



May a lovely time of the year, everything blooming in the garden, the birds are singing and busy either building their nests or feeding their young and you really feel that winter has at last released her grip....

Not forgetting, of course, the May Tree (Hawthorn or 'May' *Crataegus monogyna*) and its history steeped in [Folk Lore](#)



Rough winds do shake the darling buds of May, and summers base hath all too short a day.

[Poems for May](#)

[Poems for June](#)

[Ashton Applewhite: 'Let's end ageism' TED Talk](#)

Significant Dates for June

May 27 - June 4, 1940 - The Evacuation of Dunkirk the largest military evacuation in History, known as 'Operation Dynamo'[continue reading](#)

June 6 1944 - D-Day. 75th Anniversary. There is much on this historic day so I have provided a few links:

[D-Day landings: Powerful photos of Allied troops storming the beaches of Normandy in June 1944](#)

[D-Day Landings anniversary: Poignant scenes as World War Two veterans return to Normandy](#)

[During World War II \(1939-1945\), the Battle of Normandy, which lasted from June 1944 to August 1944](#)

[These D-Day Numbers Are Simply Huge](#)

June 8 - [Battle of Waterloo,the Duke of Wellington beat Napoleon in Belgium 1815](#)

June 10 - [The Queens Official Birthday](#) is usually celebrated on the second Saturday in June in the UK.

June 15 - [King John signed the Magna Carta 1215](#)

June 19 - [Police force formed by Robert Peel in London](#)

June 21 - [Summer Solstice](#) 2017 in Northern Hemisphere will be at 05:24

June 24 - [Midsummer Day](#) also known as **St John's Day**

It has long been known that **listening to music has positive health**



benefits, so I have put a small selection together for you.

The music chosen is from our Private Wiki, that our members enjoy themselves and wanted to share, as you will see the range is diverse..... [Read More](#)

This month's featured health:

This month the three selected are issues that so easily get overlooked but are equally important, one is especially important when the weather is getting warmer. All three will promote good general health and well being.



Foot-care so easily forgotten, but oh so very important!

Follow this easy foot-care guide for a general health boost

Podiatrist Jeffery Jenkins says painful feet can both lead to, and be a sign of, more serious conditions....[Read on](#)



How to work your most powerful 'muscle' for the biggest benefits

Almost 70 years ago, a scientist claimed that our brain power diminishes as we age. Despite evidence to the contrary, this became accepted wisdom and, for some, still is, although recent studies show....[continue reading](#)



Dehydration

As we get older, our body's water content decreases, which is, why dehydration is one of the most common reasons people aged over 60 wind up in the hospital....[read more](#)



Bed in Summer *In winter I
get up at night
And dress by yellow candle-light.
In summer quite the other way,
I have to go to bed by day.
I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.
And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?*

Robert Louis Stevenson,

It is better to be a June - Bug
than it is an old bird of paradise.

Mark Twain.

Kind Hearts are the gardens.
kind thoughts are the roots
kind words are the flowers
kind deeds are the fruits.

A Red Red Rose



*O, my Luve's like a red, red rose,
That's newly sprung in June.
O, my Luve's like a melodie
That's sweetly play'd in tune.*

*As fair as thou, my bonnie lass,
So deep in luve am I;
And I will love thee still, my dear,
Till a' the seas gang dry.*

*Till a' the seas gang dry, my dear,
And the rocks melt wi' the sun:
I will love thess till, my dear,
While the sands o' life shall run:*

*And fare thee well, my only luve!
And fare thee weel, a while!
And I will come again, my luve,
Tho' it ware ten thousand mile.*

Robert Burns

Spring being a tough act to follow
God created June.

The Midsomer Hoist

By Ian Kimber (with some apologies to the TV series!!)

*Someone was digging a grave in one corner of the cemetery as I went through
the Lych Gate.*

Continue Reading



OAK APPLE DAY - MAY 29TH

...Parliament had ordered the 29th of May, the King's birthday, to be for ever kept as a day of thanksgiving for our redemption from tyranny and the King's return to his Government, he entering London that day.

Samuel Pepys (1660)

[Read on>>](#)



Incubating Eggs with pictures

I thought I would share with you pictures of eggs in the incubation process using an incubator, I have used this incubator for many different types of eggs over the years from Bantams and laying hens, to Turkeys and Geese, here are some pictures of the fertile Bantam eggs to the hatching chick:

[See the pictures](#)

This article is for all you people who will be getting geared up to present new courses (or old ones) . I hope you find it informative and amusing:

10 tips for more effective PowerPoint presentations - *'A bad PowerPoint happens to good people, and quite often the person giving the presentation is*



just as much a victim as the poor sods listening to her or him.

Here are ten tips to help you add a little zing! to your next presentation. They are, of course, far from comprehensive, but they're a start.'

Effective Powerpoint Presentations

Useful Websites

The Retirement Advice Centre - 'Taking care of tomorrow today.'
Webopedia - Extremely useful site if you are struggling with computer jargon
Age UK - The UK largest charity working with older people
Citizen Advice - For a wealth of very useful information
The Old Farmers Almanac - If you love Gardening you will love this site.
Arthritis Research UK - Useful website helpful and informative
Osteoarthritis - Good informative website
Glaucoma - The international Glaucoma Association
Stroke - NHS Choices
Action on Hearing Loss The statistics
Tinnitus - NHS Choices
Bowel Cancer UK or **NHS UK** - Bowel Cancer
NHS UK Dementia Guide
Prostate Cancer
Resources for Older People - Provide useful leaflets and advice.
VirusTotal - Free online service that *analyzes suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans, and all kinds of malware.
TrueKey or **LastPass** Sign in without passwords.
Everplan - How to handle the digital life that you'll leave behind, very informative. **Citizens Advice** has advice on this subject.

And don't forget,  If you find something of interest in this e-newsletter or previous ones, then you will most certainly find something to interest you on our Private Wiki.

If on the other hand you have something to offer then why not **join us**  and share it, and if you want to, get it published.

See you on the wiki soon..

Take care

Ann
Web Editor
