Theo,

I could mine from your Github for the next few years (I may well do!) but given we’ve gotta start somewhere, I’ve chosen 6 topics for you to craft into articles. The connective thread: aging, or more specifically, ways of enjoying and exploring life as you age, also preserving your life & legacy.

**ARTICLE CRITERIA** – I’m guessing at this but it’s feels right-ish

* Take each of these and craft / condense / massage your notes into an accessible, engaging, relatable article around 1 to 2 pages, 250 to 500 words.
* If you want to include links, add hyperlinks (but not too many) *or* add works cited / references at the end of each piece.
* I’d recommend infusing “personal Theo” in your first and last paragraphs so readers get to know feeling, perceptive Theo as well as your intellect and knowledge.
* As you sometimes use AI generators, I’m trying to think of the best way to integrate it into your pieces so it’s not confusing to readers.
  + If you’re using GhatGPT (or similar) to edit your own thoughts and ideas, I wouldn’t mention it.
  + If you’re using AI for illustrative / example purposes — or to encourage others to — maybe each article has its own dedicated section for this?
  + My worry is, for most brains, jumping in and out of AI examples could disrupt the flow / readability of your piece.

**IMAGES**

**A screenshot of a white box

Description automatically generated**

**TIMELINE**

* As you’re working on a gazillion other projects, what if we assigned you one article (and image) a week or 4 / month. Or if that’s too many, 2 / month.

**ARTICLES IDEAS**

1. How (and where) to Store Your Life Online: Creating Your Digital Commonplace Book
2. Letters to My Younger & Older Self
3. Aging Beauty
4. Radical Walkability
5. Mood Mirrors
6. 77 and I’ve Never Been Happier

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**NOTES TO WRITE FROM**

**Article 1: How (and where) to Store Your Life Online: Creating Your Digital Commonplace Book**

## Concept: My digital commonplace book

* [**https://en.wikipedia.org/wiki/Commonplace\_book**](https://en.wikipedia.org/wiki/Commonplace_book)

I have been creating, editing and hoarding digital knowledge since the late 1970s. Sadly. I hoarded the data using whatever system was most popular at the time the data was recorded. Currently I have stuff on the following platforms:

* Text files maintained using PGP
* Evernote
* Google Drive
* Dropbox
* OneDrive
* GitHub
* GitLab
* WordPress
* Blogger
* Tumblr
* Medium
* Twitter
* Facebook
* LinkedIn
* Instagram
* Flickr
* Geni
* YouTube
* Chat GPT
* And probably elsewhere as well
* And not including stuff stored on Palm Pilots, Blackberries anf countless other devices
* And not including paper pages in FiloFax and other formats

You are looking at the latest incantation. Only notes starting from sometime in 2022 have been added here.

## Vision

* A single place to store all my digital knowledge
* All my previous efforts are copied to here or linked to from here
* The data is stored in a format that is easy to:
  + read and edit
  + search
  + share
  + backup
  + transform to other formats
* User interface is simple and intuitive

## Mission

* Format is GitHub flavored Markdown
* Categories follow Wikipedia categories
  + [**https://theo-armour.github.io/pages/#00-journal/2022-12-06-notes-catalogs-tags.md**](https://theo-armour.github.io/pages/#00-journal/2022-12-06-notes-catalogs-tags.md)
* Standards generally follow Wikipedia standards
* User interface is HTML, CSS and plain JavaScript

## To Do / Wish List

* 2023-10-12 ~ fix document title
* Bring over notes from all the other older data hoards
* Transform my categories used elsewhere to Wikipedia categories
* Update TooToo - the content management system (CMS) used to build this site
* update: grv-github-repo-tree-view.html

## Tips

Good place to help decide where to place article is

* [**https://en.wikipedia.org/wiki/Wikipedia:Contents/Lists**](https://en.wikipedia.org/wiki/Wikipedia:Contents/Lists)

## Issues

* Investigate best header system
* AI to help with tagging and categorizing

**Article 2: Letters to My Younger & Older Self**

**Found in “Aging Life Extension**

To Do

* Summarize third and fourth ages
* More than "Sticks" and "Carrots". Source, decide and add categories about the person such as: sex, fitness, weight, mentality & happiness, finances, support, intentions
* Add references to [**21 questions**](https://heretics-sf.github.io/#pages/21-Questions-for-Seniors.md)
* See also [**A Difficult Decision And A Happy Choice: Moving to a Nursing Home**](https://ta.medium.com/a-difficult-decision-and-a-happy-choice-3e82bc2ede5c?sk=92a310eab2a80ae306f99a731253a93a)

**Letter to My Younger Self**

Dear Theo

Here are a bunch of vignettes on the joys of aging - all random thoughts off the top of my head. They could use some amplifying, but it's a start. The wake up call is that the first half of your life was well-planned, so how about some planning for the second half?

