

Editor's notes:

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Even during these tough economic times, some things are too important to give up. In a recent survey of shoppers, respondents revealed what things in life they just couldn't give up. These indispensable items included the Internet, which 80.9 percent of survey participants weren't willing to sacrifice, and cell phones (64.1 percent). Other necessities that they weren't willing to give up included: cable TV (60.5 percent), discount clothes shopping (43 percent), and haircuts and colouring (40 percent). However, the shoppers were willing to scale back on such items as luxury handbags (92.2) percent), satellite radio (90.9 percent), and maid service (90 percent).

How do your necessities of life stack up against these?

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This month gets its name from the Old English word "Junius," which translates roughly to "month of Juno." She was the Roman goddess of marriage, women, and the queen of the gods as the wife of Jupiter.

Here are a few more dates to celebrate this month:

Anniversary of D-Day, June 6, 1944 -- This day marks the 66th anniversary of the Allied invasion of Europe during World War II that signaled the beginning of the end of the Nazi regime. More than 325,000 allied troops from 12 countries crossed the English Channel at its widest point in rough weather to attack the German forces. They landed on five beaches along 50 miles of the Normandy coast of France.

Father's Day, June 20 -- Celebrate this day with Dad.

Summer Solstice, June 21 -- The word "solstice" comes from the Latin words "sol" meaning "sun" and "sto" meaning "to stand." It literally translates to "the sun stands still." The summer solstice is the time when the sun is farthest from the equator, and the North Pole turns in the sun's direction. Ancient peoples were rooted in nature's cycles and celebrated solstice festivals, traditionally when charms and spells were performed to protect livestock and barns.

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.

Father's Day is June 20 this year, and the millions of fathers in North America will bask in familial attention and be showered with gifts -- mostly neckties.

So where did neckties come from? The earliest known version dates back to 210 B.C., when the Chinese emperor

Shih Huang Ti was buried in the ancient Chinese capital Tian. The 7,500 terra cotta warriors built to guard him in the afterlife all wore neck cloths, for reasons unknown.

Similarly, the Roman emperor Trajan erected a marble column in 113 A.D. commemorating a military victory; the 2,500 soldiers depicted all wore some form of cloth neck covering.

The modern necktie evolved from the small, knotted neckerchiefs worn by Croatian mercenaries working for the French in the Thirty Years' War. The word cravat derives from a combination of the French "Croate" and the Croatians' own name for themselves, "Hrvati."

With the rise of the business class in the 19th century, demand grew for neckware that was durable, comfortable, and easy to tie.

In 1926, a New York tie maker named Jess Langsdorf developed a technique that improved the tie's elasticity, which allowed it to more easily revert to its original shape. The "Langsdorf" became the most common form of necktie.

Since then, ties have widened as far as 4.5 inches and thinned to 3 inches (or skinnier) depending on the current style, but they seem to be here to stay.

Tying a necktie is an art and how well you do at it says a lot about you. A great place to learn is on the internet, at sites like: <http://www.totieatie.com>.

In honour of Father's Day, here's a list of things you're never likely to hear coming from your dad's lips:

- "I'm lost . . . so I guess I'll stop and ask for directions."
- "All your friends have a very sarcastic attitude -- I like that."
- "Here's my credit card and the keys to my new car. Have fun."
- "What do you want to get a job for? I make plenty of money for you to spend."
- "Your mom and I are going away for the weekend. You might want to have some friends over and throw a party."
- "Father's Day? Don't worry about that, it's no big deal to me."

How Not To Get A Job

First impressions never count more than during a job interview. A recent CareerBuilder.com survey of over 2,7000 hiring managers uncovered some common mistakes -- and a few funny stories.

The mistakes first: Asked what kind of boo-boos they had witnessed during interviews, the hiring managers named these blunders:

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| • <i>Inappropriate attire</i> | 57 percent | • <i>Not asking good questions</i> | 34 percent |
| • <i>Boredom or lack of interest</i> | 55 percent | • <i>Criticizing a current or previous employer</i> | 52 percent |
| • <i>Arrogant attitude</i> | 51 percent | • <i>Answering a cell phone or texting</i> | 46 percent |
| • <i>Vague answers</i> | 34 percent | | |

And in the "Hall of Shame" category:

- One candidate wore a business suit and flip-flops.
- A job-seeker asked if the interviewer wanted to meet later for a drink.
- The candidate who applied for an accounting job said he was "bad at managing money."
- One hungry candidate asked for directions to the employee break room to eat after the interview.
- A candidate recited poetry.
- A candidate for a customer service job told the interviewer, "I don't really like working with people."
- One person had to leave because his dog had gotten loose in the parking lot.
- A job-seeker spent the entire interview staring at the ceiling.
- Asked to provide an example of teamwork, one candidate cited his *Dungeons and Dragons* experience.

Super Thinking

Super powers are fun to think about. If you are looking at ways to inspire yourself to accomplish more in life, try a few of these mental exercises:

- If you could have any one super power for a **day**, what would it be? What would you do with this? Answering this question can identify specific tasks you would like to accomplish, or activities that you would like to try.
- If you could have any super power for **one month**, what would you choose? You may discover something you would like to learn about or receive specialized training in.
- If you could have a super power for a **full year**, what would you want? Answering this can suggest directions for exploration and education.
- If you could choose any power for the **rest of your life**, what would you pick? This answer should provide you with some long-term goals to strive toward.

Do your instructions produce the intended results?

When you tell employees what you want them to do, be sure to focus on the right tasks. Here's a story: One company decided that customer responsiveness was its priority. Managers instructed employees to answer every phone call on the second ring. They emphasized the rule until employees got it right.

Then they noticed that their workers were indeed answering every call on the second ring -- but immediately putting the caller on hold while they took care of other calls first. Customers experienced significant and frustrating delays because of the "second ring" rule.

Think through the consequences when you tell workers what to do. You will avoid problems down the line.

What 'arf' and 'grrrr' really mean

Dogs have a vocabulary. Maybe not a very extensive one, but they can apparently differentiate between specific kinds of barks and growls, according to researchers at Eotvos Lorand University in Budapest, Hungary.

The teams of behavioural biologists played recordings of barking and growling from 20 dogs to 12 other dogs that had been given a bone to chew. The recordings represented three different situations: dogs playing tug-of-war with their owners, growling at an approaching stranger, and threatening another dog for food.

The tug-of-war barks prompted four of the 12 animals to draw away from the bone, and the "stranger" growl made two of them move back.

All 12 dogs withdrew when hearing the threatening growl. Most of the dogs returned to their bone after a while. The growls thus appear to communicate distinct messages that dogs understand and react to.

Maybe we humans need to learn more to growl more effectively.

Know what your audience wants

Michael Faraday was a 19th-century British scientist whose experiments led to the development of electricity as a practical source of energy.

According to one story, he went to William Gladstone, the prime minister of England at the time, hoping for financial support for his research into electricity and magnetism.

Gladstone's initial response after seeing one of Faraday's devices was negative.

"Of what possible good is this?" he asked

Faraday's reply: "This will be a great benefit to our country, because someday you will be able to tax it!"