



**28 WAYS
TO BETTER DAYS
By Judith Cook**

As we come through the dark
we rise up with the lark,
Knowing that good days are coming,
as we walk to the park,
our strength that gives us our spark.

Sometimes we wander
as we come from up yonder,
just what as this year got in store.
Whatever it may be
I hope you agree
with kindness we all can do more.

However short 28 days may seem
the flowers are starting to grow,
new buds new life
but please no more strife!!
It's time to get on with our life.

With reason and rhyme
for my valentine
it's surely our month to shine.
Roses are red
violets are blue,
is there a card in the post for you?

Tell yourself to keep doing what you do,
and don't forget to smile
its not so bad - to go that extra mile!