



A Room with a View.

JUNE 2023



NOTES & NEWS

Summer's Bounty

June has arrived, which means summer gardens are beginning to produce their bounty! This month is an ideal time to visit farmers' markets and check out seasonal displays at grocery stores for fresh selections of fruits and veggies.

Jet-Setters and 'Set-Jettors'

If you've ever been inspired to visit a location after seeing it on TV or in a movie, then the latest travel trend is for you. Nearly two-thirds of vacationers say they chose a destination based on a favorite show. Industry experts have nicknamed the trend "set-jetting," a play on the term "jet-setting."

Tasty Tzatziki

Cool and refreshing, the Mediterranean dip called tzatziki is especially pleasant during hot weather. Made from Greek yogurt, cucumber and herbs such as dill and mint, it's tasty served with fresh vegetables, bread and crackers. Or try it on sandwiches, as salad dressing, on baked potatoes or as a tartar sauce substitute for fish.

HIGHLIGHTS

Beautiful Life

Make time to reflect on all that makes your life and the world beautiful. Surround yourself with art, family or friends, and celebrate National Making Life Beautiful Day on June 11.

A Pearl of Wisdom

There are three birthstones for the month of June: alexandrite, moonstone and pearl. Traditionally, the pearl is the most favored of the three, with its creamy white color and iridescent shimmer. Pearls are the only gemstone to come from a living creature rather than the Earth's crust, and less than 1 in 10,000 wild oysters contain the jewel, making natural pearls one of the rarest gemstones in the world.

Rind Revamp

Stop waste and add extra nutrition to your diet by using food rinds and peels instead of tossing them in the bin. Make syrups or sugars to add to beverages out of citrus peels; use potato, carrot or beetroot skins to make chips; and candy or pickle almost any produce rind. You can even use cheese rinds to enhance the flavor of sauces and soups.

A Flip-Flop Summer

Flip-flops, sandals, thongs—whatever you call this breathable shoe, it's time to get casual and break them out for the summer!

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TRIVIA WHIZ

Flying Flag Facts

You probably see flags every day—from a sports team flag waving on a car to bright plastic flags marking utility lines in a construction zone. However, the most common type of flags are national flags. We celebrate the American flag on June 14, but Old Glory is in good company when it comes to interesting flag facts:

- An expert on flags is called a vexillologist.
- The current U.S. flag was designed by 17-year-old Robert G. Heft for a school project. He originally got a B- on the assignment, but it was raised to an A when President Eisenhower chose his design.
- Only one nation's flag isn't rectangular or square: Nepal. Representing the Himalayas, the country's flag is shaped like two stacked triangles and features a sun and moon.
- The color purple is found on the flags of only three nations: Dominica, El Salvador and Nicaragua.
- The oldest flag still in use belongs to Denmark! The simple red flag with a white Nordic cross was introduced in 1219 and adopted as the national flag in 1625.
- The Central American country of Belize has the most colors on their flag, with 12.
- When the Philippines is at peace, the blue stripe on their bicolor flag flies at the top, but when they are at war, the red stripe faces up instead.
- The Welsh flag has a large red dragon on it that personifies the fearlessness of their nation.

**“A thoughtful mind, when it sees a nation's flag, sees not the flag, but the nation itself.”
—Henry Ward Beecher**



Fun With Summer Reading

You may have fond memories of summer reading programs, which awarded prizes for finishing a reading goal. But you don't have to be a kid to benefit from summer reading challenges. Reading not only promotes lifelong learning, but it can also provide an escape from stress and anxiety. Your goal can be as simple as reading a certain number of books over the summer, exploring a

new-to-you genre or author, or reading for a set amount of time every day.

Find motivation for your reading goals by starting a journal and reviewing every book read; you can also post your reviews to social media. If you're crafty, make miniature versions of your finished books and add them to a jar for a physical representation of your completed goals. Kid-friendly ideas include tracking books read with a coloring page, giving small treats for every goal met, or quirky challenges like reading with a flashlight or to a stuffed animal. For added excitement, compete with friends or family members to see who can reach their goal first.

Many libraries offer summer reading challenges for all ages, and you can find lots of suggested book lists online. Bookstore and publisher websites are good places to look, too. Seek out the possibilities and settle in for a summer of reading adventures!

An Appetizer for the Masses

Are you looking for an appetizer that requires zero culinary skills and can please any crowd? A charcuterie board might be just what you need.

These scrumptious snack boards have gained popularity in recent years because they are completely customizable and flexible. You can adjust the featured foods based on price range, dietary restrictions or number of guests.

For the most satisfying board, go for variety. Grain crackers, water crackers and thin slices of toasted baguettes make good dippers. Choose several types of cheese—hard and soft, sharp and mild, flavored with herbs or fruits, or from different dairy sources—to please multiple palates and provide tasty texture. Create an impressive presentation by cutting hard cheeses into cubes, triangles, slices or fun shapes (use a cookie cutter!).

Pick deli meats like salami, ham and prosciutto, and fold, layer or twist slices for easy serving and added dimension. Other common additions include nuts, fruits and vegetables, spreads and dips, pickles and olives.

