

Editor's notes:

June 2006, Volume 21-10

Although June is known as the wedding month, I tend to view it as more of a month of reflection. For June is also the month of graduations when so many promises to life are made. When I see all the caps and gowns, I wistfully look back to a time when everything was ahead of me. I take note of the many commencement speakers and wonder which one would have inspired me the most.

What would I do if asked for suggestions for today's graduation classes? For that, I need to turn to one of my favourites, Ben Stein, of course! He never disappoints. In one of his columns, Stein writes about a discussion he had with his psychiatrist about what college graduates today, (as compared to those of 40 years ago) need to succeed in life. The psychiatrist, Paul Hyman, obliged him with a number of observations, which Stein paraphrased:

First, the drive for materialism is more powerful and more entrapping than ever these days. "The occupations that lead to serious wealth are not well suited to most temperaments."

Second, almost everyone is ignorant of history and as a result most lack a context. "Life without historical context is shallow and unsatisfactory. . . . If you don't know how much your grandparents had to work to get you where you are, you cannot know how precious that car your parents gave you is."

"Third, treating people with kindness and respect is almost an antiquity. You hardly encounter it any longer." Kindness is a sign of strength, as well as its own reward."

"Fourth, be an individual."

"Fifth, compassion is always useful -- mostly to yourself. It builds your character and makes you into a bigger, better person."

For more inspiration, visit Ben Stein's website at www.benstein.com.

The month of June was named for the Roman goddess Juno, queen of the gods and protector of the Roman state. She was the wife of Jupiter and the goddess of women and marriage.

Here are some more celebrations this month:

Magna Carta Day Anniversary, June 15 -- In 1215, this document was signed in England by King John under pressure from his barons to limit the power of English monarchs. Historians regard it as the first step toward the rule of constitutional law.

Father's Day, June 18 -- The word "father" comes from the Old English word "foeder," and "dad" is believed to be a variation of the Welsh word "tad," which also means "father." According to a survey by the PBS, 79 percent of kids call the father figure in their lives "dad" or "daddy;" 3 percent call them by their first name; 1 percent call them "father."

St. Jean Baptiste Day, June 24 -- In Quebec, this provincial holiday was originally a pagan holiday celebrating the summer solstice in France. In modern times, it has become a symbol of the French-Canadian way of life in Canada. It has been a statutory holiday in Quebec since 1925.

Discovery Day, June 24 -- A celebration in Newfoundland to commemorate the first sighting of the province in the late 16th century by explorer John Cabot.

The Honey moon, June 25 -- The first full moon of June is called the "honey moon" because beekeepers once believed that this was the best time to harvest their honey. Over time, the term came to be associated with the trip taken after a wedding.

The Summer Solstice, June 21

One of the most spectacular summer solstice celebrations takes place at Stonehenge, the ancient circle of massive stones on Salisbury Plain in Wiltshire, England. The first day of summer is one of the few days of the year when English Heritage -- the governing body that preserves the site -- opens the gates to allow people to watch the sun rise. Since the early 1900s, people have gathered at Stonehenge to welcome in the new season but, by the 1980s, England's Prime Minister Margaret Thatcher put an end to the festival, declaring that there was too much public disorder at what is regarded as one

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Name that Sitcom Dad

Think that you know your 'Fathers' quite well? See if you can match the TV dad to the actor and show!

- | | | |
|-----------------------|-------------------|--|
| 1. Mike Brady | A. Robert Young | 1. My Three Sons |
| 2. Cliff Huxtable | B. Ozzie Nelson | 2. Home Improvement |
| 3. Jim Anderson | C. Hugh Beaumont | 3. Roseanne |
| 4. Dan Connor | D. Fred MacMurray | 4. Sanford and Son |
| 5. Tim Taylor | E. Robert Reed | 5. The Cosby Show |
| 6. Ozzie Nelson | F. Bill Cosby | 6. The Brady Bunch |
| 7. Ward Cleaver | G. John Goodman | 7. Leave It to Beaver |
| 8. Steve Douglas | H. Tim Allen | 8. Father Knows Best |
| 9. Fred Sanford | I. Redd Foxx | 9. The Adventures of Ozzie and Harriet |
| 10. Howard Cunningham | J. Tom Bosley | 10. Happy Days |

1E6; 2F5; 3A8; 4G3; 5H2; 6B9; 7C7; 8D1; 9I4; 10J10
Answer Key:

(continued from page 1)

of the world's great historical sites. By the late 1990s, English Heritage agree to grant access to modern-day Druids, followers of the ancient Celtic religion. They wear white robes and dance and chant as part of their solstice ceremony. Others greet the dawn by playing drums and horns.

From the vantage point of the centre of Stonehenge, the sun rises in direct alignment with the massive Heel Stone, one of the stones that lies outside the main circle. Archaeologists believe that Stonehenge was built between 3,000 to 5,000 years ago as a calendar. By counting the days between these annual alignments, people could determine the length of the year.

30th Anniversary of the CN Tower, June 26 -- In 1976, this broadcast and observation tower opened to the public in Toronto. At 1,815 feet, it is one of the world's tallest structures, rising more than a third of a mile. Two million people visit each year to eat in its revolving restaurant and take in the views.

Message From the Helix Prez:

This year, I will celebrate being a father for the 14th time. Yes, I know my son is only 13 years old, but I counted on my fingers the number of Father's Days since August of 1992, and 14 is what I got. My fingers don't lie.

I came to the father business quite late, at age 47 to be precise. I know that you can probably do the math, without using *your* fingers, and be able to conclude quite correctly that I am quite the geezer. But you knew that already, didn't you?

It has been quite the trip. I wouldn't have missed it for the world and continue to enjoy being a father every day. I look forward to an extra big hug from my son, if he isn't already too 'cool' for such a show of affection, and that, dear friends, will be reward enough. Happy Father's Day to all the other dads out there!
Sieg Pedde, President, Helix Courier Limited

From the couldn't have said it better myself section . . .

The power of accurate observation is commonly called cynicism by those who have not got it.

-- George Bernard Shaw

You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself.

-- Samuel Levenson

Indecision may or may not be my problem.

-- Jimmy Buffet

Origins of Words and Phrases

Gung Ho, reflecting "can do" attitude, comes from the Chinese words, "Gongye Hezhoushe," which meant a small industrial cooperative. The Chinese shortened the words to "gun ho" and used them to mean "working together." An officer in the U.S. Marines picked up the expression in China during the 1930s and eventually used it as his battalion's motto during World War II. By 1942, "gung ho" became an unofficial slogan of the Marine Corps.

Bigwig, an important person, refers to the powdered wigs men wore in the 1700s. The richer and more powerful the man, the larger the wig.

Cut to the chase, or "get to the point," originated in Hollywood in the 1920s, where it literally meant to move from a dramatic scene to an action scene.

Glitch, or a malfunction, comes from the Yiddish word "gleshn," which means "to slip."

