

by Mark Bryant Rockefeller

Flowers and our Feathered Friends



Flowers and our Feathered Friends
Lift our spirits and bring warmth within.
They add beauty and variety to creation.
Give us peace, and strength and inspiration
Intertwine in Nature
Proper spot in the equation.

8/8/2018
copied from his personal letter,
CPL, East Hartford

Dawg Days of Summer

These days seem to hit us earlier
They hit us sooner and last longer
The culprit, global warming I hear.
How to cope?
Head for the shore it's a little cooler there
Why? Land heats up sooner
Then the ocean, acts as a buffer
Someone once said, 'Everything gets
Hotter when the sun goes down'
That's good science in biology
But in physics that's pure stupidity.
Maybe it's cool in the store
You can buy yourself a big fan, bring it home plug it in
And then watch sports and be another type of fan
Find yourself a place in the shade
To hang a hammock,
Then read a book or listen to music.
Perhaps head North Lakes region of New Hampshire
Or go to the Pocono's down in East Pennsylvania
Sure way to get relief from the heat actually
Go into the water if it's safe
We have bird houses, bird feeders
Also Bird baths little sparrows can take a dip
To cool off fast
Some may go fishing, this time of year only few places
Where you can find trout but Connecticut has plenty of lakes
Ponds and rivers to provide any person more than a life time
Of excellent bass fishing without a doubt
Sometime it seems you just try to get
Thru the day esp. when older and heavier, sad to say
Down the southeast states, even hotter it gets
Some guys float down a river
To see how many kinds of sunfish the river delivers
In Connecticut sorry to say only two species of sunfish
available for prey
The blue gill and the pumpkin seeds can be caught with
regularity
Dawg days of summer seem to drag on for too long
The hunting season arrives

But seems beach going water still thrives
Beautiful bovines in early AM go graze in the grass
But in the afternoon under the tree chew their cud,
provide shaded food.
It's a good thing that both bovine and horses have been
blessed with a tail
Or in summer the flies would bring them anguish and
travail
Years ago I heard of excessive number
Of deaths in parts of Europe, esp. older people because of
excessive heat
In Georgia one year the poultry were dying because
excessive heat the coop.
Yes Dawg days of summer it may be even difficult just to
survive
The trout in Connecticut are especially prone not to
thrive (understatement)
There are many other fish to be caught in salt water
Plus other species other than trout and bass to go after.
Big news a new world record sunfish has been caught (5
1/2 pounds)
What a thrill that fisherman must have got
The hot weather may make it difficult other forms of life
Flowers and other plants will need plenty
Of water or become burnt and wilt.
Birds are supposed to migrate
This strange weather they may act it doesn't seem right
Bears are supposed to hibernate
But takes cold weather until feel time to den.
At roadside stands you'll find farmers with native produce
Strawberries in Shelton, blueberries in Glastonbury
Young children may have a lemonade stand
And grow up to be successful businessmen.
Bishops and Lyman Orchards lots to explore.
Lyman has twelve week of peaches 35 varieties to choose
from.
All this real hot weather causes havoc with our planet
So we'll have to hurry to get to another planet
I'll leave that for the recreation director to plan it!

-Submitted by Mark B. Rockefeller,
a client at Chestelm Adult Day Services

**Summer in Long Island,
Mark Bryant Rockefeller**

I'd visit my cousin on Long Island
58 Henry Lane in North Babylon



The Rizzo's lived next door
Including Carol who'd make your jaw fall.
Every Tuesday to Belmont lake
To the park owned by the state
I was known for my speed and power
Especially at practice when it didn't matter.
Off to Robert Moses State Park
Activities at the beach
And Jones Beach, lots of those on South Coast
My cousins able to body surf made me feel like a jerk.
Once we made it to Orient Point
We'd dig clams with our feet
Then we'd have them to eat
Only fish we'd catch were Sea Robins (Blowfish)
No Bluefish, Weakfish, Blackfish, Porgy as we wish.
Every 4th of July weekend
Meant a major camping trip
In the Adirondacks
Right in middle of the Park at a lake called Forked
I could not water ski
In the salt water or in fresh either
Different species of fish caught at Forked lake
Such as Bass, Perch, Pickerel and trout.
One day my scared cousin, sure we
Were lost in the wilderness
I told him, follow that brook we'll
Get back on course
Eventually the brook led to our empty canoe.
I got my cousin home safe too
Every July 3rd evening meant, we'd go
To the hamlet of long lake
A fireworks display would take place
Yes we celebrated the birth of our nation
On that special occasion.
One summer I worked for the town of Islip (N.Y.)

Most of the time though I painted houses.
Racquet sports my cousin always won
Tennis, badminton, Ping Pong, Tether ball he'd wipe me out.
But at the ball park
I could always drive the ball further
And run much faster.
Beside Carol Rizzo I met quite a
Few other nice girls
I remember one night Janet Ely come into our tent,
Yes how could I ever forget
We'd have to keep our food out of reach out of sight
If we didn't **the bear*** would steal it or worse yet
Get into our tent.
I remember one particular hike
No trail, just map and compass
A little hidden pond in' the Adirondacks
A fisherman in pond with float tube
Catching trout I guess evidently no acid rain, yet.
When we go to top there was a trail
Down the other side of hill
At bottom the little hamlet of long lake
Hiked along dirt road, back to the dirt
Road that lead back to Fork lake
More than 20 miles we hiked
When we got to camp it still was light.
We grilled up some grub
Made a big campfire
Get out the accordion
And broke
out in song.
Those were
Happy Days
I'll have to
cherish!

Submitted
by Mark B.
Rockefeller,
A Client at
CADS



Figure 3 "A BEAR!" ... in East Hartford!