



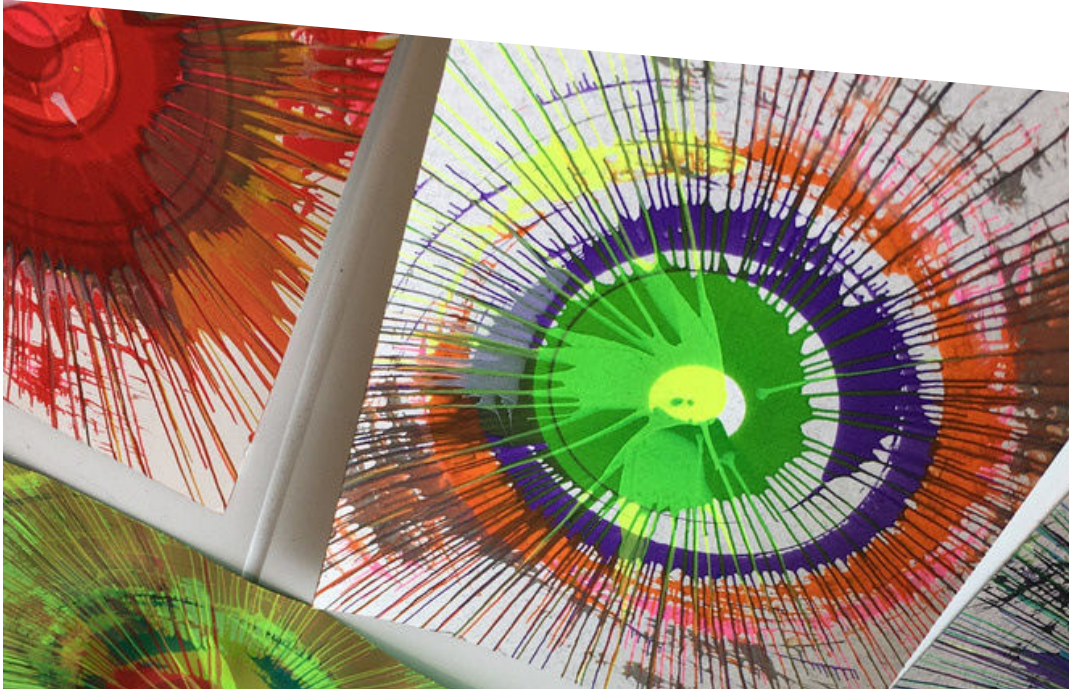
DAY	MORNING	AFTERNOON
EVERY DAY	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
M	CLEANING WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
T	SOCIAL EVENTS CLEANING	WEBSITE DEVELOPMENT & SOCIAL MEDIA
W	CLEANING GAZETTE	CLEANING WEEKLY NEWSLETTER
T	OUTREACH & SERVICE PROMOTION	JOB SEARCH CLEANING
F	WEBSITE DEVELOPMENT & SOCIAL MEDIA	CREATIVE GROUP GAZETTE
	MORNING: 10-12:30	AFTERNOON: 1:30-4

Speak to your support worker about what you'd like to get involved with



SECTIONS

01	Hillside Flyers	26	June Trivia
07	Referrals & Support	36	Jokes, Puzzles & Quizzes
13	Mindful Colouring	43	Recipe
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CONTRIBUTE TO THE GAZETTE

Would you like to contribute to the Gazette by writing an article of your choice?

It can be anything from recipes, information, to poems or stories. Anything that takes your interest!

Do your article on Word and save to the (U:) drive under Gazette.

Contact your support worker or Clubhouse staff for more information or support to get started. We look forward to seeing your articles published!

Thank you to everyone that contributed to this month's edition.



