

# THE GREENBOOK

David Coda

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The second eBook in the 'Colour' series  
of selected verses from daily works  
as part of the BA10 initiative

This book is dedicated to  
**Our Parents**  
who, let us not forget, gave us the gift of life  
and all its opportunities

All funds raised are in aid of Redlynch Chapel  
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Redlynch Chapel

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In addition to reading, some verses have QR Codes  
and links to videos, so you can listen to the spoken word  
with a few have been made into songs  
which are also available on Spotify and iTunes

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## Realistic Optimist Part 1

I'm a realistic optimist  
I see life as I should  
I choose to be positive  
to focus on the good

I'm positively positive  
I'm negatively negative  
Are you sure?  
I'm absolutely positive

I accept the challenge  
when folk say I'm wrong  
I listen, understand, decide  
it's healthy, makes me strong

I choose to see the good  
not to harp on the bad  
I choose to be happy  
I choose to be glad

Avoid all things negative  
creating problems and confusion  
Be a realistic optimist  
a creator of solution

It's not a matter of 'if'  
it's a matter of 'when'  
I've done it before  
and I'll do it again



## Hands

Thumb index, middle, ring, and a pinky  
five fingers and a palm  
Makes a hand, this amazing tool  
at the end of our arm

Take a look at your hand  
think of all the things it can do  
Then, realise how blessed we are  
to have not only one, but two!

Shake my hand to greet me  
and when we both agree  
Stick your pinky in the air  
and have a cup of tea

Cross my fingers for luck  
thumbs up to say thank you  
These amazing speaking hands, say hello, goodbye  
as I'm waving them at you

Put my hand on my heart  
to show honesty and affection  
Put them in a glove to keep them warm  
and offer protection

When things don't go  
quite as I'd planned  
You help me out  
give me a hand

I marvel at these components of our body  
a creation from our birth  
Tools for life, I respect them  
for all they are worth

When they get dirty,  
I clean these grubby little paws  
Let's celebrate and clap them  
give them hands a round of applause!



## The Optimistic Butterfly

Butter butter butterfly  
how do you exist?  
It's simple, it's natural  
I'm an optimist

I began as a caterpillar  
became a chrysalis  
Transformed into a butterfly  
through metamorphosis

From crawling, dying  
sleeping to flying  
I'm a creature of beauty  
there's no denying

Butter butter butterfly  
flutter, in the summer sky  
Your colours flashing, catch my eye  
as you flutter, flutter by

I stop to watch  
you rest and settle  
Your fragile wings open  
on a flower petal

I marvel  
at the joy you bring  
Your beauty  
makes this old heart sing



## Making Time

Time, you can't make it,  
but is that true?  
Because, I'm making time  
making time for you

For you, I'll cross the oceans  
The mountains I will climb  
To give a gift most precious  
For you, I give my time

I give it now  
I gave it then  
I'll give you my time  
time and time again



## Good as it Gets

Focus on the good  
that we sometimes take for granted  
Distracted by routine, step back!  
Prepare to be enchanted

Count your blessings  
1, 2, 3 ...  
there's so many I've lost count  
and trust you will agree

All made possible  
by the gift of life  
You know it's true  
we don't need to think twice



## Sacrifice

Kitchener's finger points  
YOUR COUNTRY NEEDS YOU  
Alfred asks himself  
What am I supposed to do?

War, War, what's it for  
no peace, the canons roar  
Young flesh wounded  
tore, raw and sore

He gave his life  
taking orders  
Fighting for his country  
to protect its borders

A medal, no words of comfort  
for the family of the deceased  
Alfred Paterson  
Rest In Peace



A little is a lot

A little is a lot ...  
when it's all that you've got



## For the Record

A record of the past  
once lost now found  
On the turntable  
going round and round

The needle goes down  
The volume up  
The music's right  
The memories left



## Finding Harmony

Cultivating loving-kindness  
in this garden of Eden  
Propagating peace, it grows  
in every region, every season

Sowing seeds of love  
flourishing in fertile ground  
Growing stronger day by day  
till love is all around

This natural phenomenon  
a precious gift from Mother Earth  
Of which we are her children  
through her loving-kindness, gave us birth

We are one with nature  
our origin the land and sea  
Let's feed our roots with love  
and grow in harmony



## **Ooh! I Love My Rockin' Chair**

Howdee partner howdee doo  
I'm a Texan through and through  
Stetson, Western, Cattle Yeah!  
'n' of course my rockin' chair

Rockin' here without care  
breathin' in that Texas air  
I love country I declare, oh! Yeah!  
'n' don't forget my rockin' chair

On the porch, now here we go  
back 'n' forth 'n' to 'n' fro  
I'm rockin' fast 'n' rockin' slow  
I'm a rockin' Rodeo

Bourbon whiskey in the jar  
playing six string steel guitar  
Willie Nelson, Dolly yeah!  
Oooh! I love my rockin' chair

