

*Summertime
And the livin' is easy
Fish are jumpin'
And the cotton is high*

*Oh, your daddy's rich
And your ma' is good lookin'
So hush little baby
Don't you cry*

*One of these mornings
You're gonna rise up singing
Yes, you'll spread your wings
And you'll take to the sky*

*But 'til that mornin'
There's nothin' can harm you
Yes with Daddy and Mammy
Standing by.*

August and the sultry tones of Ella Fitzgerald – summer is slowly coming to an end.

As we enjoy these weeks of August, these hot, muggy, wet days of August, we know that Autumn will soon be upon us. The weather will cool, the harvest will begin, pickles will be made, and school supplies will be purchased.

Where will we be with COVID – another wave? People continuing to be vaccinated? Life returning to some form of normal? Gatherings, meetings starting once again? We have all come to know Dr. Strang and will miss his voice, his guiding hand, his confidence that we can beat this because, “We are all in this together.”

Hopefully you have had time to relax, to take care of yourself, to take care of others. Insert “JOY” into your lives. Make a list of what is good in your life. You may be surprised at all the blessings you have to be thankful for.

Enjoy your garden, dance a little – dance in your garden! Read a good book, enjoy an iced tea. Pick some berries. Visit a neighbour, call a far-away friend.