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**Speak to your support worker about what you'd
like to get involved with**



QUIZ ANSWERS

1. Knee
2. Iago
3. Tin
4. All the President's Men
5. 3
6. Olivia
7. Simon Amstell
8. Call of Duty
9. Tennessee
10. Nine Inch Nails
11. Krone
12. The French Open
- (Roland Garros)
13. Netherlands
14. Four (The Godfather Part 2, Heat, Righteous Kill, The Irishman)
15. Marathon
16. Emperor Hirohito
17. Mercury
18. Gillian Flynn
19. Salvador Dali
20. Queen's Park Rangers
21. Pacific, Mountain, Central, Eastern
22. Constantinople
23. Las Vegas
24. Central Perk
25. Four
26. 1997
27. Once (1966)
28. Wellington
29. Bristol
30. Rice

SODUKU ANSWERS

3	1	5	6	2	4	7	8	9
4	8	7	9	1	3	5	6	2
2	6	9	8	5	7	4	3	1
5	2	8	3	7	9	6	1	4
9	4	6	1	8	5	2	7	3
1	7	3	4	6	2	8	9	5
8	9	2	5	3	6	1	4	7
6	5	4	7	9	1	3	2	8
7	3	1	2	4	8	9	5	6

Answer 1

9	3	2	8	4	1	7	5	6
1	4	5	6	7	9	3	8	2
7	6	8	3	5	2	9	1	4
3	8	6	4	1	7	2	9	5
2	1	7	9	6	5	4	3	8
5	9	4	2	3	8	6	7	1
8	5	3	7	2	4	1	6	9
4	7	9	1	8	6	5	2	3
6	2	1	5	9	3	8	4	7

Answer 2



hillside Catering Service
Your Events Catered Individually...

External Catering
We offer external catering service for meetings, training courses, parties, social events, buffet service etc...

Flexible Service From small 6 people meetings through to complex events serving hundreds of people

Menus Our menus are available online for you to peruse. Our menus are competitively priced whilst offering you the widest selection possible
www.hillsideclubhouse.org.uk

Contact: Ruth or Janet on 020 7700 6408
or email us on either of the following addresses:
rubrown@hillsideclubhouse.org.uk
jnembhard@hillsideclubhouse.org.uk
enquiries@hillsideclubhouse.org.uk

 **hillside clubhouse**
www.hillsideclubhouse.org.uk
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And company limited by guarantee (No 3912530).
Registered and Head Office: Unit A, 30 North Road, London, N7 9GJ

Set aside one-third of the pastry for the lid. Roll out the remaining pastry on a lightly floured surface until the thickness of a pound coin and 5-7cm/2-3in larger than the pie dish. Lift the pastry over the rolling pin and lower it gently into the pie dish.

Press the pastry firmly into the dish and up the sides, making sure there are no air bubbles. Chill the fridge for a few minutes. Preheat the oven to 200°C/180°C (fan)/Gas 6. Place a baking tray into the oven to preheat.

For the filling, mix the sugar, cinnamon and cornflour in a large bowl. Stir in the apples.

Place the apple filling into the pie dish, making sure that it rises above the edge. Brush the rim of the dish with beaten egg.

Roll out the reserved ball of pastry. Cover the pie with the pastry and press the edges together firmly to seal. Using a sharp knife, trim off the excess pastry, then gently crimp all around the edge. Make a few small holes in the centre of the pie with the tip of a knife. Glaze the top with beaten egg.

Lightly knead the pastry trimmings and re-roll. Cut into leaf shapes place all around the edge of the pie, slightly overlapping each other, and glaze with more egg. Sprinkle the pie with sugar and bake in the centre of the oven for 45-55 minutes or golden-brown all over and the apples are tender.

If you end up not
succeeding with
any small or big
amount of success
with achieving any
one of your goals,
it's time to change
the plan.

APPLE PIE RECIPE

Ingredients:

For the filling:

- 5oz (142g) golden caster sugar,
- plus 1 tbsp. for sprinkling
- 1 tsp ground cinnamon
- 2 tbsp. cornflour
- 600g/1lb 5oz Bramley cooking apples, peeled, cored, sliced



For the pastry:

- 400g/14oz plain flour, plus extra rolling
- 2 tbsp. caster sugar
- 1 lemon, zest only
- 250g/10oz cold butter, cut into cubes
- 1 free-range egg, beaten with 2 tbsp. cold water, plus 1 free-range egg, beaten, to glaze

Method

For the pastry, place the flour, sugar and lemon zest into a bowl and rub in the butter until the mixture resembles breadcrumbs. Add the beaten egg and stir with a round-bladed knife until the mixture forms a dough.

