

# Foreword

I recently celebrated a milestone birthday. “Sixty is the new fifty,” some friends reassured me. Other clichés were less flattering. Martha Morgan’s *Notes from Over the Hill* should be prescribed reading for all baby boomers. Her wit, wisdom, and humility are qualities to which we all should aspire. Martha’s outlook, to take the high road on this complex journey called life, is rare and motivating.

Do I have a favourite commentary in this treasury? Choosing just one is difficult. Perhaps I suffer “decidophobia,” as Martha would say. Naturally, the stories that made me laugh out loud (and there were many) rank among the top. Others offer a fascinating glimpse at history, into a life well-lived, and a remarkable spirit. “Alberta Coal,” “Snapshots,” “Paul Martin,” “Birthdays,” and “Centenarians” struck a special chord. “Wartime Memories” did that and more. The recollection of a chance meeting and parting is simply magical.

Readers will enjoy and benefit from Martha’s advice on a range of topics, from romance to recycling to retirement planning. She offers her own helpful “Horoscopes for Seniors.” In keeping with the character of that selection, I have my own prediction: “The pages before

you will offer a dose of humour and insights to ease doubts as the golden years approach. Consume liberally.”

Martha Morgan has seen tough times. She remembers hardships that are inconceivable to most people today. That she remains forever young-at-heart and chooses an affable approach to reflect on days gone by and ponder challenges anew is refreshing and admirable.

Truly, the world would be a better place were there more “incurable” optimists like Martha Morgan.

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