

Today's Rainbow: Grandma's Fork

by jjill©2010

Smells of golden toast filled the early morning kitchen air. The lazy Sunday feel swept through Carly's mind, leaving behind its sense of peace. Everyone was still asleep as she prepared her morning brew of Earl Grey with just a hint of brown sugar to accompany her toast. Silence whispered to her through the occasional rustling of a summer breeze and a faint songbird melody from a distant treetop. In its character, morning proved the most inspirational moment of the day.

After easing her way into the day through the softness of the morning, Carly made preparations for breakfast. Summer recess presented the children with more time for play, more time for family, even though they were often gone for the better part of the day. All kinds of summer activities kept their pace lively and their lives holding interest. And on this Sunday, a family trip to the shore had been planned long before school doors closed.

After her last sip of tea to help ease the buttered toast, Carly pulled open the solid door of the refrigerator and grasped the carton of eggs. Her moments of easing into morning began to gain momentum as she revved herself into full swing of her day. "I'll make scrambled eggs with bacon and toast - everyone's favorite," she thought. She simultaneously arranged all her preparations; she grabbed the pan to fry the bacon placing the strips side by side on the cold metal. Then, she neatly stacked the slices of bread on the toaster-oven rack side by side. Each brown egg she cracked into the bowl and reached for a wire whisk in the drawer. As she fumbled to find the whisk, her hands moved the undesired utensils out of the way. She caught a glimpse of an old, bent fork that made her stop for a moment and remember. Its patina reflected differently from her everyday stainless steel place-settings. The tines of the dinner fork were longer than those of all other forks. "Original Rogers" was stamped on the back with delicate Vintage patterns in swirls and scrolls. This was one of grandma's forks that had withstood time, moments of insecurity, loss and triumph, grueling moves from apartments to now a home. A hint of the past had managed to remain in Carly's kitchen through all the moves, trials and difficulties. Through the patterns of life, there remained Grandma's presence. With a decisive smile, Carly gently picked up Grandma's fork instead of the wire whisk and instinctively knew that these particular scrambled eggs would have a savory, unbeatable taste that the children would love on this Sunday morning.

We oftentimes need a reminder of the presence of those family and close friends who have helped make a difference in our lives. Despite the hardships, problems and pitfalls that life brings, a part of who we have become can be attributed to the encouragement, assistance and simple presence that our family and friends have offered. Respect and reverence in the form of celebrating fond memories and recognizing with deep appreciation are the least we can do. People who have contributed meaning to our lives continue through their eternal presence to do so in our thoughts and actions every day. Acknowledging their efforts and love remains one of the strongest bonds we can nurture.

(Contact and commentary are welcome at jjill3@yahoo.com)

