



Musing

April 2020 - "Robert Frost/Things to Do"

Marty Olson

*"The sun was warm but the wind was chill.
You know how it is with an April day
When the sun is out and wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
A cloud comes over the sunlit arch,
A wind comes off a frozen peak,
And you're two months back in the middle of March."*

--Robert Frost, "Two Tramps in Mud Time" (partial), 1926

Spot on, Robert Frost, you've described the vagaries of April weather perfectly. What's in store for us this month? The weather becomes progressively more pleasant for outside activities, we gain two hours of sunlight from April 1st to 30th, and with the "stay at home" orders in place, many folks have more time on their hands. Turn off your TV, radio, or device and go outside!

Getting outside and doing something physical is crucial for health and wellness in these stressful and sometimes lonely times. Here is a list of a few ideas to help you get through April.

Take a walk...anywhere.

Look around your property to see what's been uncovered by the snow melting.

On a cool, but sunny day, sit in a favorite chair, facing the sun.

Bird watch, paying special attention to bird calls. They're often different this time of year, looking for a mate or claiming territory.

Get into your canoe or kayak. A short trip to the ice edge can be thrilling.

Study an eagle's nest with a spotting scope or binoculars. The eggs usually hatch this month.

Split some firewood or tidy up that woodpile. A handsome woodpile is a pleasing thing.

Get birdfeeders ready and bird houses cleaned out. Hummingbirds are on the way. Seed and suet feeders are best brought inside at night. The local bears are roaming and hungry.

Check out the stars/moon on a clear night.

Hang sheets outside!

Go for a bike ride, but be keenly aware of sand on the road, especially on curves and corners.

Most importantly-stay safe.