**JOIN US FOR A TOUR OF
THE EMIRATES STADIUM**



**SPEAK TO A
MEMBER OF
STAFF IF YOU
ARE
INTERESTED**

DATE TO BE CONFIRMED



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Leah Kraithman - Director of IPS

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14 ALLERGENS

coming to a food label near you

The way allergens are labelled on pre-packed foods is changing because of new regulations. The Food Information Regulation, which came into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menu) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

<p>Cereals Containing Gluten</p> <p>Wheat, barley, oats and rye are common grains, such as some types of cereals, bread, pasta, soups, soups and food which are derived from these grains.</p> 	<p>Crustaceans</p> <p>Crabs, lobsters, prawns and shrimps are crustaceans. Shrimp pasta, when used in food and seafood dishes, can be an allergen. Shrimp pasta, when used in food and seafood dishes, can be an allergen.</p> 	<p>Fish</p> <p>Salmon, cod, haddock, plaice, sole, trout, mackerel, tuna, and other fish are common allergens. Fish oil capsules, fish oil supplements, fish oil capsules, fish oil supplements, fish oil capsules, fish oil supplements.</p> 	<p>Lupin</p> <p>Legumes, such as lupin, are used in some types of bread, pasta, and other food products.</p> 	<p>Molluscs</p> <p>Clams, oysters, scallops, and mussels are common allergens. Molluscs are used in some types of food, such as oysters, clams, and mussels.</p> 	<p>Nuts</p> <p>Almonds, hazelnuts, walnuts, and other nuts are common allergens. Nuts are used in some types of food, such as cakes, bread, and other food products.</p> 	<p>Sesame Seeds</p> <p>Sesame seeds are used in some types of food, such as bread, pasta, and other food products. Sesame oil is also used in some types of food.</p> 	<p>Sulphur Dioxide (Sulphites)</p> <p>Sulphur dioxide is used in some types of food, such as wine, beer, and other food products. Sulphur dioxide is also used in some types of food.</p> 	<p>Celery / Celeriac</p> <p>Celery, celeriac, and other vegetables are common allergens. Celery is used in some types of food, such as soups, stews, and other food products.</p> 	<p>Crustaceans</p> <p>Crabs, lobsters, prawns and shrimps are crustaceans. Shrimp pasta, when used in food and seafood dishes, can be an allergen. Shrimp pasta, when used in food and seafood dishes, can be an allergen.</p> 	<p>Fish</p> <p>Salmon, cod, haddock, plaice, sole, trout, mackerel, tuna, and other fish are common allergens. Fish oil capsules, fish oil supplements, fish oil capsules, fish oil supplements, fish oil capsules, fish oil supplements.</p> 	<p>Lupin</p> <p>Legumes, such as lupin, are used in some types of bread, pasta, and other food products.</p> 	<p>Molluscs</p> <p>Clams, oysters, scallops, and mussels are common allergens. Molluscs are used in some types of food, such as oysters, clams, and mussels.</p> 	<p>Nuts</p> <p>Almonds, hazelnuts, walnuts, and other nuts are common allergens. Nuts are used in some types of food, such as cakes, bread, and other food products.</p> 	<p>Sesame Seeds</p> <p>Sesame seeds are used in some types of food, such as bread, pasta, and other food products. Sesame oil is also used in some types of food.</p> 	<p>Sulphur Dioxide (Sulphites)</p> <p>Sulphur dioxide is used in some types of food, such as wine, beer, and other food products. Sulphur dioxide is also used in some types of food.</p> 	<p>Soya</p> <p>Soya beans are used in some types of food, such as tofu, soy sauce, and other food products. Soya is also used in some types of food.</p> 	<p>Peanuts</p> <p>Peanuts are used in some types of food, such as peanut butter, peanut oil, and other food products. Peanuts are also used in some types of food.</p> 
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SODUKU

					7		9
	8				3		6
	6			5			1
		8					
9	4		1		5		7
	7	3	4		2	8	
	9	2	5				
			7				
				4	8		6

Puzzle 1

9					1			
	4	5		7	9		8	
	6	8						4
				1			9	5
		7			5			
					8	6		1
	5	3		2	4			
		9					2	

Puzzle 2

HILLSIDE FORUM

Come and join the Hillside Forum... A great in-house platform to get information on services, up and coming events and training opportunities within Hillside and the Islington and Camden communities.