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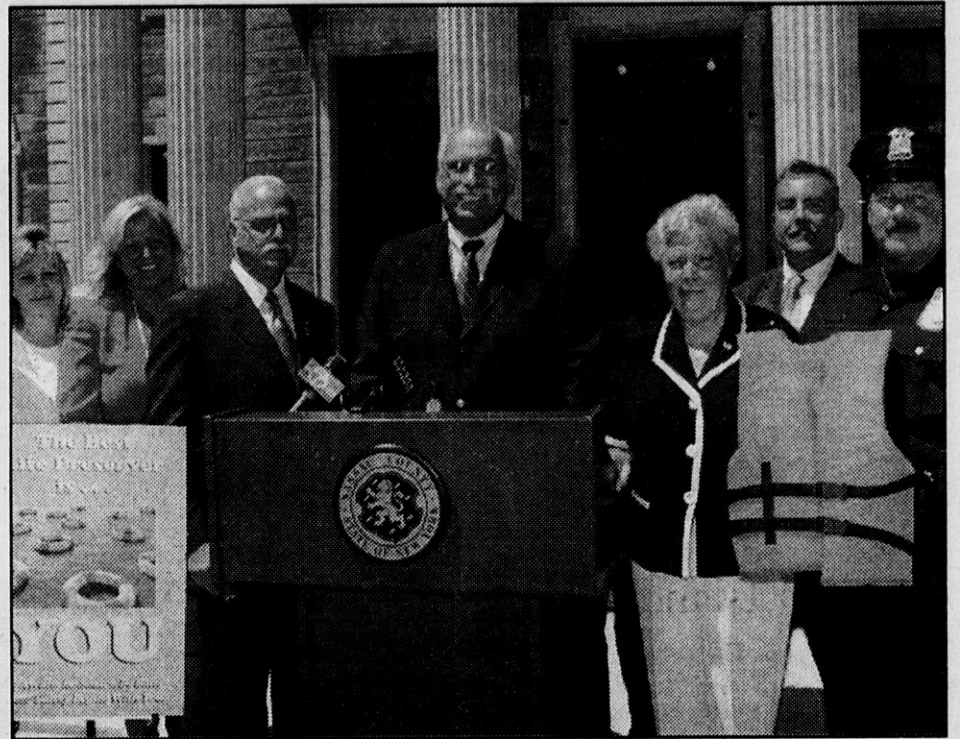
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Legislators Dunne, Walker and Belesi, American Red Cross, and Health Officials Call for Increased Safety Precautions in Pools and the Ocean



Mary Ellen Laurain, NC Health Department Director of Communications & Health Education, Diana Price, Aquatics Coordinator, American Red Cross, Nassau County Chapter, Legislator Belesi, Legislator Dunne, Legislator Walker, Lt. Bob Beckmann NC CERT Director and Police Officer Fuoco.

Nassau County Legislators Dennis Dunne, Rose Marie Walker and Joseph Belesi called for public awareness of pool and ocean safety as the summer season begins. There have been at least 27 instances of children drowning this summer nationwide - seven of which have occurred in Long Island. Last week a 3 year old and nanny drowned in a backyard pool, and a 12 year old drowned in Long Beach.

"It is imperative that all Nassau residents are reminded of the safety precautions they can take to keep their children safe this summer," said Legislator Dunne, Chair of the Public Safety Committee, "The best life preserver is you."

The Legislators informed residents of the steps they can take to reduce the risk of water-related accidents, both around the home and at beaches and pools. Dunne, Walker and Belesi spoke not only as legislators but also as parents and grandparents. "There are many simple actions parents can take to improve children's safety. Be sure to comply with all local requirements for backyard and public pools, and always read the signs at the beach to ensure that a lifeguard is on duty," said Legislator Belesi, Co-Chair of Public Safety.

Pursuant to the Nassau County Health Department, nationally, drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning. This is preventable! Nassau County Department of Health advises all residents and visitors to our beaches and pools to obey all posted safety rules and regulations. This includes, only swimming at regulated beaches with a lifeguard on duty, obey all posted signs and warnings and always designate a responsible adult to watch children in and around the water - there is no substitution for supervision. For additional tips and safety information, please visit the Health Department's website at <http://www.nassaucountyny.gov/agencies/Health/index.html>

The Nassau County chapter of the American Red Cross discussed the crucial steps every parent must take to ensure their children avoid harm this summer. NC Marine Bureau Police Officer Joel Fuoco also spoke about the dangers of BWI - Boating While Intoxicated. Drinking and then operating a boat is very unsafe and can lead to serious accidents.

"The bottom line is safety. As we enter the busy summer season, I urge everyone to prioritize safety when they visit the pools and beaches, and when they go boating," said Legislator Walker, Chair of the Health Committee. Mary Ellen Laurain, NC Health Department Director of Communications & Health Education, Diana Price, Aquatics Coordinator, American Red Cross, Nassau County Chapter, Legislator Belesi, Legislator Dunne, Legislator Walker, Lt. Bob Beckmann NC CERT Director and Police Officer Fuoco.

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