

## Marvelous Month of June

- Each year, World Environment Day takes place on June 5 as part of international efforts to promote environmental awareness.
- Flag Day is celebrated on June 14 (U.S.). Make sure the flag is flying high! The United States Flag Code outlines how to display the American flag properly.
- June 19 is one of the June holidays (also called Freedom Day or Emancipation Day). A Union general read the Emancipation Proclamation on this day in 1865, enabling the liberation of slaves in Texas who had previously been outside Union control.
- June 20 is the Northern Hemisphere's summer solstice, marking the season's beginning. It has the longest daylight hours, so make the most of it! Winter has officially begun in the Southern Hemisphere at this time.
- Father's Day falls on June 20. Richard Nixon designated Father's Day into legislation as the third Sunday in June. Father's Day also falls on June 20 in the U.K, but is celebrated on different dates in other parts of the world.
- The country commemorates Indigenous Peoples Day on June 21. This holiday aims to honor the various First Nations, Métis, and Inuit peoples who have made significant contributions to Canada's history and culture.
- Midsummer Day falls on June 24, marking the traditional halfway point between planting and harvesting in the growing season.

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Magnolia Court

# Health Rx

Here's To Your Good Health!

The pectin in apples can lower your bad cholesterol by 16%.



Cherries contain cyanidin, an antioxidant that protects the body from cancer cells.



Grapes improve the nitric oxide levels in the bloodstream, which reduces blood clots.



Drinking lemon water can help cure bad breath.



The arginine in watermelons rid the body of excess ammonia and help heal wounds.



## THE BENEFITS OF FRUITS

[perfectsupplementsaustralia.com.au](http://perfectsupplementsaustralia.com.au)

The amino acid tryptophan, found in bananas, reduces depression.



The natural oil in oranges keeps your skin looking young and fresh.



Pineapples help digest food and build strong bones.



## Notifications

If you would like to join the MAHOVA Book Club, which meets monthly, please contact Bonnie White at 804-222-1694 ext 177304.



Be sure to look at the King and Queen album of our past royalty, located in the Reading Room, that Sue Grizzard took the time to put together.

It's a good stroll down memory lane.

# Book Ends

By Georgeen Carden

Gil McNeil. . . . .

She was born in 1959 in England. Her name is pronounced “Jill”. McNeil studied history in college and is the mother of one son.

McNeil comes from a long line of Knitters.

McNeil worked in an art gallery and a literary agency prior to moving into publishing. Her friends in the publishing business encouraged her to write her first novel in 2001. She so enjoyed writing it that she decided to keep on writing. She published first in England but was subsequently persuaded to publish in the United States. She claims that the most challenging thing about writing is finding time to do it. She carries little notebooks around to jot down overheard conversations and ideas

McNeil has written a sequel to the book featured in this review.

*The Beach Street Knitting Society and Yarn Club. . . . .*

The story begins in a house in London where the moving men are packing up crates. Jo Mackensie’s husband, who had asked her for a divorce, has just been killed in a car crash. She doesn’t want to raise her two boys in London and has decided to move to her seaside home town. Since she suddenly needs to support herself, she takes over her Gran’s yarn shop.

The shop is not doing well so she decides to form a knitting club which she calls the “Stitch and Bitch Club.” The members knit and solve each other's problems. There is a long cast of characters, none very memorable except for a dog named Trevor and her love interest named Daniel. Daniel goes to America and Jo doesn’t.

This book is loaded with British idioms and slang which may be hard to understand.

## Anniversaries



June 2, 1973 Steven and Deborah Sanford

June 20, 1959 Charlie and Althea Hinson

June 22, 1963 C.G. and Sue Grizzard

June 30, 1956 Blaine and Rebecca Lenhart

## Happy Father's Day

*"Walk a little slower, daddy",  
said a little child so small.  
"I'm following in your footsteps  
and I don't want to fall.*

*Sometimes your steps are very fast,  
Sometimes they're hard to see.  
So walk a little slower, Daddy,  
For you are leading me.*

*Someday when I'm all grown up,  
You're what I want to be;  
Then I will have a little child,  
Who'll want to follow me.*

*And I would want to lead just right,  
And know that I was true;  
So, walk a little slower, Daddy,  
For I must follow you."*

