

## Multitasking

I have a multitude of passions. The one I have had the longest is to walk round the whole of the coast of Great Britain. I have had this since being a teenager. My Dad used to say to me, "You'll never do it girl, the MOD owns too much of the land near the coast." How things have changed in fifty years. Mind you, time is running out on that one as I walk much slower than I used to.

Anyway, don't get me started on compost heaps; I get a bit heated about that one!

My consuming passion at the moment is to pass the time is multitasking. I know what you are thinking, "Why?"

Well when I have finished explaining all about it, I am sure you will be a convert too.

I start with a cup of steaming hot mug of coffee.

**Ah!** *You sound a little interested now.*

Well, carefully placing the mug on the right hand side of the window sill in front of my exercise bike, I then turn on the CCTV. I'm a tad nosey and I like to know what's going on outside. Then I climb onto the well worn saddle of the bike, shuffle my bottom till I am completely comfortable, I then have a little read. At the moment it's Tess of the D'Urbervilles.

After a while I change over to my games machine. I usually have a game or two of Mahjong, before picking up and drinking my coffee. Then as often as not I'll go on to do a little on a game of 10,000. A few games of Spider Solitaire later and I'll probably return to Mahjong. Oh, I do like it, keeps my brain working.

The Postie usually comes about this time, so I shout to my husband, "Only information dear, the postman has been." He always takes the hint and pops out to the postbox. Any post for me I read while still riding the bike.

I often do a few stretches with my Resistance Bands. I can do this while also watching something interesting on YouTube. Then I might swap over to my Hand & Finger Exerciser.

Sometimes a pheasant will come and watch me through the window; I must remember to situate my camera on the window sill. He comes quite close to the at times and my camera is never to hand when I want it and if I get off the bike, I'm sure he won't be there when I return.

The shopping list and pencil are ready in my pocket, just in case I remember anything that we are short of, or just fancy.

If I make a 'phone call I always get on the bike first and when the 'phone rings, before I answer it I will jump onto it. If it's my friend Sheila, I am often there for an hour and a half. Bits of my body often go numb! I always enjoy an unexpected 'phone call as I can get an extra ride in.

I'm keep wondering if I ought to put my keyboards across the handlebars which would enable me to fit in some music practice. Come to think of it I did buy myself a mouth organ a few years ago; I could try to learn how to play that. Guitar and violin practice might prove slightly more difficult though, but I'll work on it.

Listening to an audio book is interesting. My speed on the bike is relative to the pace of the story, this makes for a more realistic ride.

I suppose I could have written this whilst riding, oh well, possibly next time.