

June Newsletter

To continue looking at the origins of the months of the year. This month is June.

The word 'June' ultimately comes from the Latin Ianius of Juno (Iuno) referring to the Roman goddess.

The J sound for the I in Latin. Iuno emerges in French, and its spelling with the letter J doesn't settle in English until the late 1600's. Juno, the Roman goddess, was the wife of Jupiter, queen of gods and goddess of marriage, childbirth and fertility.

June's Birth flower is The Rose

June's Birth stones Pearl, Alexandrite and Moonstone

June is a very common month for Royal birthdays

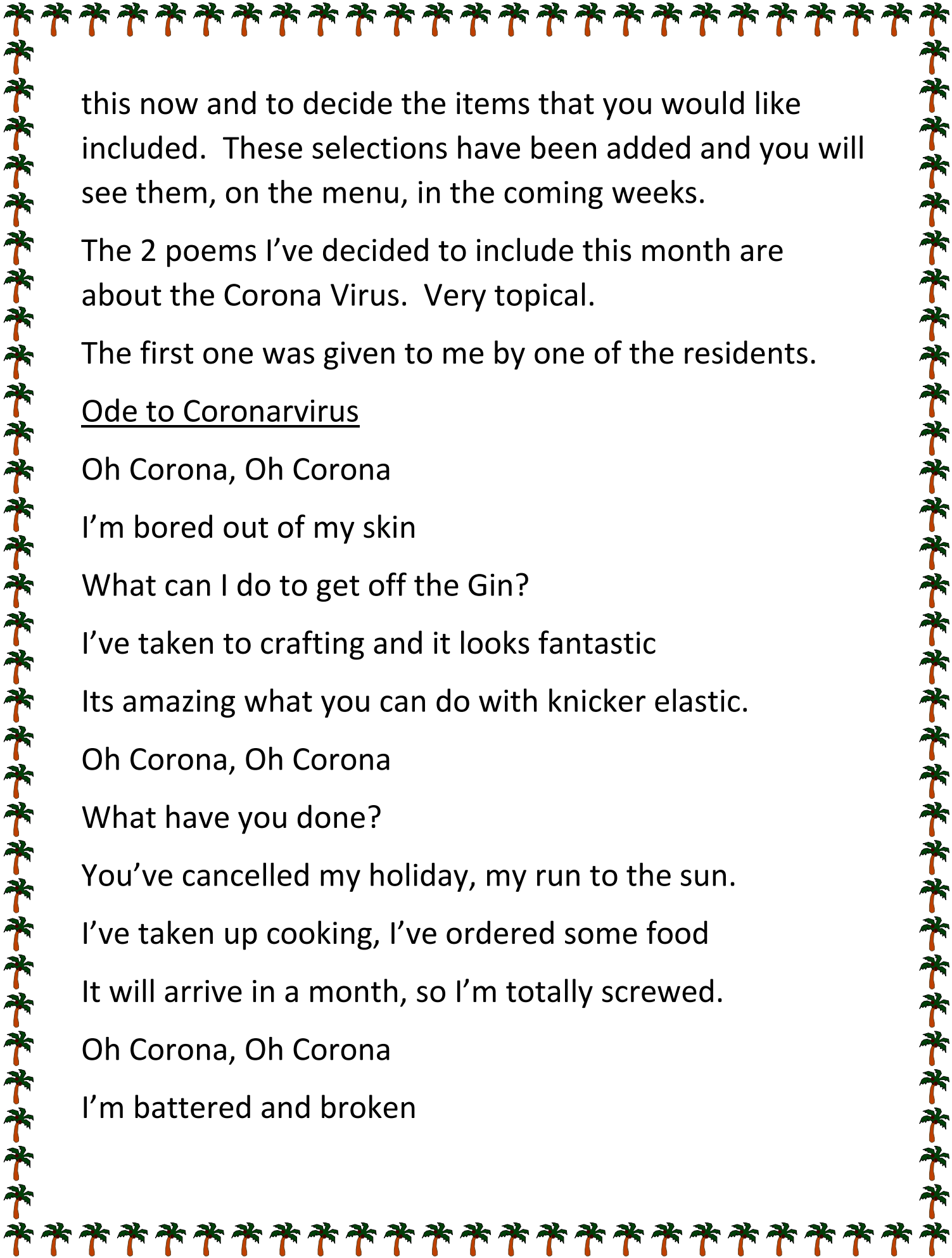
June 1st Edward 1 (1239) 3rd George V (1865)