**Sticks**

* Old people never tell you all the things they suffer from
* Old people never tell you their secrets

So let's start spilling some of the beans. Very human beans.

* The older you get, there more there are issues. Your aging process will not be special
* The clock in your brain starts to slow down, so time goes by faster
* Here ( see links below) are a hundred common ailments of the aged. How many will you have?
* The older you get, the more there are things you must do, you have no spare time
* 47 will be the most stressful year of your life. 83 the happiest year.
* As the numbers change so do you. Will you be OK living in your place at 65? At 75? At 85? 95?
* The best time to live your dream is before you die
* You know so many people, it becomes difficult to remember the name of the person you are with right now
* The smart thing to do is to plan well before you get to be less smart
* Your family can do great things or they can look after you, but they can't do both
* Do not assume that someone will look after you
* You will not age any better than the others
* On average you will age average or below
* The longer you live, the more you outlive friends, family, drinking-buddies, devils-you-know, sorority sisters *et al*
* You will be just as clueless about aging as anybody else
* People don't get to be very old all by themselves
* The young have the abilities but are clueless. The aged have disabilities but have the clues. Therefore, overall at any age, productivity stays quite constant
* Many people live by watching TV. Watching their favorite channels, they entertain themselves to death
* Adults make children go to school in order to learn how to grow up. But who teaches the elderly how to grow better?
* If you continue to eat what you eat now, you will not be eating what you need to eat when you are my age. You must learn to adapt your eating habits to your current needs.
* You tend to imagine your future you as being something like your younger you. Ha Ha to that!

**Quotes**

* Jim Rohn: "Take care of your body. It's the only place you have to live."

**Carrots**

For every negative, there is a positive. But the number of positives is smaller.

Each unhappy family is unhappy in its own way; All happy families are alike;

* Successful aging may be the ultimate challenge to a good life.
* The older you get the more you know what you like and what you don't like. Being happy becomes easier and easier.
* If there are things you like doing - and you are one of the lucky ones - you will have the time and place to do that thing
* If you are old and productive and useful, you are what the world needs. You are what you were made for.

**Letter to my older self**

Felicitations on having made it to 90. Given my evil ways, I never imagined you could get here.

Here are some practices that I imagine helped you to arrive here:

* Walk 5,000 steps a day - or some distance that you can track
* Establish maintain simple rules that you obey about food and drink
* Decide a time when anything goes. Perhaps: Life expectancy less than three years??
* Get a hearing aid and know how to use it
* Be able to walk with a walker, cane, handrail and unassisted
* You have coaches for fitness, diet and health
* You are up to date with technology
* You have an engaged dialog with one or more people every day

Martha Nell sent me these lyrics:

“I can’t believe I’m eighty seven

By now I thought I’d be in heaven

My goal was not long life

But one without pain and strife

But I will find a way

To find some joy in every day

Maybe I will think it’s just great

To reach the age of eighty-eight”

I have not yet found the source…

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**Article 3: Aging Beauty**

**Based on: 2023-06-26 Aging Beauty**

All old people are pretty good looking

It's difficult to find an ugly one

Everybody has some kind of curious aspects worth another look

Do old people look more similar or more dissimilar than when they were young?

When you are young there's a lot is that weighs upon your looks. When you're old, who cares?

We use a different set of rules to gauge the beauty of the elderly because it's not sexual it's different

When we stop seeing people as objects of sexual attraction, we gauge them quite differently than we before

Everything old is respected and has an aur

Older people sometimes complain about not being seen anymore. But is that merely because they're being seen as objects of sexual attraction? Of course they're being seen. They are not ghosts after all. But they are just not being seen in the same way.

