

e-Thoughts — Create summer memories to enjoy this winter

August 2016 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Pretty soon the squirrels will start gathering nuts and acorns, the bears will get ready to hibernate and the birds will pack up and fly south. What will you do to get ready for the fall and winter months ahead?

Here's something new I'm trying this year: I'm making an album of my summer memories. I'm taking lots of pictures at the beach, the park and in my beautiful garden.

I'm carrying my camera or smartphone to every pool party, barbeque, picnic and concert I attend. I'm going to upload or print these pictures of my friends, my family and myself having summer fun.

Then I'm going to make an online album, scrapbook or photo book of these images. I'm also going to try writing a poem or two about special things that happened this summer. And maybe some short descriptions of how I'm enjoying these "lazy-hazy-crazy days of summer."¹

Like the squirrels, birds and bears, I'm going to prepare for the long months ahead. When it's time to throw some logs on the fireplace and snuggle under a blanket, I'll smile as I look through my "summer book" and reminisce. How nice it will be to feel toasty on the outside and warm on the inside, too!

¹ www.lyricsfreak.com, from the song by Nat King Cole