



# WHEN A CITY GIRL *goes country*

By Annette Bridges

## Intermission from daily life

It's not easy to take a vacation when you're a rancher. There are many things to be done to assure smooth sailing for both your cattle and those overseeing the ranch while you're away. My husband will put out round bales if there is not enough grass to graze and create a schedule for when to move our cattle to a different pasture. Then there's getting the grass mowed where needed, and it's always nice to come home to a clean house.

Despite the extra prep work required, I am convinced it's important to have an intermission from your daily responsibilities. Everyone deserves to slow down and have some time away from his or her own hustle and bustle. A rigorous routine, that is undoubtedly true for any rancher or farmer, can leave little time for adventure and fun, and that, my friends, are two things this city girl needs in her life.

Fortunately, my country boy knows this and is happy to partake in such pleasures with me.

We recently returned from an amazing trip to Scotland last spring.

We toured castles and viewed the countryside by train and coach. The stunning glens and luscious lochs were captivating.

We were especially excited to see highland cattle and cheviot sheep grazing the hillsides. Just like our springtime back home, mammas and their babies were everywhere. Adorable twin lambs were in delightful abundance.

It was not uncommon to see

ageless stone fences dividing pastures that have often belonged to the same families for centuries.

Life in the highlands felt calmer and quieter than our Texas ranch life. There seemed little else other than their beautiful land to occupy their mind and feed their soul. There is definitely something desirable about the all-encompassing peace I felt while in Scotland, but many towns did have enticing shops and charming cafes to spend time in, too. I even found the perfect moment to get my hair styled at a beauty salon. Yes, I think I could adjust to life in Scotland pretty well should my Texan ever want to move there.

Yet, it was good to be back home to our ranch and our sweet cows were so happy to see us they gifted us with two healthy calves the day we returned. We just needed the rain to stop long enough for us to get our first cutting of hay accomplished.

Life goes on and our normal begins again, but it was invigorating to go on our Scottish retreat.

I highly recommend finding your own way to gift yourself a recess from your daily endeavors. Of course, not all breaks and breathing spells require crossing an ocean.

Even if only for an afternoon or a weekend getaway, giving yourself a time-out can clarify perspective and revive, refresh and rejuvenate and lead you to new inspiration and goals and the strength and insight to reach them. This recipe is good for both city and country folks. 🌿



Annette and her husband, John, stand in front of a Scotland castle.



Annette and her husband, John, in front of a Scotland train. (Photos courtesy Annette Bridges)