The Forum is a great place to chat and communicate with other members and colleagues about what you're up to... hobbies, recipes and places of interest to visit ...

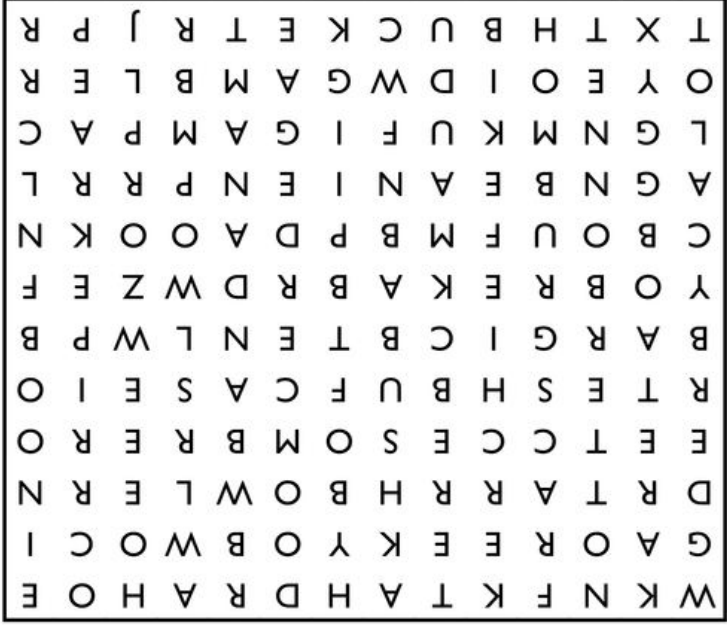
[www.hillsideclubhouse.org.uk /forum](http://www.hillsideclubhouse.org.uk/forum)

Its easy to register, all you need is your email address, create a user name and password and submit. We'll verify and let you join the forum.

Talk to any member of staff if you're interested and they can help you register and show you around the forum and how to access, post etc.

WORDSEARCH

Headwear



BABUSHKA	BUCKET	BRETTON
BAKER BOY	CALOT	BOWLER
BANDANA	COWBOY	BOONIE
BEANIE	CROWN	BONNET
BERET	DERBY	BOATER
BERET	DERBY	BOONIE
BOATER	FEDORA	BONNET
BONNET	FEZ	BOONIE
BOONIE	FIDDLER	BOWLER
BOWLER	GAMBLER	BRETTON

HOMBURG
KEPI
KERCHIEF
KUI
NEWSBOY
SCARF
SOMBRERO
TAM
TRAPPER
WATCH CAP

SIGNPOSTING INFORMATION

If you need help applying for Universal Credit your local Citizen's Advice can help!
Telephone 0800 1448 444 between the hours 8am and 6pm on the phone, or ask for help online at www.citizensadvice.org.uk

If you are an Islington resident and need help with benefits, debt or housing difficulties, Help on Your Doorstep can book appointments with Citizen Advice, Islington Law Centre or Islington Peoples Rights.
Telephone: 0203 931 6080
Email: connect@helponyourdoorstep.com

If your job has been affected by COVID-19 crisis then Shaw Trust 'Get Back On Track' service can offer advice/support on issues including furlough, annual leave, redundancy, managing mental health and working from home.
Telephone: 0330 247 2298

The Recovery College offer free courses for everyone that lives or works in Islington and Camden. Look online at www.candi.nhs.uk for courses and dates.

QUIZ

26. In what year did Tony Blair become British Prime Minister?
27. How many times has England won the men's football World Cup?
28. What is the capital of New Zealand?
29. Street artist Banksy is originally associated with which British city?
30. From what grain is the Japanese spirit Sake made?



