

# Liberty Letter

Liberty Commons, 390 Orleans Rd., North Chatham, MA 02650 Tel - 508 945 4611 x 245



## Celebrating June

**Iced Tea Month**

**Rose Month**

**Fireworks Safety Month**

*June 1–July 4*

**The Wicket World of  
Croquet Day**

*June 2*

**Yo-Yo Day**

*June 6*

**Flag Day**

*June 14*

**Father’s Day (U.S.)**

*June 17*

**Yoga Day**

*June 21*

**“Happy Birthday to You”  
Day**

*June 27*

## Rose-Colored Meanings

This June, Rose Month, consider how a rose is more than just a mere flower. Roses are filled with symbolism and meanings that change depending on the color of the flower: red means love and passion, pink means gratitude and admiration, white means innocence, and yellow means friendship. During our morning activity groups; we will be discussing Roses and their meanings.

The Cape Cod weather has been beautiful! The summer is finally here! Our Liberty Common themes for the month include Father’s Day, Flag Day, Yoga Day, Two Resident and Family Cookouts and the Liberty Commons annual outing to the Chatham A’s baseball Game.

**Dad’s Day Dessert Social** will be held at 3:00p.m.on Sunday June 17<sup>th</sup> - Father’s Day in the main lobby. All are welcome – our entertainer will be Ken Leray.

Liberty Commons daily Activities groups will be moving outdoors as our Cape Cod weather permits.

**June Cookouts-** Our summer series of cookouts continues with lunchtime events starting on June 8<sup>th</sup>—featuring entertainer Harry French. Celebrate our country’s birthday by joining us for a “Red, White and Blue themed cookout on June 29<sup>th</sup>. Indoor seating is limited; there is plenty of seating available in our courtyards. Please call ahead if you need to reserve seats. 508 945 4611 X 245.

**Wishing you a blessed month of June.**  
Stephen Franco, ADC,CDP

## Heroes of June



We're calling the month of June wonderful, super, and heroic. Forgive the use of superlatives, but June celebrates both Wonder Woman Day on June 3 and Superman Day on June 12.

Wonder Woman has been getting a lot of press lately thanks to a massive surge in popularity after the release of her own Hollywood movie. The comic book superheroine may have become a box office smash in 2017, but for the preceding 75 years, Wonder Woman was something more subversive.

Wonder Woman wasn't the first female superhero, but she was the first female superhero created specifically to be a feminist icon. Her creator, William Moulton Marston, was a Harvard-educated psychologist who believed that women would rule the future because men were too immersed in violence and war. In many respects, Wonder Woman embodied his hope for a new world order of feminist peace. Over her 75 years, Wonder Woman has been caught in a tug-of-war between being called a feminist icon and feminist failure. Regardless of her politics, Wonder Woman has become a worldwide cultural phenomenon worthy of her own holiday.

Superman as the hero we know today made his comic book debut on June 12, 1938. While Wonder Woman was designed as a savior, Superman was originally conceived as a villain by creators Jerry Siegel and Joe Shuster. He made his first appearance in 1933 in a story in which a mad scientist finds a nobody and turns him into "the superman," a bald madman bent on destroying the world. Of course, this idea was scrapped in favor of a cape-clad alien who becomes a savior to Earth.

Wonder Woman and Superman may be some of the most beloved superheroes of all time, but a debate rages: who is more powerful? The two have battled 15 times, with Wonder Woman defeating Superman eight times and drawing him four, but who's counting?

## Fields of Joy

The first Saturday in June has been designated Prairie Day to recognize the vast grassland ecosystem that is vital to our planet. The Great Plains of North America once stretched from the Canadian prairies of Manitoba, Saskatchewan, and Alberta, throughout America's Midwest, all the way into northern Mexico. The chief component of the prairie is the tall undulating grass with a deep root system capable of withstanding everything from drought to torrential rain. This 170 million-acre ecosystem was one of the most fertile habitats on the planet, supporting a diverse array of plants, birds, insects, and iconic animals such as the bison. Alas, only one percent of this habitat remains. The prairie has largely been converted to farmland, becoming North America's "breadbasket." The South American *pampas* and Russian *steppe* have suffered similar fates, but as in North America, preservation efforts are building.

## Jouett's Ride

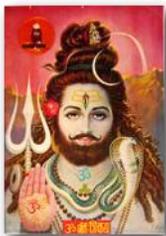
Most Americans are familiar with Paul Revere's famous ride, warning American colonists that "the British are coming!" Yet almost nobody knows of John "Jack" Jouett. Well, Jouett's story needs to be known in time for Jack Jouett Day on June 4.



