



A Perfect Day
By Judy Swichtenberg

This is what my senses know...
Squishing sand between my toes.
Watching seagulls swoop and glide.
Hearing waves, the splashing tide.
Listening to its rhythm's beat.
Great Lakes dance with summer's heat...

A gentle breeze washing over me.
Releasing all my senses free.
Miles of beaches, water, space.
Great Lakes! My "go to" place...
To soak up nature, relax and play.
My senses know a perfect day!