

## Editor's notes:

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, which is how the tradition of June weddings originated.

Here are a few of this month's interesting dates:

**D-Day, June 6** -- This year marks the 67th 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 to attack the German forces. They landed on five beaches along 50 miles of the Normandy coast of France.

**Magna Carta Day, 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. Today's politicians who are bent on eroding our rights should be made to read this Great Charter each time before they vote on a bill.

**Father's Day, June 19** -- 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, 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."

**World Juggling Day, June 18** -- Juggling clubs all over the world hold local festivals to demonstrate, teach, and celebrate their art. For more information, go to [www.juggle.org](http://www.juggle.org).

**Baby Boomers Recognition Day, June 21** -- The first wave of boomers -- defined as those born between 1946 and 1964 -- will turn 65 this year, including George W. Bush, Bill Clinton, Cher, Dolly Parton, and Donald Trump.

**St. Jean-Baptiste Day, June 24** -- This is a holiday in Quebec because this saint was deemed the patron saint of French Canadians by Pope Pius X in 1908. Celebrations include parades, parties, and bonfires.

Summer begins in 2011 on June 21 with the summer solstice, the day when the Earth's axis tilts our northern hemisphere most prominently toward the sun. (In the southern hemisphere, the summer solstice will occur on December 22.) On this day, the sun will reach its highest point in the sky, and afterward the daylight hours will grow shorter.

The solstice has been a time of celebration and ritual in cultures around the world throughout history. At Stonehenge, a visitor standing in the centre of the stone circle can see the sun rising directly over the Heel Stone, located just outside

the ring of stones. The Egyptian Great Pyramids were built in such a way that an observer standing near the Sphinx can watch the sun set directly between two of the Pyramids. Celts and Slavs celebrated the event with bonfires and dancing to help the sun increase its strength. The Native American Hopi tribe had males dress as dancing spirits of rain and fertility known as Kachinas; the Kachinas were messengers between humanity and the gods who left the villages at midsummer to live in the mountains, where they were said to visit the dead.

The ancient Druids' belief that the solstice represented the wedding of Heaven and Earth is responsible for the tradition of brides planning a lucky June wedding.

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### ***What your father told you is still true***

*On Father's Day, we remember those words of wisdom that Dad passed down to us -- whether we listened to him or not. Here's a collection of some fatherly advice from a variety of sources:*

**On money:** "The people that make a lot of money are the ones that don't spend their time stressing about money."

**On marriage:** "Create a marriage that lasts because it is a happy one."

**On intelligence:** "Use that thing on your shoulders for something other than a hat rack!"

**On pouting:** "If you stick that lip out any further, a bird will come along and poop on it!"

**On problems:** "If you don't want the hole to get any deeper, stop digging!"

**On success:** "I learned a lot from my father, especially about business. Probably the best advice I ever had came from him. He had a four-step formula for getting things done: Get in. Get it done. Get it done right. And get out." (Donald Trump)

**On life:** "Appreciate scenery, art work, and a rainy Sunday. And always keep your gas tank full."

### **Try Aromatherapy for Long Car Trips**

Do your kids get antsy on long drives? Do you or your spouse get drowsy? Aromatherapy experts say the scent of essential oils can fix both problems. To keep the kids relaxed and in a pleasant mood, opt for peppermint and lemon. For the driver, try rosemary for alertness. In both cases, put a few drops on a cotton ball or tissue and place in a plastic baggie. Open and inhale occasionally -- say every half hour -- for maximum effectiveness.

## Bloomsday

English majors and Irish literature buffs know that June 16 is an important date. It's Bloomsday, the date on which Leopold Bloom walked through Dublin, his thoughts and observations recounted in James Joyce's novel *Ulysses*. Around the world -- and in Ireland especially -- Joyce's fans and scholars meet for open readings of the book, lively discussion, and a necessary pint or two of Guinness.