ISLINGTON SUPPORT

Breakfast Stop

Food and social contact for people who are homeless and on the margins. Breakfast Tuesday and Thursday 10am - 12 noon. Informal advice on finding emergency accommodation, signposting to other organisations and other issues around homelessness.

Phone: 020 7837-0720

Website: <https://www.homeless.org.uk/homeless-england/service/all-saints-church-islington>

FoodCycle Finsbury Park

FoodCycle Finsbury Park are serving tasty meals every Saturday lunchtime at 1pm at the Finsbury Park Community Hub in London. Each week they collect surplus fruit and veg from local suppliers and turn these ingredients into free, nutritious (and delicious!) three-course meals for the community. Come along...

Phone: 020 729-2775

Website: <https://www.foodcycle.org.uk/>

Food Cycle Islington

Two weekly projects that offer freshly cooked meals to anyone who comes to collect one, every Wednesday from New River Baptist Church, 12:30pm

QUIZ

13. In which European country would you find the Rijksmuseum?
14. How many films have Al Pacino and Robert De Niro appeared in together?
15. What was the old name for a Snickers bar before it changed in 1990?
16. Who was the head of state in Japan during the second world war?
17. What is the smallest planet in our solar system?
18. Who wrote the novels Gone Girl and Sharp Objects?
19. Which legendary surrealist artist is famous for painting melting clocks?
20. Which football club plays its home games at Loftus Road?
21. Continental United States has 4 time zones, can you name them?
22. What was the Turkish city of Istanbul called before 1930?
23. From which US city do the band The Killers originate?
24. Name the Coffee shop in US sitcom Friends
25. How many human players are there on each side in a polo match?

to 1:30pm, and every Saturday from the Finsbury Park Community Hub, 1:30pm to 2:30pm.

Phone: 020 729-2775

Website:

<https://www.foodcycle.org.uk/location/islington/>

Kings Cross Food Bank

We are currently running a foodbank (Kings Cross Foodbank) where we deliver food packages to those in need in the following postcode areas: N1 0, N1 1, N1 2, N1 9, EC1R, WC1H 9, WC1X, NW1 0, NW1 1, NW1 9, NW 8, NW...

Website: <https://www.kxc.org.uk/foodbank>

North London Action for the Homeless

NLAH are a small charity that runs a drop-in centre based in Stoke Newington, Hackney (N16) for homeless people and for those in needy circumstances. Our kitchen opens twice a week (Monday lunch: 12.00pm – 1.30pm, and Wednesday supper: 7.00pm -8.30pm) and provides a three-course vegetarian...

Phone: 07421 032553

Website: <https://www.nlah.org.uk/>

QUIZ

1. In which part of your body would you find the cruciate ligament?
2. What is the name of the main antagonist in the Shakespeare play Othello?
3. What element is denoted by the chemical symbol Sn in the periodic table?
4. What is the name of the 1976 film about the Watergate scandal, starring Robert Redford and Dustin Hoffman?
5. How many of Henry VIII's wives were called Catherine?
6. What was the most popular girls name in the UK in 2019?
7. Which comedian was the second permanent host of Never Mind the Buzzcocks after Mark Lamarr?
8. Which popular video game franchise has released games with the subtitles World At War and Black Ops?
9. In what US State is the city Nashville?
10. Which rock band was founded by Trent Reznor in 1988?
11. What is the currency of Denmark?
12. Which Tennis Grand Slam is played on a clay surface?

HAND IN HAND PEER BUDDIES

A new programme that will train and support volunteers to accompany local people in Islington with mental health issues to appointments, services, activities and events. We are looking for Peer Buddies to offer at least a day a week to:

- Remind people of appointments.
- Support people by helping them travel to appointments that they would struggle to get to on their own, and being with them to provide support and reassurance.
- Help others by providing conversations that are reassuring, friendly and helpful. Assist linking others by offering information and signposting to local services and activities.

