

A Thought for Today
By Connie Jarka, Apr.21
Where does bravery come from?
How does courage start?;
Seem like usually we begin
Deep within a
small piece of a natural kind heart.
as we journey.

A Thought for Today
By Connie Jarka, Apr. 25
We reach for the blazon star
Off up high in the sky;
Maybe no matter if we find it right away,
But just that we try.
a journey not forgotten.

A Thought for Today
By Connie Jarka, May 10
Across the lawn the robin bounces,
Catching the early worm;
The newly hatched babies are in the nest waiting,
For breakfast and her return.

Nature and its lessons, for,
even watching that mother take care of her
first nest of young for this spring, brings us
thoughts of our own mothers and their early
morning times of care to us all those years.
Worms or not.
the journey is ours and was theirs.

A Thought for Today
By Connie Jarka, May 21
In the realm of seasons offerings
In the moment of
warm new life and grace;
One becomes amazed at the budding
of the leaves and grass
And for the roses one now anticipates.

The trees fill out and the view of the neighbors
light seems to disappear;
The farm seems more hidden from the road now,
and the most frequent visitors are the deer.

Fragrant aroma of Spring Lilacs fill the room with
a vase of freshly cut sprigs;
Mary Robin sits for the second time already this
year,
up on her nest made on the rafters of the deck
above,
tending her natural colored blue bird eggs.

A Thought for Today
By Connie Jarka, May 23
The walk can so depend
on the quality of the shoe;
Like life each one is different
for each one’s walk is unique to you.
Along the spring journey of this time.

A Thought for Today
By Connie Jarka, June 3
As the breeze announces summer
As the rose begins to bloom;
Nature changes it’s garments of color
Out in the flower garden room.
as we go

A Thought for Today
By Connie Jarka, June 10
When the sausage you bought
tastes like hamburger,
When the beer brats
don’t taste like your favorite beer;
When what you think you know is not what you
thought all along,
That might be when it is time to take some time
for a break in life somewhere.

A Thought for Today
By Connie Jarka, July 9
That, that does not bring some effort
May not be worth the work.

The journey of time.

A Thought for Today
By Connie Jarka, July 24
How high flies the sparrow
What’s that song he sings;
Is it true that you and I and our dreams
Can hitch a ride with him,
On his sparrow singing wings..
What a journey that would be.....

A Thought for Today
By Connie Jarka, Aug. 1
As some sunflowers stand tall like sentry’s
Corn seems to climb towards the best in many
years;
Deer stands in amongst it all,
Only visible through the foliage,
by their ears.
summers bounty

A Thought for Today
By Connie Jarka, Aug. 18
As the wind in the willow
Across the back fields dew;
Morning comes as night falls
Completely out of view.
Bless the journey.

A Thought for Today
By Connie Jarka, Aug. 27
The garden turns a different color
The last of the beans start to weep;
The pumpkins start to turn a little orange
The climbing rose bush goes to sleep.
natures journey teaches us the cycle.

A Thought for Today
By Connie Jarka, Aug. 30
Summer too has it days
Some as final as they are;
But buds and blooms
garden rooms
Still fill days of
the warm sunshine through
the screen door left ajar.

A Thought for Today
By Connie Jarka, Sep. 17
The iron helps us smooth out the wrinkles
The broom helps us sweep up the mud;
The heart helps us bring peace and hope
to another one,
When life throws them heavy loads with a thud.
Together a stronger journey.

A Thought for Today
By Connie Jarka, Sep. 18
The poor skunk does not have many friends
Something about the way he stinks;
But I will bet there is something more yet,
To that little flower than we think.
Each our own journey...

Nature has a place for us all.

A Thought for Today
By Connie Jarka, Oct. 1
A pot of chili simmers
A warm loaf of bread sends welcoming calls;
Folks gather together around the harvest table
Grateful for each other and it all.
Grace us Lord,
on our journey..

A Thought for Today
By Connie Jarka, Oct. 10
Silent days of Autumn
Leaves float one by one
to the ground;
Blooming last rose of summer
Bounty all around.
as we go

A Thought for Today
By Connie Jarka, Oct. 16
Left among the pumpkins
A few good meaning now frozen acorn squash;
Like life sometimes
In the test of time
We usually remember mostly
the ones we have lost.
A journey of lessons ...

A Thought for Today
By Connie Jarka, Oct. 23
The summer bright scene fades away,
Replaced by Autumn shades of darker orange
hues;
Trees prepare for cold and damp days
While succumbing to the wind as
mauve and yellow leaves they begin to loose.

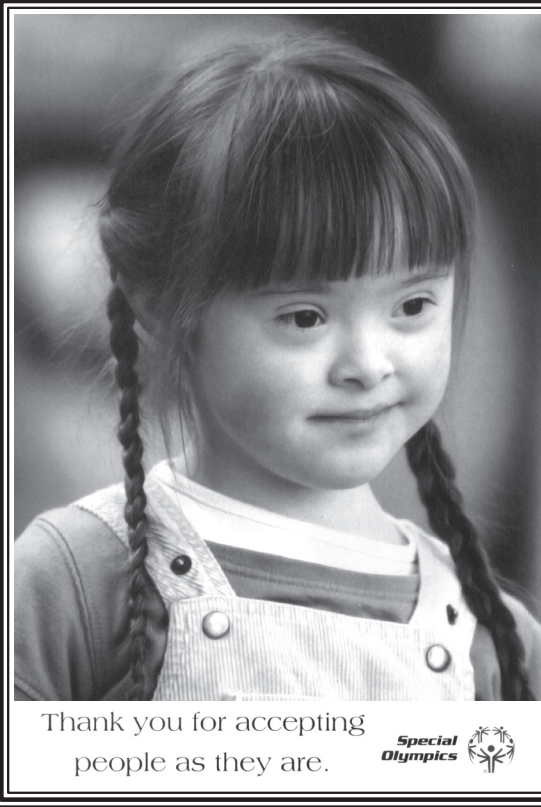
Sweaters come out of the closets
Boots at the ready appear;
Seasons come and go like rain we know,
But north winter home and hearth
now become so much more dear.
Wood fires a journey of their own...

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march of dimes
Five Tips For a Healthier Baby
The March of Dimes recommends that all pregnant women follow these five key steps:
1. Get early and regular pre-natal care. It reduces your risk of having a low birthweight baby.
2. Eat nutritious foods. Make sure that you and your baby get all the protein and nutrients you need through a varied diet.
3. Don’t smoke! Women who smoke increase their chances of having a miscarriage or a low birthweight baby.
4. Don’t take drugs. Taking drugs, except those approved by a doctor who knows you’re pregnant, can cause severe disabilities - or even result in the death of your baby.
5. Don’t drink. Hard liquor, wine and beer can all cause birth defects.

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