I have no idea what you look like when you were young. I can only take you on the merits of what you present today.

Evolution says as you grow older the more you look nice and more that people will look after you in your old age

Maybe babies and old people have a certain look that people love

The first person that loved you and cuddled you was a young woman of childbearing age, but the first person that took care of you may have been an elder

Young women and elders may have been the kind of person that children are most familiar with and therefore loved

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# Article 4: Radical Walkability

# 2023-05-11 Radical Walkability

A natural idea is to live in a place where you can walk to everything you need. This helps your life to be fast, easy and cheap - and it's good for the environment.

The things we want with an easy walk from our house may include a supermarket, hardware store, library, park, and a few restaurants. The measure of these pleasures is often the called "walkability" of a neighborhood.

Our address, 3400 Laguna, gets a walk score of 97 - see [**https://www.walkscore.com/score/3400-laguna-st-san-francisco-ca-94123**](https://www.walkscore.com/score/3400-laguna-st-san-francisco-ca-94123). About as good as it gets.

The issue with these walkability scores is that they look at the basic necessities of life. They don't look at the things that make life fun and interesting. They don't identify the whoopee that make life truly worth living. ;-)

For example, for many folks, life is no fun without a nearby Apple store. For others, it might be a yacht club, a commercial numismatist or even a spectacular bridge to look at. Well, of course, I have all these in my 'hood otherwise, I wouldn't be writing this. Prisons within swimming distance don't count either.

But what is the true measure of extreme or radical walkability? It must be something very rare, offers something especially special, and is nonetheless within walking distance.

So, guess where I am walking to in a couple of hours? A real Michelin three-star restaurant. One of just 137 in the whole, entire world. "Everybody know that Michelin three-stars serve the best food in the world." ;-0

[**https://www.ateliercrenn.com/**](https://www.ateliercrenn.com/)

Dominique Crenn is the chef, the owner and the first female chef in the US to receive three Michelin Stars.

In a world seeking radical walkability, I'm making strides, one Michelin-starred step at a time.

I have a reservation for the entry-level five-course snack menu. I will relate details of the experience in a future post.

## Links of Interest

* [**https://en.wikipedia.org/wiki/Walkability**](https://en.wikipedia.org/wiki/Walkability)
* [**https://www.walkscore.com/**](https://www.walkscore.com/)
* [**https://en.wikipedia.org/wiki/15-minute\_city**](https://en.wikipedia.org/wiki/15-minute_city)

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**Article 5: Mood Mirrors**

**Concept**

See Alix's preliminary notes here: [**Energy Pulse Prompts**](https://docs.google.com/document/d/1VMEhtrHRXGTw7M_6xgpHJbTVKqCJ-MFOjlBCczW-v4A/edit#heading=h.3n6aldn4au4c)

**Introduction**

My daughter Alix asks: "What can you do with this prompt?"

**Prompt Variables**

Color  
Shape  
Music  
Pattern  
Vibrations

**Example #1**

Today I would describe my energy color as pastel pinks and purples, with shapes similar to soft clouds, floating, the speed of the energy is slow and the music that would resemble it is slow classical piano.

**Example #2**

My Energy has a color which is dark purple, with shapes of very sharp triangles. The movement of the energy is very fast, the music style that would resemble it is heavy metal.

**Investigation**

**Chirp 1**

From this link I found Chirp: [**https://substack.com/inbox/post/136716557**](https://substack.com/inbox/post/136716557)

Chirp is a text-to-music model developed by Suno.

You can paste in your own lyrics or have ChatGPT to generate them behind the scenes, as I did above. Shortly after that, Chirp will write out the lyrics. And a while after that, you’ll get your finished track:

* [**https://twitter.com/suno\_ai\_/status/1699170056851411282**](https://twitter.com/suno_ai_/status/1699170056851411282)
* [**https://suno-ai.notion.site/Chirp-v1-Examples-cc71e6c0c79f4e03acf39aa5d5a3dd09**](https://suno-ai.notion.site/Chirp-v1-Examples-cc71e6c0c79f4e03acf39aa5d5a3dd09)
* [**https://discord.com/channels/1069381916492562582/@home**](https://discord.com/channels/1069381916492562582/@home)

**Prompt 1**

My Energy has a color which is dark purple, with shapes of very sharp triangles. The movement of the energy is very fast, the music style that would resemble it is heavy metal.

