



Notable Quotable

"The sea, once it casts its spell, holds one in its net of wonder forever."

~ Jacques Yves Cousteau, underwater explorer



June Horoscopes and Birthdays

In astrology, those born June 1–20 are Gemini's Twins. Twins seem to have two personalities. They have an energetic and fun-loving side that is the life of the party, but also a deep and emotional side that needs love and nurturing. Those born June 21–30 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle.

Marilyn Monroe – June 1, 1926
Josephine Baker – June 3, 1906
Francisco "Pancho" Villa – June 5, 1878
Tom Jones – June 7, 1940
Frank Lloyd Wright – June 8, 1867
Gene Wilder – June 11, 1935
Harriet Beecher Stowe – June 14, 1811
Igor Stravinsky – June 17, 1882
Lionel Ritchie – June 20, 1950
Octavia Butler – June 22, 1947
Pearl S. Buck – June 26, 1892
John Elway – June 28, 1960
Lena Horne – June 30, 1917

The Magnificent Abyss *continued from pg. 1*

The vast diversity of life in our oceans is astounding. Large and charismatic animals such as whales, sharks, dolphins, rays, walruses, and seals get the lion's share of attention. Tourist hotspots such as reefs, beaches, and lagoons along the coasts draw visitors. But the mystery of the ocean lies in its vast depths. Humans are most familiar with the upper ocean, perhaps the top 500 feet. What is astounding is that the average depth of the ocean is over 13,000 feet deep. That's as

high as the peaks of the Rocky Mountains! So what mysteries lie at those unplumbed depths? Just in this past year, scientists have discovered sea anemones and upside-down swimming fish under ice sheets, coral reefs off Greenland, and new species of shrimp and sponges living in superheated waters near underwater sea vents. Who is to say that mermaids do not exist, given the fact that so many parts of the ocean have been unexplored?

Activity Bits & Bites

I am hopeful the good weather is coming, we have sure had a lot of damp weather! , I have been wearing my birkenstocks and capri's despite the climate, It seemed like the winter that would never end! It is that time of year again when we launch the Resident and family surveys. The POA will be receiving theirs in the mail, I highly encourage you to fill them out as it really helps us see where we can improve and grow.

June is seniors month and we have some great programs, including a lunch outing to the Anchor Inn on

the 7th, sign up is required and the cost is \$10, we will also be having a ice cream parlor on the 21st.

I would like to introduce our new Activity Assisitant, Jessica .W. Jessica is a familiar face as she volunteered here for the last year, so say hi!

We are looking for students that need their 40 volunteer hours this summer to help out with bingo and friendly visits.

We hope to see lots of family for our July 1st event. Cheers to summer!

Julie Omnet-Activity Director

Manor News

June 2019



Manitoulin Centennial Manor
70 Robinson st.
Little Current, ON
POP 1K0
705-368-2710

Celebrating June

**Lunch Outing
Anchor Inn**
June 7th

Birthday Party
2pm
June 3

Resident Council
1:15pm
June 19th

**Fathers Day
Breakfast 8:30am**
June 16th

**Seniors Month Ice
Cream Parlor 2pm**
June 21

**LCPS Kids come
in 1:30**
June 21

Food Committee
1:15
June 26th

The Magnificent Abyss

June is World Ocean Month, a time to celebrate everything under the sea. What would our world be without the ocean? The ocean produces over half of the air we breathe. Covering 70% of the planet's surface, the ocean's currents distribute heat all around the globe, regulating both the world's climate and weather patterns. And although 95% of the ocean remains unexplored, it is home to over two million different species, including the largest animal ever to have existed on Earth.

The blue whale, capable of growing to almost 100 feet long and weighing in at 190 tons, is larger by far than any dinosaur that ever walked the earth. This massive creature relies

on one of the ocean's smallest animals for its chief food source. The blue whale eats krill, those tiny two-inch-long, shrimp-like crustaceans that swarm by the tens of thousands. That the world's largest animal should rely on one of the smallest should not come as a surprise, for this is just another example of Earth's great symbiosis. Whether on land or in the sea, all organisms are interdependent on each other for their survival.

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Administators Corner

Hi I would like to introduce myself as the new Administrator to the Manor and we also have a new Director of Care, Debbie Selent.

