## 3<sup>rd</sup> Vice President – August Bulletin

Did anyone have a mom like mine who sent you outside and told you"fresh air is good for you."?

Why not help someone in their garden? Flowers? Veggies? Doesn't matter... it can be hard working - the heat/ humidity and lack of consistent rain.

Why not help a friend or neighbor (This time of year weeding, watering, harvesting can be a daunting chore). If they are canning or freezing their bounty - why not lend a hand.? It can make for great conversation and strengthen a friendship - or create a new one! Who knows, they may send you home with something wonderful!!!

Blessings to each of you, hoping you stay healthy.

Wendy Lynema