

## A Stroll in the Park

Sometimes a simple walk in the park can make all the difference, especially at the end of the winter after spending a few weeks mostly indoors. The thing about a walk in the park is that it is relaxing and can also be fun and inspiring, and this day in early April was no exception. Working from home has many advantages and one disadvantage.

The disadvantage is that we can get too comfy in our own space when it is cold out and we run the risk of not getting any fresh air for weeks at a time. One advantage however is being to be able to pick up and do something whenever the inspiration hits or the weather is decent.

May 2<sup>nd</sup>'s adventure was one of those moments when we had found ourselves inside just a little too long and the day was perfect to do something about that. One of the things we have learned over the last few years which has served us as much as anything else is that the little things we do to take a break are often far more beneficial than the big things. A trip to the park for example costs nothing but a bit of time and maybe a buck or two in gas. Whereas on the other hand, a big vacation is costly, way more stressful and a lot less frequent. Much as we love to travel, a quick hour or two in the park is often more restful than anything else we do.

A bit of fresh air, some blue sky and the beauty of nature clears the head so that brilliant ideas and inspired actions can come.

This particular day spring was just barely in the process of taking shape, so the trip to a city park made for a couple hours of tapping into our source energy and witnessing nature in the throes of coming alive, heralding the warm weather that had yet to come.



This park along the river in the southern part of the city we live in, offers picnic areas, strolling paths and plenty of open space for the whole family to enjoy. Do you have any parks like that near where you live? If you do, then you have everything you need to recharge when that seems like it might benefit you.

The [Grand River in Brantford](#) runs along side the park and is home to many birds and small animals.



The Wild Strawberries were in full bloom and created a beautiful yellow sheen to the grassy areas of the park.

Wayne likes to play around; he has a quality of keeping things light so nothing ever gets too

serious.

We came across this lush little patch of greenery with tiny white flowers. I have been unable to discover what they are. If you know what these gorgeous little plants are, please email me with your source. The first person who responds with verifiable information will get mentioned in our October issue with a link to the site of your choice. [Email Kat](#) and put 'I know what it is' in the subject line.



I've been aware of [May Apples](#) since I was a small child and I always thought they looked rather cool. Recently I learned that they also go by the name 'Mandrake' and that the ripe fruit is



edible. How fascinating!



Several varieties of [Sumac](#) are present in Southern Ontario where we live. Here is a Sumac just beginning to bud its leaves out. The fuzziness of the sumac plant makes it an interesting plant to look at and the red flowers for this variety are quite beautiful. Sumac's are poisonous however and come from the same family as poison ivy and oak.



The sweet violet is an evergreen perennial woodland plant.



Nature gives us so many opportunities to see beautiful things in the mundane; offering random lessons in how to appreciate what's around us without needing to change a thing.

A freshly budded [black raspberry](#) plant, also known as a black thimbleberry or a black cap, these are prized wild fruits that make wonderful jams, pies and even [wines](#).





A clump of wild yellow [Trout Lilies](#) nestled up against a tree trunk.



A wild trout lily blossom up close and personal.



Peonies poking their bright red heads up through the ground; it's always a good thing to see both the wild and tame growth in our travels.



On our journey we met some people and their pets, each of them having a little hike in the park and a breath of fresh air. One interesting fellow we met was having a round of Frisbee golf. I didn't even know that was a sport and here he was playing the course set up in the park. It's fun to

Here is another example of nature's artwork.

Once again the turkey vultures grace us with a fly by. There were actually 3 of them and we stood and watched them hunt for several minutes.



learn new things and clear my head as I go about my day. :-)

In Gratitude

[\*\*Kat McCarthy\*\*](#)

[Email Kat](#)

Wayne's 2 cents:

I am sure you know how it feels when you receive a thank you note from a friend, maybe even hear that song on the radio that gets you jumping or finding a quarter on the street. Search deep inside yourself to those fuzzy, warm feelings inside.

That is what a few hours in the park stirs up for me. Take some time; let yourself feel good, no matter what you do in a day. Remember, it is all about you.

[\*\*Wayne Parker\*\*](#)

[Email Wayne](#)