4th George 111 (1738) 19th James V1 (1566)

23rd Edward V111 (1894) 28th Henry V111 (1491)

And of course on 21st Prince William (1982)

As discussed in the Resident's meeting, David, our cook, presented a list of new dishes to be included in our regular menu. You have all had the opportunity to see



this now and to decide the items that you would like included. These selections have been added and you will see them, on the menu, in the coming weeks.

The 2 poems I've decided to include this month are about the Corona Virus. Very topical.

The first one was given to me by one of the residents.

Ode to Coronarvirus

Oh Corona, Oh Corona

I'm bored out of my skin

What can I do to get off the Gin?

I've taken to crafting and it looks fantastic

Its amazing what you can do with knicker elastic.

Oh Corona, Oh Corona

What have you done?

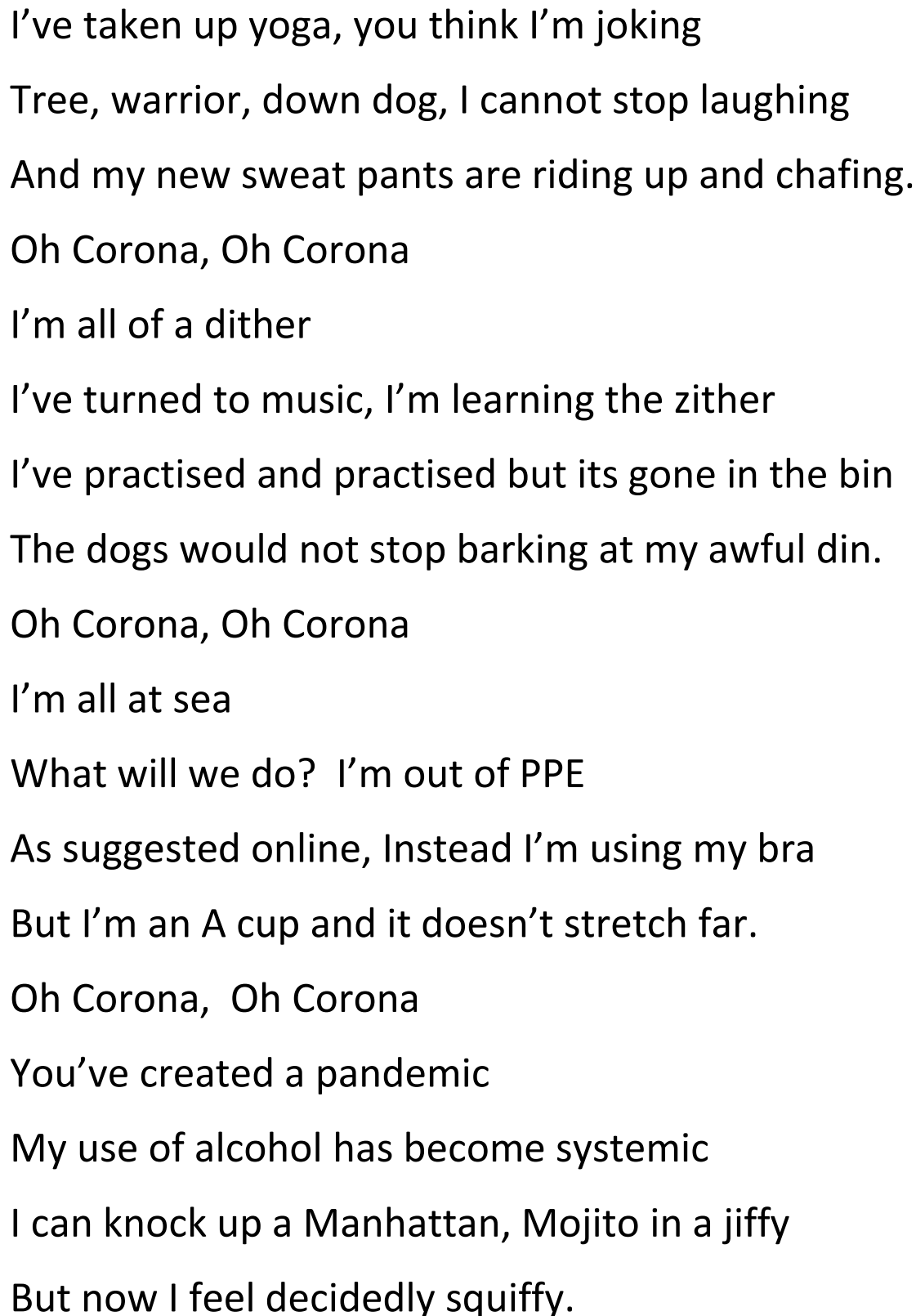
You've cancelled my holiday, my run to the sun.

