

Employee of the Month

Congratulations, Sal!

“Sal is an excellent employee who is reliable and dependable. He’s always giving his all, and it is undeniable that the Fair Oaks Estate residents have a special bond with him. Sal is always on time for work and very positive. We greatly appreciate all he has done for our community, and we know he will continue to represent us and our values at par.

We are grateful for all the hard work that he has done, and it has been a pleasure to have him on our team!”

-Roberto
Dietary Director



June Birthdays

In astrology, those born June 1–21 are Twins of Gemini. Perhaps because twins are born with a companion, Geminis love to communicate with others. Those born from June 22–30 are Crabs of Cancer. As a crab carries its shell, a Cancer values its home life and is committed to loved ones.

Patricia H.	6/2
Sonja V.	6/2
Maureen C.	6/3
Jill M.	6/4
Michael T.	6/7
Rebecca L.	6/11
Susan H.	6/24



Milk’s History *cont. from pg. 1*

the glass bottles are environmentally friendly, reducing the need for plastic jugs and paper cartons. Better yet, they are also delivering fresh eggs, butter, cheese, and yogurt. If you’re lucky, you can even receive chocolate or strawberry milk! Signing up for modern milk delivery is helping local farms flourish.

Despite these innovations, the future of dairy is a bit foggy. Anyone who has ventured into the milk aisle at the grocery store now sees several plant-based milk options: nut milk, coconut milk, and soy milk. Such beverages have been drunk as “milk” for centuries by cultures around the globe. Many people who cannot enjoy dairy for health reasons are lucky to have these plant-based alternatives.

ANSWERS: 1.C; 2.D.; 3.A;
4.B; 5.E

June 2022

Fair Oaks Estates

8845 FAIR OAKS BLVD CARMICHAEL, CA, 95608.

PH. 916-944-2077



Give a Bunch of Balloons Month

Camping Month

Go Barefoot Day
June 1

Pet Appreciation Week
June 5–11

Iced Tea Day
June 10

Family History Day
June 14

Father’s Day
June 19

Public Service Day
June 23

“Happy Birthday to You” Day
June 27

Milk’s Shaky History

June was declared Milk Month in 1937 to help dairy producers sell excess milk produced during warm summer months when grazing was plentiful for dairy cows and milk production was at its peak. Dairies were keen to increase sales because the industry was grappling with significant change.

Where milk was once delivered daily door-to-door by milkmen, by the 1930s

and ’40s, home milk delivery was nearly obsolete. Thanks to the invention of home refrigeration, families were now able to store milk and perishable goods in their homes for long periods. Grocery stores, which had previously sold mostly dry goods, now had vast refrigerated sections that kept everything from milk to ice cream cold. The whistling milkman became a thing of the past, a piece of precious nostalgia.

Yet some modern families have embraced the return of daily milk delivery. Milkmen (and women) are once again making their rounds, delivering fresh milk in glass bottles. Not only is the milk fresh, often bottled and delivered within 24 hours, but

cont. on pg. 4



A Day for Dad

The very first celebration of Father’s Day was on June 19, 1910, at a YMCA in Spokane, Washington. Sonora Smart Dodd had watched her father single-handedly raise six children. After hearing a sermon about the virtues of Mother’s Day, Dodd approached her pastor

and suggested a comparable holiday for fathers. Her pastor agreed and set the date for the third Sunday in June.

Father’s Day became an annual observance in Spokane, but once Dodd left home to attend school at the Art Institute of

Chicago, the holiday was quickly forgotten. Upon her return to Spokane, Dodd embarked upon a crusade to recognize Father’s Day on a national level. It wasn’t until 1972 that President Richard Nixon made Father’s Day a permanent national holiday.

Here, There Be Dragons



On the fifth day of the fifth month of the Chinese calendar, which arrives this year on June 3, dragon-shaped boats take to the water during China's annual Dragon Boat Festival.