**Chirp Generated Text 1**

[verse]  
My energy has a color, dark purple it may be  
Sharp triangles shape the essence flowing free  
With speed and might, it's a force without fear  
In heavy metal, its music is clear

[chorus]  
Dark purple energy, sharp triangles ride  
Fast movement through time, no one can hide  
Heavy metal roar, as the power takes hold  
In this world of darkness, my energy unfolds  
Style of Music  
random

**Chirp Generated Track 1**

* [**https://media.discordapp.net/attachments/1135903449314238464/1151015765386989688/chirp.mp4**](https://media.discordapp.net/attachments/1135903449314238464/1151015765386989688/chirp.mp4)
* [**https://media.discordapp.net/attachments/1135903449314238464/1151015765923856574/chirp.mp4**](https://media.discordapp.net/attachments/1135903449314238464/1151015765923856574/chirp.mp4)

**Chirp 2**

**Prompt 2**

Today I would describe my energy color as pastel pinks and purples, with shapes similar to soft clouds, floating, the speed of the energy is slow and the music that would resemble it is slow classical piano.

**Chirp Generated Text 2**

[Verse]  
Today, my energy's hues shine bright  
Pastel pinks and purples, soft and light  
Like drifting clouds, I gracefully soar  
A gentle breeze, slow, forevermore

[Chorus]  
In this world of calm, my spirit roams  
Through melodies on keys, my energy flows  
In shades of pinks and purples, I find peace  
With slow-paced piano, all worries cease  
Style of Music  
classical piano

**Chirp Generated Track 2**

* [**https://media.discordapp.net/attachments/1135903449314238464/1151020921759469638/chirp.mp4**](https://media.discordapp.net/attachments/1135903449314238464/1151020921759469638/chirp.mp4)
* [**https://media.discordapp.net/attachments/1135903449314238464/1151020922279559290/chirp.mp4**](https://media.discordapp.net/attachments/1135903449314238464/1151020922279559290/chirp.mp4)

**Observations**

Chirp is easy, fast and free. It was a great way to get started. I will use again, but I have no idea about the competition.

**Jupiterr**

Jupitrr AI Video, auto-magically generates B-rolls for creators' videos. Stock footage, chart, subtitle and many more. Powered with AI.

* [**https://jupitrr.com/**](https://jupitrr.com/)

**Generated Video**

* [**https://remotionlambda-d5o59m07tl.s3.ap-southeast-1.amazonaws.com/renders/gqcuurvxb5/out.mp4**](https://remotionlambda-d5o59m07tl.s3.ap-southeast-1.amazonaws.com/renders/gqcuurvxb5/out.mp4)

**Observations**

I hade to create a video for Jupiterr to work from.

User experience was not intuitive. End product was bases on stock photos.

I will skip this one next tome.

**Kapwing**

Kapwing's text to video generator takes any length of text and creates a professional-looking video complete with stock footage, background music, text overlays, subtitles, transitions, and more. Just copy and paste your text into Kapwing and our tools will take care of the rest.

* [**https://www.kapwing.com**](https://www.kapwing.com/)

**Generated Script**

Today, I want to take you on a journey through the calming world of contemporary classical music. Picture yourself in a serene space, surrounded by soft pastel hues of pinks and purples, like a warm sunset painting the sky. As the melody starts, it's as if you're floating on a cloud, effortlessly carried by a gentle breeze. The slow-paced piano chords resonate with the rhythm of your heart, inviting you to let go of any worries that may be weighing you down. In this tranquil place, where energy flows through delicate keystrokes, you'll find solace and inner peace. So let's dive into the realm of soothing piano melodies, where tranquility awaits.

* [**https://www.kapwing.com/w/YRf2H3fVUE**](https://www.kapwing.com/w/YRf2H3fVUE)

**Kapwing Observations**

Kapwing offers what looks like to be a full set of tools for creating videos. I may explore this further in the future.

The generated script feature looks likely it be useful. The only drawback was that on my first and only run it used stock images and no music.

**RunwayML**

Realistically and consistently synthesize new videos with nothing but text. It's like filming something new, without filming anything at all.