I've taken up cooking, I've ordered some food

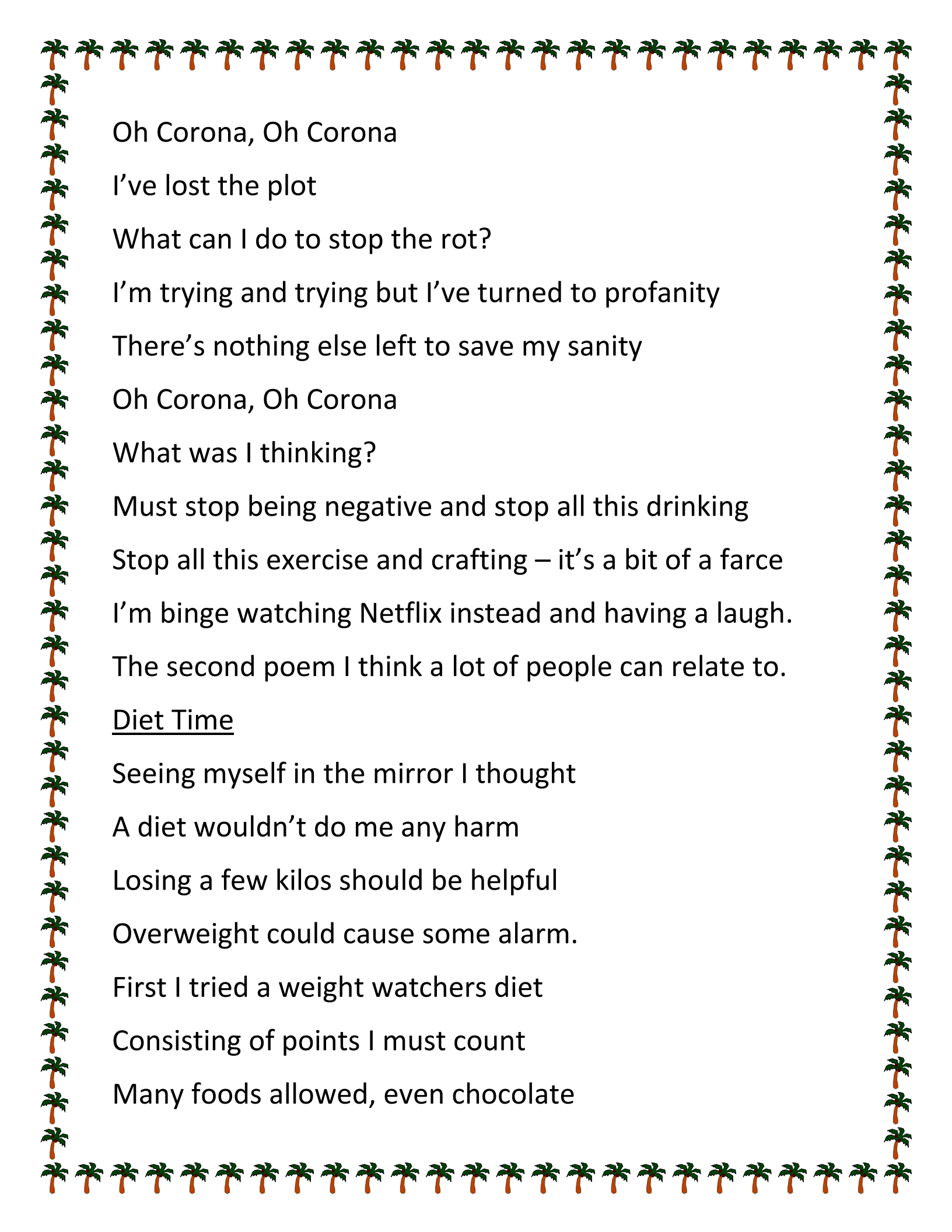
It will arrive in a month, so I'm totally screwed.