In 1781, almost six years after Revere's ride, with America still in the grips of the Revolutionary War, Jouett was at a Virginia tavern when he spotted British Lt. Colonel Banastre Tarleton with 250 British troops. The British regimen aimed to march on Charlottesville, the relocated

home of Virginia's General Assembly, where they would capture Patrick Henry and Richard Henry Lee, and Virginia governor Thomas Jefferson at his nearby Monticello estate. Jouett wasted no time racing the 40 miles to Monticello. He arrived in the early hours of June 4, giving Jefferson enough time to escape, and he then raced on to Charlottesville to alert the lawmakers of the approaching soldiers. For his efforts, Jouett was dubbed "the Paul Revere of the South."

## Putting the “Why” in Yoga



The practice of yoga is now so commonplace worldwide that the United Nations declared June 21 International Yoga Day. The date is significant, for the summer solstice is used to determine the date when Shiva, the *Adiyogi*, or the first yogi, began sharing his deep knowledge of yoga to seven disciples. And no, Shiva did not hold the first yoga class involving bending and breathing in a Himalayan mountaintop. Shiva, seeing that these seven were now worthy of his teaching after years of mental and spiritual preparation, began to impart his yogic science, which is a balance between the body and mind, a harmony between man and nature, an ultimate realization of the purpose of human existence on the earthly plane—in other words, truly deep stuff. These seven disciples took their seven aspects of yoga to the world, and it is for this reason that there are today seven forms of yoga.

For many students, regardless of which of the seven forms they practice, yoga is merely a type of exercise. While exercise fads come and go, yoga maintains its staying power. After all, it has been practiced for 5,000 years. Spiritual fulfillment aside, yoga is an excellent fitness regimen, for it improves strength and balance, tones muscles, burns calories, and reduces stress. For those who wish to look a little deeper, yoga also offers spiritual fulfillment.

Yoga is not a religion. It has no gods. It requires no faith. Yoga is more like a philosophy coupled with physical practice and meditation. As a philosophy, the first yogis used yoga as a means to achieve immortality. They believed they could use yoga practice to control the physical molecules of their own bodies and prevent aging and death. Yoga practice could also grant access to the immortal soul, that transcendental state of bliss and harmony. In these ways, yoga is considered a means to make us humans live to our utmost potential, to become the greatest versions of ourselves, physically, mentally, spiritually, and emotionally... not a bad goal.

## Seeing What's Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to the betterment of others.

## Liberty Commons Special Events for June 2018

June	6 <sup>th</sup>	2:30p.m.	<i>The Sid Beron Show</i>
June	8 <sup>th</sup>	11:45a.m.	<i>“Green Theme” Cookout with Harry French</i>
June	13 <sup>th</sup>	2:30p.m.	<i>Music with Dave Cuddy</i>
June	15 <sup>th</sup>	11:00a.m.	<i>400 East Lunch Outing</i>
June	17 <sup>th</sup>	2:30p.m.	<i>Father's Day Dessert Social</i>
June	19 <sup>th</sup>	10:30a.m.	<i>Art &amp; Conversation</i>
June	19 <sup>th</sup>	2:30p.m.	<i>Chris Callahan on the pond</i>
June	20 <sup>th</sup>	2:00 p.m.	<i>Music with Julie Charland</i>
June	21 <sup>st</sup>	11:00a.m.	<i>Resident Council Meeting</i>
June	26 <sup>th</sup>	6:30p.m.	<i>Chatham A's Game baseball game</i>
June	27 <sup>th</sup>	2:30p.m.	<i>Paul Ashley “Resident Birthday Party”</i>
June	29 <sup>th</sup>	11:45a.m.	<i>Red, White and Blue Cookout</i>



## Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls, but browsed the Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us? Only time will tell.

## June Birthdays

In astrology, those born between June 1–20 are Gemini's Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Jerry Mathers (actor) – June 2, 1948  
Anderson Cooper (journalist) – June 3, 1967  
Prince (musician) – June 7, 1958  
Cole Porter (composer) – June 9, 1891  
Gene Wilder (actor) – June 11, 1933  
Donald Trump (president) – June 14, 1946  
George Mallory (explorer) – June 18, 1886  
Brian Wilson (musician) – June 20, 1942  
John Dillinger (bank robber) – June 22, 1903  
George Orwell (writer) – June 25, 1903  
Richard Rodgers (composer) – June 28, 1902

## The King Is Born



On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis' first television appearance, and not even his first appearance with "Uncle Miltie," his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However, for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed "Elvis the pelvis" and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the "King of Rock 'n' Roll."