* [**https://app.runwayml.com/**](https://app.runwayml.com/)

**text-to-video Prompt**

Today I would describe my energy color as pastel pinks and purples, with shapes similar to soft clouds, floating, the speed of the energy is slow and the music that would resemble it is slow classical piano.

**Video**

* [**https://dnznrvs05pmza.cloudfront.net/08c21344-5765-4e52-8a59-546f7eb49e8e.mp4?\_jwt=eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJrZXlIYXNoIjoiNzYyZmUyMjY4NWIzYTA3YiIsImJ1Y2tldCI6InJ1bndheS10YXNrLWFydGlmYWN0cyIsInN0YWdlIjoicHJvZCIsImV4cCI6MTY5NDY0OTYwMH0.2GiKi87XJ8eBQTWhKWXpZ2SFiIcKn9GEfxzbMP7-DwM**](https://dnznrvs05pmza.cloudfront.net/08c21344-5765-4e52-8a59-546f7eb49e8e.mp4?_jwt=eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJrZXlIYXNoIjoiNzYyZmUyMjY4NWIzYTA3YiIsImJ1Y2tldCI6InJ1bndheS10YXNrLWFydGlmYWN0cyIsInN0YWdlIjoicHJvZCIsImV4cCI6MTY5NDY0OTYwMH0.2GiKi87XJ8eBQTWhKWXpZ2SFiIcKn9GEfxzbMP7-DwM)

**Text to Video Observations**

Video was boring, so I decided to add and image.

**MidJourney**

Used MidJourney to create an add an image to the video.

**Prompt MJ**

[Verse]  
Today, my energy's hues shine bright  
Pastel pinks and purples, soft and light  
Like drifting clouds, I gracefully soar  
A gentle breeze, slow, forevermore

[Chorus]  
In this world of calm, my spirit roams  
Through melodies on keys, my energy flows  
In shades of pinks and purples, I find peace  
With slow-paced piano, all worries cease  
Style of Music  
classical piano

**Image for text to video**

First image quartet

* [**https://cdn.discordapp.com/attachments/1086529016183406643/1151047169298665563/theoarmour\_Verse\_Today\_my\_energys\_hues\_shine\_bright\_Pastel\_pink\_5f7f1dad-06a7-4999-bd8a-d8856818b980.png**](https://cdn.discordapp.com/attachments/1086529016183406643/1151047169298665563/theoarmour_Verse_Today_my_energys_hues_shine_bright_Pastel_pink_5f7f1dad-06a7-4999-bd8a-d8856818b980.png)

All OK, flowers on keyboard kind of odd. Selected the "pretty" top right image to continue..

[**https://cdn.discordapp.com/attachments/1086529016183406643/1151047262814863432/theoarmour\_Verse\_Today\_my\_energys\_hues\_shine\_bright\_Pastel\_pink\_d210428d-d93e-4147-81e8-db12069c269c.png**](https://cdn.discordapp.com/attachments/1086529016183406643/1151047262814863432/theoarmour_Verse_Today_my_energys_hues_shine_bright_Pastel_pink_d210428d-d93e-4147-81e8-db12069c269c.png)

**Runway Video**

Used the Midjourney image and the Chirp lyrics as the text to create a video in Runway.

[**https://app.runwayml.com/creation/8302eb43-ddb1-4c5f-809e-bcc403401d5b**](https://app.runwayml.com/creation/8302eb43-ddb1-4c5f-809e-bcc403401d5b)

I probably could have used Runay to add the audio but that seemed complicated.

**ClipChamp > final effort**

I used the Microsoft Windows app ClipChamp to combine the Chirp audio and the Runway video.

* Combine Runway and Chirp files using Windows Clipchamp
* Upload to YouTube

See the video here

[**https://www.youtube.com/watch?v=fchmGNuRS5A**](https://www.youtube.com/watch?v=fchmGNuRS5A)

**Conclusion**

Chirp, MidJourney and Runway are all interesting tools. They work well with each other. All are fast, easy and free. I will use them again.