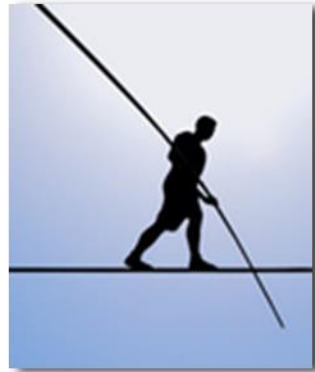
We have had a cool spring so far and we are hoping the summer months will be better. All of our air conditioning units in the home have now been replaced. If residents are still wanting units in their room, they need to be portable units not window units and

bought by the families, thank you for understanding.

I'm pleased to announce that our Family Council is active again. If you have any recommendations for improvements, there will be a suggestion box located in the front foyer. If there are any family members or friends that wish to be a part of our Family Council, please contact me.

Tamara Beam-Administrator

Rope Dancers Over Niagara



The Great Blondin earned his nickname from his bright blond hair.

On the morning of June 30, 1859, an audience of 25,000 swarmed both the American and Canadian sides of Niagara Falls to gawk at a French acrobat named Jean Francois Gravelet, better known by his stage name of Monsieur Charles Blondin. Blondin was going to attempt the feat of walking across the Niagara River gorge.

The Great Blondin's crossing was described as the act of a madman, but Blondin had been tightrope walking since the age of four. He believed it was his natural calling in life. Standing only five-foot-five and weighing 140 pounds, he was described by his manager as "more like a fantastic sprite than a human being." He was also a fantastic showman. He stepped out onto the hempen cable with the aid of a 26-foot long pole. Spectators gasped when he sat down on the rope after walking only one-third of the way across and called for one of the tourist boats, the *Maid of the Mist*, to

anchor beneath him. He lowered a rope and hauled up a bottle of wine, from which he poured himself a glass and had a drink. When he reached the other side, he turned around to walk back again, this time hauling a daguerreotype camera! He again paused in the middle of his balancing act, this time to set up the camera to snap a picture of the crowd on the American side. The Great Blondin's fame skyrocketed overnight. It is estimated that Blondin crossed Niagara over 300 times during his lifetime, with his highwire stunts becoming ever more absurd.

The Great Blondin's feats over Niagara were by no means the last. As recently as June 15, 2012, an aerialist by the name of Nik Wallenda crossed over Niagara on a two-inch-wide wire—but he crossed directly over the falls as opposed to farther down the gorge, entering the history books as the first person to do so.

In the Name of the Father

Fathers really should thank mothers for the creation of Father's Day. It was a woman named Sonora Smart Dodd, one of six children raised by her widower father, who lobbied to create a father's equivalent to the popular Mother's Day. Dodd took her cause to churches, shopkeepers, the YMCA, and local government officials until finally, on June 19, 1910, Washington state celebrated the first Father's Day. Over the years, the holiday gained traction, and in 1924, President Calvin Coolidge urged all states to adopt

Father's Day as a holiday. But this was not without controversy. Throughout the 1920s and '30s, various groups attempted to squash both Mother's and Father's Day. They argued instead for one holiday, Parents' Day, for, as one advocate said, "both parents should be loved and respected together." It wasn't until 1972 that Richard Nixon, in the middle of his presidential re-election campaign, signed a proclamation making Father's Day a federally recognized holiday—58 years after Mother's Day was made official.



A Mother's Day sermon inspired Sonora Smart Dodd to invent Father's Day.

Auxiliary Notes

Wanted!

Individuals to join the Manitoulin Centennial Manor Auxiliary in Little Current. We are looking for individuals who are : Positive, respectful, motivated, team player and enjoys the rewarding satisfaction of working with seniors and participating in fundraising events. If you would like to pursue this rewarding opportunity please contact Donna Wuksinic at (705) 368-2883 or email wukdonna@hotmail.com or

Wilberta Leeson at (705) 368-2332 or email abmjet60@gmail.com.

WE LOOK FORWARD TO HAVING YOU AS PART OF THE TEAM!

We will also be hosting on July 1st at the Manor the garage sale, bake sale, BBQ from 12-1& entertainment by the Islanders, I hope you will join us. Donations for the yard sale can be dropped off after the 22nd and bake sale items the day of. Thank you!



Code names for the five stormed beaches were Utah, Omaha, Gold, Juno, and Sword.

The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21. In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.

As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." This balance of mind makes yoga both a spiritual and physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one

side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons, everyone should add this holiday to their calendars.



The oldest known book in the world, the Rig Veda, was written by yogis.