excursion, and thanks to Sue Chrysler, who suggested "Be a tourist in your own town."	



46	9/16/ 2015	Take a tai chi class. Being a life-long pacifist, I have always avoided activities which include the word “martial” as a descriptor. But Katie Glassman suggested kung fu, and Chris Ralston said the tai chi class at Mayama was dandy, so I decided to listen to my fine women friends, and I really enjoyed it!	
47	9/23/ 2015	Cull 60 things from my house -- in 60 minutes! You know, this turned out to be really fun, and, even though I will most likely never become a minimalist, I feel lighter, and I won’t miss any of these things. I didn’t plan the time limit part, but it worked out that way, and since this is all about things 60, I went with it. Please don’t worry, I still have lots of fine, fun, stuff!	
48	9/26/ 2015	Dine at Villa Tatra in Pinewood Springs. Charming family-owned spot with really good food. Thanks to Gwynne for having a birthday this month so she got to choose the establishment to which I had never been, and thanks also to her for this charming gift which sports my new motto:  “Leave a little sparkle wherever you go.”	
49	10/10 /2015	Play a sold out show at Drew and Mary Horton's Garage Mahal near Westcliffe, CO, with Dave Lidstone, Dave Ball, and Drew, too! Yippee!!	
50	10/10 /2015	Perform a song with the capo on the 5 <sup>th</sup> fret. That was a real mind bender for me, almost like playing scrabble with a Canadian! What a fun show this was, all ‘round. Can hardly wait for next time.	
51	10/19 /2015	Exercise 60 minutes a day, 6 days a week, for 6 weeks. I feel great – stronger than I have in years, and ready for more. But this did require lots of restarts and adjusting the goal, finding and making the time, and staying on it. Quite interesting to realize that, even when I am making all the rules myself, and no one is checking up on me, I can still be tempted to cheat a bit.	
52	10/19 /2015	Stop wearing a watch. This is sort of a personal revolution for me -- I have been wearing a watch since I was about 10, which, if you are into math, you will know is 50 years. I started with my grandmother’s antique watch, then wore a pocket watch from my folks, then they gave me wristwatches, then I worked my way through bling, webbing, and finally turquoise bands. I had been thinking about giving it up for awhile, so as to stop using batteries, stop focusing on time so much, etc., so when the watch finally gave up the ghost last week, I took it off	

		and retired it. Of course I now ask others what time it is since I still want to know, and am surrounded by clocks so I should still be pretty much on time. But, here's the thing I never even considered – I can now wear twice as many bracelets!
53	11/14 /2015	<p>Visit the Wild Animal Sanctuary. Rescued animals live here in safe habitats – hundreds of lions, tigers, and bears, other big cats, wolves, and, incidentally, tons of rabbits and birds. These animals are so beautiful, and you watch them from a high walkway, above. They are all animals that couldn't survive on their own out in the wilds. Thanks so much to Pat Jennings for taking me – I have never seen anything like it.</p> 
54	4/1 – 11/15 /2015	<p>Visit all of Colorado's State Parks. There are over 40 of these critters, so this took awhile! I spent much of my adolescence and young adulthood in state parks in Minnesota, both working and playing, so this was a sweet reminder of those years, in addition to a fabulous way to tour our beautiful state. Many of our parks are created lakes, which means that getting to them involves traveling through very cool places, including winding river canyons and charming little towns. This is perfect, since it makes the journey as compelling as the destination – I love that! Some parks are stunningly beautiful: Pearl Lake and Sylvan Lake, some lovely at dusk: Highline Lake and North Sterling, some lovely in snow: Staunton Ranch and Mueller, some so very diverse: Castlewood Canyon and Trinidad Lake, some with stunning views of the surrounding areas: Ridgeway, Paonia, San Luis, and Rifle, some have really nice hiking: Golden Gate and Eldorado Canyons, and some are very surprising: Barr Lake, with great boardwalks out into the water, and where I witnessed a standoff between a rattler and a goose, on the trail right in front of me!, and Roxborough, which was incredibly enchanting, with its rock formations and absolute tranquility. I had a wonderful time with this, I love our amazingly diverse state, and I want to say that my favorite name of all the parks is "State Forest State Park".</p>
55	11/28 /2015	<p>Get tattoos with friends. Ha-ha!</p> 

56	12/20 /2016	Go to a Boulder Philharmonic Orchestra holiday show. What a fantastic treat! Great players, amazing soloists, and the chorus made us get all teary-eyed. What's not to like about that?	
57	12/21 /2016	Visit the newly redone Union Station for the holidays, with dear friends Emily Reynolds and Pat Jennings. It was beautiful, and so fun to spend an evening in the big city!	 
58	12/25 /2016	Watch a movie about drag racing on Christmas Day. Who knew this would be the perfect thing to do today? Talk about finding the divine in everything. Thanks to my dear pal Patrick Cullie, who wrote this very exciting and heart-warming film, called "Racing in Red", and to Hollie Rogin whose name is also in the credits. This was a real treat!	
59	1/12/ 2016	Audition for a choir. This was an interesting experience. In all my years of performing in bands, participating in theater projects, teaching at camps, and so on, I have never auditioned for anything. It was good for me to have the experience of displaying my abilities (and lack thereof!) to someone who has no knowledge of me and what I do, and who has the say over whether I have the skills or not to do what is needed. Thanks to Baiba Lennard for encouraging this, and to Kenneth Wajda for the suggestion that I answer a casting call.	
60	2/10/ 2016	Run a mile on these new hips. I swear, being pain-free is about as good as it gets! But it is so very odd to have to re-learn an activity that once came so naturally. I started out wobbling along for about a block, then added a block each day until I stopped wobbling. Pretty funny, all in all, and a grand way to finish out this wonderful year of doing 60 things I've never done before!	