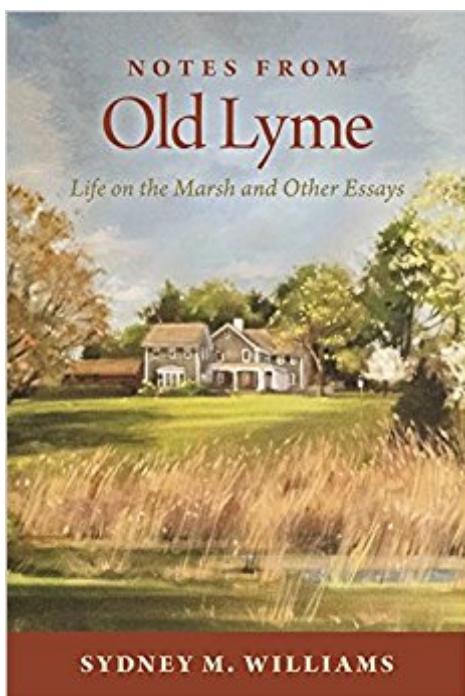


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# Notes From Old Lyme: Life On The Marsh And Other Essays



## Synopsis

Sydney M. Williams has compiled a medley of essays that reflect on the precious moments of life spent in contemplation, away from the hustle and bustle of the everyday grind. They include his time spent in nature, with friends and family, or reflecting on our nation's current affairs. Within his essays there is an inspiring appreciation of the art of savoring life rather than careening through it, unaware of our surroundings and ourselves.

## Book Information

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## Customer Reviews

“Sydney Williams, my friend of forty years, is the busiest retiree I know. Husband, father, and grandfather to an ever-increasing horde, he lives in the beautiful marsh country where the Connecticut River flows into eastern Long Island Sound. He rows, he hikes, he bicycles, he kayaks. He also reads, and thinks, and writes about the river and the marsh and the local wildlife, about his family, about his golf game, (hilariously!), about history, and, of course, about politics. Sydney writes funny, he writes serious, and he writes profound. He should be read by everyone. Brian Dennehy, actor “I loved Notes from Old Lyme. I wept with laughter and, sadly, familiarity as Sydney Williams walked me through what sounds like his average round of pretty bad golf. And I sat next to him as he took his morning constitutional in a scull on the marsh creek, feeling the pull of the oars in my shoulders, watching the seagulls cavort overhead as he crossed the water, listening for the quiet. Sydney’s writing transports me to a different, calmer place. It lowers my blood pressure and nourishes my soul. In Notes from Old Lyme, he offers this gift to you. Accept! Steve Hannah, syndicated columnist and former CEO of The

Onion“Several years ago I told my brothers, sisters, children, and cousins that if they were short on time and had the choice of reading Sydney Williams’s blog or the day’s headlines on the Internet, they should read Williams. My reason? His writing is graceful, enlightening, wise, timeless, and full of insight. Notes from Old Lyme is Sydney Williams at his best.”•Mitzi Perdue (Mrs. Frank Perdue), author, speaker, and businesswomanWilliams’s eloquent vignettes both charm and enlighten. He takes us along as he sculls on Connecticut River tributaries, kayaks on the Marshland creeks, and skis a high slope in Vail. He writes of the world at large, including thoughts about 9/11 he recorded two days after the attacks. In his essays on books and other interests, he includes one called “Laughter: The Medicine that Works.”•As Williams puts it, humor admonishes the pretentious and lifts the depressed. Notes from Old Lyme also covers family and friends, and concludes with an essay on memory that quotes Tennessee Williams: “Life is all memory, except for the one present moment that goes by you so quick you hardly catch it going.”•Sydney Williams concurs: “If we allow each day to slip by unappreciated, we have no one to blame but ourselves.”•Theodore B. Vanitallie, MD, professor emeritus of medicine, Columbia University

“Step into the calm water of common sense. The essays of Sydney Williams are deep and clear—cool enough to refresh and warm enough to comfort. One essay is about frogs who turn up in Sydney’s swimming pool. Read Notes from Old Lyme and you’ll see why even the frogs are attracted.”•(P.J. O’Rourke, author of *Thrown Under the Omnibus*)

A good life, well observed. Beautifully written essays. Highly recommended.

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