



October 5, 2004

**SEMI-SECRET - Take a seat and ride the wave**

Heidi Lerner paddle-surfs a wave in a Mako surf kayak at San Onofre State Beach, a popular site for paddlers. This was on a special day, where waveskiiers took paraplegics out in the surf on tandem rides. (Don Kelsen/LAT)

## The Ocean Matters

We put our kayaks in the water,  
Slice right through the surf,  
A salty splash of adventure -  
I look forward to time out on the water -  
Part of me yearns for the peace I feel out there.  
Effortless meditation...  
Swell pass,  
Boats rise and fall.  
Listen...  
We can hear quiet far into the distance,  
Pelican patrol passes overhead.  
Seagulls cry,  
Goouhh, Goouhh.  
The waves gently break on the shore,  
Ksshhh, Ksshhh, Ksshhh,  
Boats rise and fall,  
Being lulled by marine awareness.  
A quiet seal pops his nose out of the water,  
He looks over our way,  
Back under again,  
Distant crows cry out,  
Raaauhh, Raaauhh.

Paddles plunge into the water,  
Each stroke directs and propels  
In the background,  
The ocean rustles.  
We glimpse fins surfacing -  
A small pod of dolphins from down-shore.  
They arch up,  
Catch a breath,  
Dive back down,

They forcefully exhale  
As they come to the surface,  
Pfouuhh, Pfouuhh, Pfouuhh.  
We stop paddling,  
To not scare them away.  
Captivated by their grace and beauty.  
Blessed by their presence,  
We watch them swim away,  
Refreshing,  
Feeling the fluid stillness,  
We listen to the water wrinkle,  
Sea lions on the mile marker buoy  
Sounds barely heard through the distance,  
Oouuhh, Oouuhh, Oouuhh  
Ocean and sky meet.  
Freedom of space clears the mind

## **Marine refuge**

**Heidi Lerner**  
***Gray Matters for you!***