*Ulysses* can be a tough book to read, but here are a few quotations to give you a flavour of what the hullabaloo is all about:

Opening words: "Stately, plump Buck Mulligan came from the stairhead, bearing a bowl of lather on which a mirror and a razor lay crossed. A yellow dressinggown, ungirdled, was sustained gently behind him on the mild morning air. He held the bowl aloft and intoned: *Introibo ad altare Dei*."

"History, Stephen said, is a nightmare from which I am trying to awake."

"Force, hatred, history, all that. That's not life for men and women, insult and hatred. And everybody knows that it's the very opposite of that that is really life."

"The heaventree of stars hung with humid nightblue fruit."

". . . all perfume yes and his heart was going like mad and yes I said yes I will Yes." (Closing words)

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## Coffee: Good for more than waking up early

That cup of coffee that gets you going in the morning -- or keeps you energetic in the afternoon -- may have some positive health benefits. Though no one is recommending massive doses of caffeine, coffee in moderation may be good for more than just keeping you awake and alert. Here's a look at some of the research:

**Gallstones** -- Some scientists believe that drinking coffee may reduce a person's risk of developing gallstones by stimulating gallbladder contractions and lowering concentrations of cholesterol in bile.

**Kidney stones** -- Studies have suggested that coffee consumption (caffeinated or decaf) cuts a person's chances of developing kidney stones by as much as 10 percent.

**Diabetes** -- Research involving more than 450,000 patients indicates that drinking four cups of coffee or tea a day may reduce one's risk for Type 2 diabetes by 25-35 percent.

**Parkinson's Disease** -- Men who don't drink coffee are apparently five times as likely to develop Parkinson's Disease as those who consume lots of coffee -- though the link between coffee and Parkinson's hasn't been definitely established. Studies with women have been inconclusive.

As promising as these studies are, don't go overboard. Doctors recommend drinking no more than 24 ounces of coffee a day. That's four 6-oz. cups.

## Origins of Culinary Terms

Here are some interesting origins of common food terms:

**Eclair** -- this cream-filled pastry gets its name from the French word for "lightning." Not because the log-shaped desserts look like lightning bolts but because people often eat them lightning fast.

**Lima bean** -- these beans were first cultivated hundreds of years ago in Peru. They get their name from that country's capital city.

**Restaurant** -- originally, this word referred to hearty soups, which got their name from the French verb "to restore." In time, it was used to denote the shops that sold these soups and eventually to eating establishments in general.

**Pasta** -- this comes from the Greek verb "passein," meaning "to sprinkle or strew" as one would sprinkle pasta into boiling water to cook it.

**Whisk** -- this cooking utensil gets its name from an old German word for "twig."

## Enzyme may unlock the secrets of memory

Memory can be elusive. But some scientists have identified an enzyme that may boost recall of forgotten memories -- or help people purge those they don't want to retain.

Scientists studying the enzyme PKM-zeta have found that by blocking it in the brains of rats, they could force rats to forget certain learned behaviours, such as avoiding a liquid that made them ill. A team of researchers from Israel and the United States did the reverse, injecting rodents with viruses that carried genes to stimulate production of PKM-zeta. The enzyme appeared to help the rats access behaviours that had passed from short-term to long-term memory.

Adapting the treatment to humans suffering memory loss (or wanting to erase traumatic memories) is a long way off, however.

Until scientists can determine exactly where specific memories are stored in the brain, manipulating levels of PKM-zeta or any other enzyme could have unexpected results.

As one scientist told the Science News website, "There's a reason why the brain keeps memory under tight regulation."



## Postal Strike?

In the event of a postal strike, please consider Helix for delivery of important documents, invoices, picking up account payments, etc. We are lining up support staff, drivers and sorters if a strike should happen, and we will try to help our customers in every way possible. For information, please contact Sharon Coll at: **519-453-0501** or via email at [sharon@helixcourier.com](mailto:sharon@helixcourier.com).