Oh Corona, Oh Corona

I'm battered and broken



I've taken up yoga, you think I'm joking
Tree, warrior, down dog, I cannot stop laughing
And my new sweat pants are riding up and chafing.
Oh Corona, Oh Corona
I'm all of a dither
I've turned to music, I'm learning the zither
I've practised and practised but its gone in the bin
The dogs would not stop barking at my awful din.
Oh Corona, Oh Corona
I'm all at sea
What will we do? I'm out of PPE
As suggested online, Instead I'm using my bra
But I'm an A cup and it doesn't stretch far.
Oh Corona, Oh Corona
You've created a pandemic
My use of alcohol has become systemic
I can knock up a Manhattan, Mojito in a jiffy
But now I feel decidedly squiffy.



Oh Corona, Oh Corona

I've lost the plot

What can I do to stop the rot?

I'm trying and trying but I've turned to profanity

There's nothing else left to save my sanity

Oh Corona, Oh Corona

What was I thinking?

Must stop being negative and stop all this drinking

Stop all this exercise and crafting – it's a bit of a farce

I'm binge watching Netflix instead and having a laugh.

The second poem I think a lot of people can relate to.

Diet Time

Seeing myself in the mirror I thought

A diet wouldn't do me any harm

Losing a few kilos should be helpful

Overweight could cause some alarm.

First I tried a weight watchers diet

Consisting of points I must count

Many foods allowed, even chocolate



Though trying, I overdid the amount.

Another said drink lots of water

Which helps flush toxins away

I soon gave up doing that diet

For I sat on the loo half the day!

Then I read about eating low carb

High protein, no bread, allowed cream

Well I liked the sound of this one

The food list to me was a dream.

But after a few weeks on low carb

Things didn't work out the right way

Was the opposite of the water diet

For it clogged up the works every day.

Maybe a high carb one would be better

Though no sugar or sweets like before

Bread and cream were back on the menu

But my sweet tooth took over once more.

I'm finished with all fad diets

Found a balanced one holds the key

For a bar of chocolate in both hands

Is a well balanced diet for me!

Chocolate is cheaper than therapy

And you don't need to make an appointment.

If you would like to include anything in the newsletter
please let me know.

The newsletter is usually to keep you informed of what's
going on within the home, for example entertainment,
staff training and achievements and a what's on diary for
the month, but with the unusual circumstances of late
these have been put on hold, for the time being. They
will resume as soon as possible.

