



Row Your Boat

Some of the best natural places in the world are accessible only by boat, and few boats are better suited for adventuring than canoes. Perhaps this is why canoes

get a holiday all to themselves, June 26.

Although there is some evidence that canoes originated north of Japan in Siberia (where the Amur River empties into the sea), they are generally considered native to North America. The word *canoe* comes from the word *kenu*, which means “dugout.” The Indigenous peoples of the Caribbean islands fashioned canoes by hollowing out massive tree trunks. In this way, people could travel from island to island.

Indigenous North Americans are responsible for the most popular and recognized version of the canoe. These first canoes were built out of wooden ribs covered with the bark of birch trees. Birch bark was light, smooth, waterproof when sealed with pine resin, very resilient, and abundant. The design has changed little since those early days. Canoes are still the best way to explore the many lakes, rivers, and waterways of North America. Early French-Canadian fur traders found canoes so invaluable to daily life that they founded the first canoe factory in Quebec in the year 1750, even employing local tribespeople in construction. Some canoes were up to 40 feet long, capable of carrying 12 people and 6,000 pounds. These were the perfect vehicles for venturing into the vast new world of North America.

Today a canoe is most likely used for a placid trip down a stream or along a lakeshore. If you want to hearken back to how the pioneers traveled in the days of yore, a canoe might be the best way to do it. However, since we can outfit modern canoes with backrests, cushioned seats, and other amenities, our trips may be a bit more comfortable than those of the pioneers.

June Birthdays

In astrology, those born between June 1–21 are Gemini’s Twins. Geminis love conversation, and they’re good at it too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party. If you were born between June 22–30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling around the dinner table and enjoy upholding traditions. Celebrities born in June include:

- Andy Griffith (actor) – June 1, 1926
- Morgan Freeman (actor) – June 1, 1937
- Curtis Mayfield (singer) – June 3, 1942
- Dean Martin (singer, actor) – June 7, 1917
- Joan Rivers (comedian) – June 8, 1933
- Gene Wilder (director) – June 11, 1933
- Burl Ives (singer) – June 14, 1909
- Meryl Streep (actress) – June 22, 1949
- June Carter Cash (singer) – June 23, 1929
- Mel Brooks (actor) – June 28, 1926



Local Birthdays:

- |                            |                           |
|----------------------------|---------------------------|
| Ken G – 11 <sup>th</sup>   | Barb V – 13 <sup>th</sup> |
| Tusuf F – 16 <sup>th</sup> | Max D – 27 <sup>th</sup>  |

Oak Terrace Living

East, West and Autumn Lane | 1570 Hoover Dr | 387-8358 | Activities Department



Our Events:

- 6/2 Vine Music
- 6/5 Allen & Kristen Carlson Music
- 6/16 Father’s Day Party with Music
- 6/17 Craig Blackstad Music
- 6/19 Bob Stephen Music
- 6/23 Roam from Home Adventure

Celebrating June

- Women’s Golf Month
- Great Outdoors Month
- Say Something Nice Day June 1
- Turtle Races Day June 7
- Yarn Bombing Day June 11
- Old Time Fiddlers Week June 16–21
- Flip-Flop Day June 20

Guardians of the Garden

Gnomes have been a part of gardening culture for centuries, bringing charm and whimsy to yards around the world. These small, bearded figures are said to be protectors of gardens, watching over plants and warding off pests. Their popularity is celebrated every June 10 on International Garden Gnome Day, a fun occasion for garden enthusiasts to showcase their favorite gnome statues. Some even extend the festivities into Gnome Week, taking the time to rearrange their gnome displays or add new ones.

The tradition of garden gnomes dates back to 19th-century Germany, where they were originally made from terra-cotta. By the late 1800s, they had spread across Europe, becoming especially popular in England. The first mass-produced gnomes were created by a German company called Philipp Griebel, whose descendants still produce them today using the original patterns and molds. They were made in the style of miners who had worked in the area, complete with red hats and wheelbarrows. At the height of production, Griebel’s factory made approximately 300 different gnomes.

Gnomes have even made their way into pop culture. From fantasy novels to animated films, they are often depicted as mischievous yet wise creatures. Some travelers even participate in “gnome-napping” pranks, where a garden gnome is taken on an adventure and returned with photos from its journey.

Beyond their playful reputation, gnomes bring a sense of personality to gardens. Whether tucked among flowers or standing guard by a vegetable patch, they add a touch of fun to outdoor spaces. Many gardeners believe gnomes bring good luck, helping plants thrive and flourish. Paired with colorful flowers, stone pathways, or miniature fairy gardens, gnomes can make any yard feel more magical. If you don’t already have a garden gnome, this might be the year to welcome one into your yard!





## Wellness Wins for Men



Is it the doughnuts? The BBQ? The beer? When it comes to the proverbial battle of the sexes, women are winning in the health arena. Unfortunately, many men put their health last. But June is Men's Health Month—a time to cast aside being macho and embrace the advice medical science has to offer.

Lucky for men, the top threats to their health aren't secret. The leading threat to men's health is cardiovascular disease—the hardening of arteries that often leads to strokes or heart attacks. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat more fruits and vegetables, get your cholesterol checked, and stop smoking. Quitting smoking will also reduce the chance of lung cancer, another leading threat to men.

Another cancer that affects many men as they age is prostate cancer. Luckily, most prostate cancers are slow-growing and unlikely to spread... if caught early. Perhaps one of the most important decisions a man can make is to regularly visit a doctor for checkups. Amazingly, women are 100 percent more likely to visit a doctor for an annual checkup than men. Visiting a doctor is truly the first, and easiest, step in improving a man's health.

Throughout the month of June, people will be wearing blue in support of men's health issues. For you men out there, June may be just the time to try a new hobby or exercise, such as yoga, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both mind and body. And men don't just ignore physical ailments; they often ignore mental or psychological ailments, too. Activities that exercise the body also reduce stress and provide a social outlet. June 15 is Father's Day, but it may also be a great day to schedule a doctor's appointment.

## Reel Nostalgia

Every year on June 6, movie lovers celebrate Drive-In Movie Day, honoring the classic American pastime of outdoor cinema. This date marks the anniversary of the first-ever drive-in theater, which opened in Camden, New Jersey, in 1933. Invented by Richard Hollingshead, the drive-in provided families with an affordable and comfortable way to enjoy movies from their cars.

At their peak in the 1950s and 1960s, drive-in theaters numbered over 4,000 across the U.S. Though their popularity declined with the rise of indoor multiplexes, drive-ins have seen a resurgence, especially during the pandemic, when social distancing was necessary.

Drive-In Movie Day is a great excuse to relive the magic of watching a film under the stars. Whether you visit a classic venue or set up a backyard screen, it's a perfect way to enjoy cinema in a unique, nostalgic way!



**“Hey, you kind of look like me, but you sure don't smell like me or sound like me!”**

## Rustic Roots

Ready to rough it? The last Sunday in June is Log Cabin Day. Time to unplug, decompress, turn off the electricity, and forgo running water. The beauty of a log cabin is that you actually get to live inside of nature. Logs are cut and stacked on top of one another. Notches are cut at the corners to allow logs to overlap, and the structures are made weathertight with moss, dirt, or other soft forest material stuffed into the gaps and joints. No nails needed. Germans, Scandinavians, Russians, and Ukrainians all have a long history building with logs. Often the logs were used beyond just building houses—for barns, saunas, and bathhouses. Best of all, these structures are so soundly built that many still stand and can be visited today.

