

Nurturing Lakeside Living

Living on or near a waterway is a true blessing. Each day provides wonderful opportunities to expand your creativity by fully exploiting the sensational input provided by your waterside environment. It takes some time and practice, a willingness to slow down, to fully engage your senses in appreciation of the wonderful world we all share. How?

First, take off your shoes and walk barefoot in the dewy morning grass. Try practicing yoga barefoot outside in the early morning sunshine. Feel the cool, slippery, refreshing water gently lapping at the shore line.

Listen carefully to the sound of waves as they crash over rocky shoreline or gently lap up against the boat as you slowly drift over your favorite fishing spot. How many bird calls can you identify in your backyard? Take twenty minutes and lay in your hammock or favorite lawn chair and listen to the leaves rustling in the trees.

Look out for nature. What kinds of animals share your lakeside retreat? Put out a few bird feeders and watch for the array of birds that quickly seek out a new dining opportunities. Morning doves, blue jays, robins, cardinals and the ever present sparrow all take turns dropping seeds to the ground under the feeder. This first wave of diners is followed by the ever-vigilant mother ducks and their entourage of growing chicks, half hidden under the hosta plants, feeding on the spilled bird food. Sassy chipmunks and flighty squirrels find their way to the same spot for any leftovers.

Nurture the artist inside by observing and appreciating the changing hues of flowers, grasses, rocks and water with the changing hours of the day. July's bright hues



highlighted in the brilliant orange and yellow tiger lilies, bright red geraniums and impatiens slowly fade into the crimsons and gold of early fall mums.

Have you ever noticed the distinctive early morning fragrance of newly-cut grass mingled with the unmistakable bouquet that comes from fresh water? At sunset, the aroma of grilled foods is complimented by the



smell of a crackling campfire, ready for marshmallow roasting and samores.

Taste summer in all its forms. Start your day with a fresh-brewed cup of coffee on the deck, while you listen to the wave action on the shoreline. Next, add in the crisp, bright flavor of some fruit-blueberries, strawberries, and melon. As you make your way around the yard, pick a few beans from your garden and clip a handful of fragrant chives or mint to use later in your day's cooking. Summer's a great time for trying out new recipes for the grill. Try and find at least 1 new grilling recipe. Take time to appreciate the flavors of summer ice cream.

Summer in Wisconsin is a time to slow down life's hectic pace and to reengage your senses. Summer is a time to nurture the innate creative soul within, knowing that winter is not far away. Savoring the sights, sounds, smells, tastes and feelings of summer helps to renew the spirit and refresh our lives with an appreciation of the special blessings that comes from living near the water.