Quote from Alix after seeing the video:

"ahaha hahahha this made me laugh so hard"

===

**Article 6: 77 and I’ve Never Been Happier**

Based on: 2024-07-25-nyt-view-of-self-care.md

If this isn’t the best first sentence ever, I don’t know what is:

**I grew up in an extremely rich, intensely boring, woefully educated, dysfunctional family.**

[**https://www.nytimes.com/2024/07/19/style/aging-self-care-callout.html?smid=nytcore-android-share**](https://www.nytimes.com/2024/07/19/style/aging-self-care-callout.html?smid=nytcore-android-share)

* [**https://claude.ai/chat/f58af403-5c96-4260-8023-d3469ab8ff17**](https://claude.ai/chat/f58af403-5c96-4260-8023-d3469ab8ff17)

## NYT View of Self Care

* What does getting older mean to you when it comes to how you feel and look?
* Do you have a self-care routine? It can be anything from skin care to meditation.
* What does self-care mean to you?
* What is your age
* What is your name?
* What is your email address?\*
* Where do you live
* I am open to a New York Times journalist contacting me about other reporting projects

## **Share Your Story**

## What does getting older mean to you when it comes to how you feel and look?

I grew up in an extremely rich, intensely boring, woefully educated, dysfunctional family. Six years at Saint Paul's School in Concord NH left me as a boring, entitled, introvert. In my early twenties I fell off the roof of my dorm and lost my left hand and remain partially paralyzed from the waist down. None of this was a recipe for a happy life.

Somehow—over the decades—I pulled the rabbit out of the hat, magic happened and connecting, gaining agency, finding joy, and being in the moment became my life. I am now 77 and have never been happier.But maybe it wasn't just magic. Maybe it was the result of a lot of hard work, a lot of luck, and a lot of love. And maybe it was the result of a lot of self-care.

Just to boast a bit, some milestones:

* In the eighties, I helped thousands of people in East Asia learn Computer Aided Design in order to make products and build factories. There were many good students.
* In the nineties I designed the software, AutoCAD, that in essence, transformed the world from drawing on paper to designing on computer
* In the teens, I helped promulgate the the open source JavaScript library, Three.js, that has transformed the world of 3D graphics on the web.
* Coming up next: Creating immortal digital replicas of you and me using AI

[**https://threejs.org/**](https://threejs.org/)

BTW, did I mention that I failed in my attempt to swim the English Channel after nine and a half hours, but did "escape" from Alcatraz. And that I have three awesome daughters and former wife. And now I live in a retirement community that is very close to being in heaven. I can do a plank for three minutes and hobble 5,000 steps a day.

So

"Age is merely the number of years the world has been enjoying you." Or in this instance: me.

;-)

## Do you have a self-care routine? It can be anything from skin care to meditation.

Yes, I:

* Keep a daily journal
* Have a daily schedule of activities and exercises
* Have weekly schedule of activities
* Maintain things to do list and a list of things done
* Some tasks have been followed for decades

My lists covers a lot of ground. They follow David Allen's GTD idea: get things out of your head and into a system

* Exploring, develop and maintain a self-care routines that work for me and could help others
* Studying, documenting and sharing care mindfulness
* Letting myself be happy, touch and be

## What does self-care mean to you?

Supporting and being mindful of

* The 24 virtues ~ [**https://www.viacharacter.org/character-strengths**](https://www.viacharacter.org/character-strengths)
* UN Universal Declaration of Human Rights ~ [**https://www.un.org/en/about-us/universal-declaration-of-human-rights**](https://www.un.org/en/about-us/universal-declaration-of-human-rights)
* 17 SDGs ~ [**https://sdgs.un.org/goals**](https://sdgs.un.org/goals)
* Dimensions of Wellness ~ [**https://en.wikipedia.org/wiki/Wellness\_(alternative\_medicine)#Dimensions\_of\_wellness**](https://en.wikipedia.org/wiki/Wellness_(alternative_medicine)#Dimensions_of_wellness)
* Write nively ~ wikipedia

Being mindful of:

* Those less fortunate
* Those who are different
* Looking and listening to the world around me
* Looking for ways of helping others
* Looking for a laugh, a delight, something beautiful

Loving

* Me
* My peeps
* My planet

Planning, designing, and implementing projects in service of the above

* Finishing my life well
* Being a good father and friend
* Being a good ancestor
* Being a good steward of the planet