To assemble your board, begin with the platter. A wood or stone slab keeps foods cool; a cutting board or pizza peel works well. Next, place round dishes full of spreads, dips and pickled items. Arrange the cheeses, meats and crackers around the dishes, and finally, fill in the spaces with other goodies.





WIT & WISDOM



Guess the Mascot

Fictional beings, real people and animals are often used to enliven a crowd, bring good luck or spearhead a brand. Show some pep and see if you can identify these famous mascots.

1. This symbol is the furry face for Frosted Flakes, known for the slogan "They're gr-r-reat!"
2. A New York icon, which sports mascot looks like a man with a baseball head?
3. Wheel-y one of the first true brand mascots, this guy is made of a pile of white tires.
4. As the real-life founder of food chain KFC, this mascot knows the secret to success.
5. What animals slid onto the scene in 1993 to sell fizzy, frosty Coca-Cola?
6. This bubbly, beehived character has been in over 100 advertisements for Progressive Insurance.
7. A green, furry creature known for his wild antics, this fan favorite is one of the few mascots on display at the National Baseball Hall of Fame and Museum.
8. What food chain figure is depicted as a redhead with pigtails?
9. This pink battery mascot leads his drum-beating dynasty with boundless energy.
10. Watch out! This howling NFL animal has been known to tackle fans on the field.

(Answers: 1. Tony the Tiger; 2. Mr. Met; 3. The Michelin Man; 4. Colonel Sanders; 5. Polar bears; 6. Flo; 7. Phillie Phanatic; 8. Wendy; 9. The Energizer Bunny; 10. K.C. Wolf)

Baked Lemon Doughnuts

These homemade doughnuts will have you living your zest life!

Doughnut Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup buttermilk
- 2 eggs
- 2 tablespoons butter, melted
- 2 teaspoons lemon juice
- 1/2 teaspoon vanilla extract
- 1 teaspoon lemon zest

Topping Ingredients:

- 1/2 cup sugar
- 1 teaspoon lemon zest
- 1/2 cup butter, melted

Directions:

Heat oven to 350° F.

In a large bowl, whisk together flour, 3/4 cup sugar, baking powder and salt. Add buttermilk, eggs, 2 tablespoons melted butter, lemon juice, vanilla extract and 1 teaspoon lemon zest. Stir until combined.

Pipe batter into doughnut pan. Bake 9 minutes, and cool on wire rack.

In a bowl, combine 1/2 cup sugar with 1 teaspoon lemon zest. Place 1/2 cup melted butter in a separate bowl.

Dip each doughnut facedown in melted butter, then in lemon sugar mixture. Repeat with all doughnuts.

*Find more recipes at
Culinary.net.*



"I wanted a summer filled with porch swings, lemonade and fireflies."

—*Tiffany King*

"It's not what happens to you, but how you handle it. If life gives you lemons, make lemonade. If the lemons are rotten, take out the seeds and plant them in order to grow new lemons."

—*Louise Hay*

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."

—*Lori Longbotham*

"In all my work, I try to say 'You may be given a load of sour lemons; why not try to make a dozen lemon meringue pies?'"

—*Maya Angelou*

"If I were really smart, I'd probably spend more time just sitting in the shade drinking lemonade."

—*Brian Andreas*

"If life wanted to hand me lemons, I was not only going to make lemonade, but I'd use the zest for cookies, plant seeds for future fruit and turn the rind into compost to grow flowers, all the while giving thanks for lemons."

—*Bridgette Mongeon*

"Fifty lemons are a load for one person, but for fifty persons they are perfume."




—*Ethiopian proverb*

"You can either see your life as filled with sour lemons that make your eyes water or filled with zest and energy of the refreshing juice that awakens your taste buds—how you see life is your choice."

—*Tanja Christine Jaeger*



June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1>June</h1>				1	2	3	
4	5	6	7	8		10	
11	12	13	14	15	16	17	
18	Juneteenth	19		21	22	23	24
25	26	27	28	29	30		

“This Month In History” JUNE

1916: “America’s Sweetheart” Mary Pickford signs a contract with producer Adolph Zukor that guarantees a \$1 million salary over two years. The silent film star was the first actress to sign a million-dollar contract.

1927: The Peace Bridge opens. Crossing the Niagara River, the international bridge connects Buffalo, N.Y., to Fort Erie, Ontario.

1948: The borders of Berlin, Germany, are blockaded, cutting off access to electricity, food, medicine and

other supplies to around 2.5 million civilians. Two days later, on June 26, U.S. and British planes began dropping in supplies for aid, a mission known as the Berlin Airlift.

1953: Queen Elizabeth II is crowned as queen of the United Kingdom. Her 70-year reign, which ended in 2022, was the longest of any British monarch.

1973: Horse Secretariat becomes the first Triple Crown winner in 25 years. Earning the crown after winning the Kentucky Derby, Preakness Stakes and Belmont Stakes, Secretariat still holds time records in all three races.

1989: “Batman,” the first big-budget movie about the superhero, premieres. Starring Michael Keaton, the film won an Oscar in 1990 for best art direction.

1991: The video game Sonic the Hedgehog debuts. Praised as one of the greatest games ever, the franchise is still going strong today.