Folks come knockin' on my door,  
see them cowgirls hit the floor  
Dancin' line or dancin' square, oh! yeah!  
I'm rockin' in my rockin' chair

C'mon folks now here we go  
back 'n' forth 'n' to 'n' fro  
I'm rockin' fast 'n' rockin' slow  
I'm a rockin' Rodeo

Getting late, it's time to go,  
back 'n' forth 'n' I'm rockin' slow  
I ain't goin' anywhere, oh! no  
sleepin' in my rockin' chair



## **Migration**

The newsman forecasts  
more than ever before  
Visitors to  
our southern shore

Conservatively, 0.7 million  
will be crossing this year  
We just can not stop them  
coming here

Do you not have any empathy?  
they've travelled for days and miles  
To seek sanctuary  
on these our British Isles

Good news for the lonely  
you won't be alone  
They're coming to stay  
to take up residence in your home

The conditions they come from  
is what brought them  
Don't worry, the Green Party says  
they'll be gone autumn

I can hear and see them coming!  
there will be even more tomorrow  
Good grief man  
it's only a swallow



## The Colours

The most wonderful colours  
of nature's creation  
Is it real, or a dream  
a pigment of my imagination

You can call me Leonardo  
a humble artist, scientist, mathematician  
Some say I'm simply mad  
others, a dark medieval magician

A life of  
dedication  
exploration  
experimentation

Mother Nature, the source for my palette  
her elements, minerals and vegetation  
I search for the colour so pure and perfect  
to be of my own creation



## Realistic Optimist Part II

I'm a realistic optimist  
an amazing Magician!  
I make two negatives positive  
or am I a Mathematician?

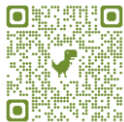
I choose not to win  
and not to lose  
I choose to listen and learn  
and have my own views

Avoid those who rattle on  
their "Don't's" and "No's" a noise  
Like empty cans that can't  
destroying all our joys

Doubters say, "You can't!"  
I know I can!  
My life has a purpose  
my actions have a plan ..

Instruction: Don't give it  
Advice: Don't take it  
Listen, learn, decide for yourself  
then, go out and make it!

I'm a realistic optimist  
I like to get things done  
Bringing joy to those in need  
laughing having fun



## Air

Stop, breathe,  
observe, repeat  
Thank you for  
this air, so sweet

Thank you thank you  
I can't resist  
Saying thank you for this air  
without which, I can't exist



## Happy Birthday! Happy Birthday!

Happy Birthday! Happy Birthday!  
Have fun, let's dance and shout!  
Happy Birthday! Happy Birthday!  
Now, blow your candles out!

Happy Birthday! Happy Birthday!  
Make a wish and celebrate!  
Happy Birthday! Happy Birthday!  
It's time to eat your Cake!

It's your Birthday!  
Have fun, let's dance and sing!  
It's your Birthday!  
Thanks for the joy you bring

Happy Birthday! Happy Birthday!  
Happy Birthday, we love you  
Happy Birthday! Happy Birthday!  
May all your dreams come true  
May all ... your dreams ... come true



## Do Be Do Be Do

I did not find happiness  
happiness found me  
I had a purpose  
to do and to be

To do is to be  
to be is to do  
So, I do be do be do be  
do be do be do





## Just Smile

Your smile is like the sunrise  
that brightens every day  
Brilliant rays of sunshine  
to melt my blues away

I watch the effect  
see the attraction  
Your smile from the heart  
creates a reaction

Let's change the world  
do it in style  
It's free, so easy, so natural  
a thing of beauty, just smile



## Springtime

Springtime  
Sunshine

Birds sing in the blossom trees  
children play in the sun  
Flowers bloom for the honey bees  
new life has begun

It's Springtime  
Sunshine  
Springtime  
Sunshine



## Dad

On this date  
we said goodbye  
I can hear your laugh  
I want to cry

A day  
of devotion  
Of love  
and mixed emotion

Your legacy of laughter  
the smile on your face  
You made this world light up  
made it happier place



## Dream Extreme

Why do we dream?  
A world of fantasy  
Or, this world a dream  
and the dream reality?

I'm crossing the threshold  
falling... falling deep  
One last step, goodbye  
I've descended into sleep

The detail is so amazing  
a world so bizarre  
I'm talking with animals  
Now, I'm with King Charles in getaway car

Dreams are so exciting  
an extreme, exhausting test  
When I wake up I need to sleep  
my mind and body needs more rest

Here, in my secret world  
I can do anything of my own creation  
But, it's not in my control  
I'm at the mercy of my imagination



## By Hand

As I write this note by hand  
deeper thoughts I think  
Giving time to what I write  
with paper, pen and ink

Rather than a text  
click, click in quick succession  
Ramblings fill the screen  
with every key depression

There's something special, more personal  
about a hand-written letter  
Its tactile nature has character  
conveys the meaning, and my feelings, so much better