Author: unknown

# Andy Griffiths

M O G P Z E T C W X M N T M A Q J Y M A B F A K  
 F T Q O H C Y S P T N E W T U B Y M Y A D E H T  
 G T R Q J W S F E M I L S A N O P U E C N O L O  
 D D O D N O E G N U D M U B Q E D W H L J M G S  
 D G Q S O B U R R D A Y E Y L N A P S N S M M U  
 P Q G T A L F S I T A M E H T N O T A C E H T N  
 M L N B G T A H T S I T R A P Y D O B T A H W A  
 H T R C C Q S U X M G P E S U O H E E R T Q S R  
 Q P Y M O O D F O L I C N E P J B U D L Y Z E U  
 G R Y F X U X T R I R D N R P K Z G T T H P R M  
 K T L N X Y K P C V E P K F P B P O M R T O I O  
 O E D T A N D Y U T J H T H L A R Z K U O E E R  
 O U I D D G U G G V X Z E R V D H D U A S H S F  
 B T T Z J T U B T B P V R D Y B I Z G J D V K S  
 D G J U V M G S Y S U V R L K O M R W Z J O A M  
 A Q R S L L R E F L I U Y N L O Z J G I W I G U  
 B J O Q B S H T I F F I R G C K E Y D L O R I B  
 Y U H O K Z Y N S I C O Y G B F D B L M R J Z E  
 R S T Y U R L C S S E N D A M T O C S A M N N I  
 E T U V U C X S Q R I T H X O P G B V C D S A B  
 V S A L L Z K H D E N T O N R O B O T R I O T M  
 L B S Z F O H B L R E V E F E R U S A E R T N O  
 Z N P I L G M R E Z O O U K S O B R C U N F W Z  
 T A H T S I R U A S O M U B T A H W M M Y I X F

Robot riot	Mascot madness	Treasure fever	Pencil of doom
What bumosaur is that	Once upon a slime	Zombie bums from Uranus	What body part is that
Bum dungeon	The day my but went psycho	Very bad book	Bad book
The cat on the mat is flat	Denton	Terry	Author
Griffiths	Series	Andy	Just
Treehouse			

## June Movies

Movies start at approximately 6 PM. Channel 5.1 and TV Room

### **Rear Window - Friday, June 2**

A photographer in a wheelchair spies on his neighbors from his Greenwich Village courtyard apartment window, and becomes convinced one of them has committed murder, despite the skepticism of his fashion-model girlfriend. Released: 1954. 1 hour 55 minutes. Rated: PG. Starring: James Stewart and Grace Kelly

### **Carmen Jones - Monday, June 5**

At an all-Black army camp, civilian parachute maker and "hot bundle" Carmen Jones is desired by many of the men. Naturally, she wants Joe, who's engaged to sweet Cindy Lou and about to go into pilot training for the Korean War. Going after him, she succeeds only in getting him into the stockade. While she awaits his release, trouble looms for both of them. Songs from the Bizet opera with modernized lyrics. Released: 1954. 1 hour 45 minutes. Not Rated Starring: Dorothy Dandridge and Harry Belafonte

### **Grumpy Old Men - Monday, June 12**

A lifelong feud since childhood between two neighbors only gets worse when a new female neighbor moves across the street. Released: 1993. 1 hour 43 minutes. Rated: PG-13. Starring: Jack Lemmon, Walter Matthau and Ann-Margret

### **Dirty Rotten Scoundrels - Friday, June 16**

Two con men try to settle their rivalry by betting on who can swindle a young American heiress out of fifty thousand dollars first. Released: 1988. 1 hour 50 minutes. Rated: PG Starring: Steve Martin and Michael Caine

### **Towering Inferno - Friday, June 23**

A dedication ceremony at the world's tallest skyscraper turns into a high-rise catastrophe when an electrical flare-up causes a raging fire, trapping society's most prominent citizens on the top floor. Released: 2015. 1 hour 49 minutes. Rated: PG Starring: Paul Newman, Steve McQueen, William Holden and Faye Dunaway.

## June Movies

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### **Uptown Girls - Monday, June 26**

A grown-up woman, who kept her childish instincts and behavior, starts working as the nanny of an 8-year-old girl who actually acts like an adult. But everything ends right-side up.. Released 2003. 1 hour 32 minutes. Rated: PG-13 Starring: Brittany Murphy and Dakota Fanning

### **Legally Blonde - Friday, June 30**

Elle Woods, a fashionable sorority queen, is dumped by her boyfriend. She decides to follow him to law school. While she is there, she figures out that there is more to her than just looks. Released: 2001. 1 hour 36 minutes. Rated: PG-13 Starring: Reese Witherspoon, Luke Wilson, and Selma Blair.

## Have You Heard?

Bob Hall celebrated his 100th birthday on May 13. If you couldn't celebrate with us, be sure and congratulate him on this milestone!



Magnolia Court will be fully renovated soon! Stay tuned for further details.

## Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

6/2 Kathy Matthews	6/21 Virginia Lancaster
6/2 Sue Willis	6/23 Catherine Murray
6/3 Penny Cowne	6/23 Dolores Reinhold
6/4 Mildred Ammons	6/25 Thomas Johnson
6/4 Joe Westfall	6/27 Anna Sherrod
6/8 Molly Perdue	6/28 Becky Lenhart
6/9 Albert Knapp	6/30 Dolly Roberts
6/11 Barry Snedker	6/30 Deborah Sanford

Scan this QR image to go to the Masonic Home Website



Masonic Home Census: 163

## Employee Birthdays

6/2 Sharon Robertson  
6/3 Nasibatu Osumanu  
6/7 Yolanda Lee  
6/7 Deja Holmes  
6/8 Kristie Deryder  
6/9 Corey Tucker  
6/10 Alivia Lewis  
6/11 Lakeisha Wyche  
6/18 Terry Hilton  
6/19 Patricia Wilkins  
6/21 Shaneika Alston  
6/28 Lucinda Johnson  
6/30 Patience Mboe

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