One legend explains that the festival originated around 300 BC when poet and politician Qu Yuan was exiled from his royal house for arguing against an alliance proposed by the emperor. Qu Yuan was forced to live in exile, composing poetry and never forgetting his love for his dynasty. Years later, when the emperor was betrayed by his new ally and the capital was overrun, Qu Yuan despaired and drowned himself in the Miluo

River. Locals raced out in their boats to save him. It is said that the dragon boat races honor those who raced out in their boats to find Qu Yuan.

Why do the boats resemble dragons? The water was believed to be the domain of water dragons, powerful and benevolent spirits. Water dragons also controlled the rain. During the start of summer, and especially near the summer solstice, offerings of sticky rice balls known as *zongzi* were made to water dragons in return for adequate rainfall for the summer crops. The dragon boats reflect a devout reverence of the water dragons.

You May Now Lick the Bride

It is well known that June is a popular month for weddings, but did you know that the second week in June is Pet Wedding Week, a week dedicated to the lasting union between animals? This unique holiday was designed for pet owners who believe that their pets should be suitably paired and partnered

into loving relationships for the purposes of companionship and breeding. There is even a National Pet Association of Ceremonies, a nationally recognized body of pet ceremony officiants, that will conduct official pet weddings. And like human weddings, costs tend to grow exponentially.

Juneteenth for All

June 19, better known as Juneteenth, was established as a federal holiday in 2021, but it has been observed as the date commemorating the end of slavery in the United States since 1865. It was on June 19, 1865, that U.S. General Gordon Granger arrived in Galveston, Texas, with a force of federal troops to declare that "in accordance with a proclamation from the Executive of the United States, all slaves are free." That proclamation was President Abraham Lincoln's Emancipation Proclamation, which had been signed a full two-and-a-half years earlier.



Notable Quotable

"O to be a dragon, a symbol of the power of Heaven—of silkworm size or immense; at times invisible."

~ Marianne Moore, poet

Marrying Traditions

Wedding bells will be ringing all through the month of June. After all, it is the most popular month for couples to be married. Some say it is because June's pleasant weather is best for a wedding, but this tradition has roots far deeper than any meteorologist could predict.

The month of June was named for the Roman goddess Juno, whose domain was marriage, childbirth, and family.

As the patron goddess of Rome and all the Roman Empire, she was called *Regina*, or "Queen," and was part of a powerful triumvirate of gods that included Jupiter, king of the gods, and Minerva, goddess of wisdom, justice, and military strategy. Of the three, Juno was worshipped as the protector of the empire, and particularly as a protector of women. Roman women went so far as to call their

souls *junos*, believing that they each possessed a small bit of their beloved *Regina's* spirit. June, unsurprisingly, was considered the most auspicious month to be married.

Before the time of the Romans, the Celts celebrated their springtime fertility ritual of Beltane on May 1. Impatient young couples, eager to wed, would often marry in mid-June. In this way, June became a traditional month for marriage.



Notable Quotable

"An eagle never loses sleep over a turkey's sentiments."

~ Matshona Dhliwayo, author and philosopher

Birds of a Feather

Can you identify the nation's national bird?

- | | |
|--------------|-----------------------|
| 1. Germany | A. African fish eagle |
| 2. Indonesia | B. Harpy eagle |
| 3. Namibia | C. Golden eagle |
| 4. Panama | D. Javan hawk-eagle |
| 5. Poland | E. White-tailed eagle |

Answers on page 4

On Eagle's Wings

On June 20, 1782, the bald eagle was proposed to the U.S. Congress as the Great Seal of the United States. Not everyone accepted the bald eagle as the national bird, and a debate

raged for years after its selection. Benjamin Franklin famously objected:

"I wish the bald eagle had not been chosen as the representative of our country; he is a bird of bad moral character."

Franklin's objections would be overruled, and in 1787, the eagle was officially adopted as America's national emblem. The U.S. would join a long list of countries in adopting the eagle as a symbol of strength and glory.