What you will gain volunteering as Peer Buddies:

- Opportunities to improve work related planning, service and communication skills and get training on how to be a Peer Worker. Links into local employment specialists for employment support and advice to find paid roles.
- Gain confidence and work readiness through volunteering in your community.

JOKES

- Why shouldn't you write with a broken pencil? Because it's pointless.
- What do you call two monkeys that share an Amazon account? Prime mates.
- Why are teddy bears never hungry? Because they're always stuffed!
- Why did the tree go to the dentist? It needed a root canal.
- If athletes get athlete's foot, what do elves get? Mistle-toes.
- Why couldn't the pony sing? Because she was a little hoarse.
- Where do cows go for entertainment? The mooooo-vies!
- What do you call a pig that does karate? A pork chop.
- What kind of music do planets like? Neptunes.
- Why can't you trust an atom? Because they make up everything.
- What do you call a group of disorganized cats? A cat-tastrophe.
- Why do bees have sticky hair? Because they use honeycombs.
- Where do you learn to make banana splits? At sundae school.

- An up-to-date reference. Advice and support to assist with your role.
- Your costs paid plus special perks via community partners
- An opportunity to give back to your community by providing an essential service.

If you have experience of mental health problems, want to make a real difference in your local community, learn new skills, meet new people and gain great experience, get in touch and book a place!

Let us know if you have any challenges getting online but are interested in the training.

To register your interest, add your details and questions to <https://tinyurl.com/peerbud> and we will give you a call. To have a chat about the role, ring Stephen Gardner on 07738 236 041 or email stephen@manorgardenscentre.org.

Proudly brought to you by Manor Garden's Welfare Trust, Islington MIND, Camden and Islington NHS Foundation Trust, (LBI) Islington Council, The Sidebyside Network, Islington Borough Users Group, Nubian Users Forum.

JOKES

- Why is Peter Pan always flying? He neverlands.
- What's a duck's favorite snack? Cheese and QUACKers.
- How do you make a tissue dance? Put a little boogie in it.
- What do you call a deer with no eyes? No eye deer.
- Why did the melon jump into the lake? It wanted to be a water-melon.
- What did the duck say when it bought lipstick? Put it on my bill.
- What do you call a pig that does karate? A pork chop.
- What has a bed that you can't sleep in? A river.
- Why were the teacher's eyes crossed? She couldn't control her pupils.
- What starts with E, ends with E, and has only 1 letter in it? An Envelope.
- How does the ocean say hello? It waves.
- What lights up a soccer stadium? A soccer match.
- What creature is smarter than a talking parrot? A spelling bee.
- Why did the tomato turn red? It saw the salad dressing.

MINDFUL COLOURING

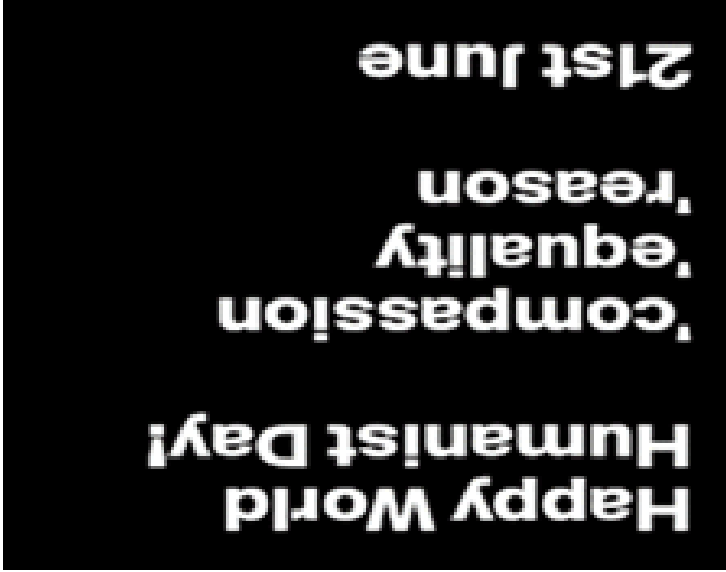
Research suggests that mindful colouring can provide numerous benefits for all ages. It can: help lift your mood, as well as decrease anxiety and stress.

Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This allows your mind to get some rest after a long day a stressful day.

Seven good reasons why colouring is good for you.

1. Your brain experiences relief by entering a meditative state.
2. Stress levels have the potential to be lowered.
3. Negative thoughts are expelled as you take in positivity.
4. Focusing on the present helps you achieve mindfulness.
5. Unplugging from technology promotes creation over consumption.
6. Colouring can be done by anyone, not just artists or creative types.
7. It's a hobby that can be taken with you wherever you go.

Have a go at the picture opposite and be expressive with your colours.



The manner in which World Humanist Day is celebrated varies considerably among local Humanist groups, reflecting the individuality and non-dogmatism of Humanism as a whole. Whilst the event might be a simple gathering, such as a dinner or picnic, with ample time for both socialising and reflection, the method of celebration is left to individual Humanists. Some groups develop intricate social rituals, music, and reflective proceedings which highlight the metaphorical symbolism of the solstice and the light of knowledge that brings us out of the darkness of ignorance.

MINDFUL COLOURING



WORLD HUMANIST DAY

This is a Humanist holiday, celebrated annually around the world but especially in America, on the June solstice. It is seen as a day for spreading awareness of Humanism as a philosophical life stance and as a means for effecting change in the world. It is also seen as a time for Humanists to gather socially and promote the positive values of Humanism.

Humanists are people who believe in a natural universe as understood through reason, people who wish to live ethical and meaningful lives without faith in the supernatural, and people who care for their fellow human being. Humanists are informed by science, inspired by art, and motivated by compassion.



World
Humanist Day

ALTERNATIVE MILKS

Alternative Milks are an attempt to change people habits away from using cow's milk. These alternative milks have developed due to the severe negative impacts to the environment of cow farming. However, they can also negatively impact the environment to varying degrees.

The following five factors of milk production are the most damaging and most common:

- **Carbon Emissions** - This describes the amount of carbon dioxide produced during the production process. Carbon dioxide emissions disrupt the natural atmosphere's gases, causing an increase in temperature.
- **Land Use** - Some alternative milks, such as coconut, only grow in tropical areas. The production process leads to environmental destruction. The land destroyed has at some point been tropical forest with indigenous people living there using the land.
- **Water Use** - Water is vital for all people, plants, animals and creatures. This water needs to be clean fresh water and oceans. Using water to produce a product to sell pollutes the water resources and reduces natural water, sending out water polluted with poisonous chemicals.

- Fertilizers and pesticides - Fertilizers and pesticides help produce good large crops, however they poison natural ecosystems and end up poisoning water, due to leaching (run-off chemicals from fields into rivers and lakes).
- Food Miles - Some foods travel thousands of miles to the UK by rail, ship and aeroplane. If one buys local food or food in season, this helps reduce the carbon dioxide and other environmental damage caused by shipping large amounts long distances, known as food miles.

The most popular alternative milks are Almond, Coconut, Soya and Oat. This is due to factors such as taste, price and marketing.

Unfortunately, almond and coconut are the worst for the environment. They effect the environmental badly with all five factors above. Almonds also takes bees from commercial hives for pollination. The bees



Guru Arjan is equally notable for drawing together compositions by the first five Gurus, to which he added hymns by other saints from Hindu and Muslim backgrounds. In this way he compiled the Adi Granth (the Sikh scriptures), and eliminated the inclusion of other false writings put forward by his brother and others, who not only claimed they had material written by the earlier Gurus but also sought to eliminate his favourable references to Hindu and Muslim viewpoints. When complete, the handwritten version of these scriptures was bound and then lodged in the Harmandir Sahib, where the Adi Granth was opened and read every day.



The Guru also laid the foundation of the Harmandir Sahib (the Golden Temple) in the middle of the tank (pool) at Amritsar. Many of his followers wanted it to be the tallest building in the new town. Guru Arjan, however, felt otherwise and reminded his followers that humility should be a great virtue. The temple was therefore built on as low an elevation as possible. To counter the Muslim belief that God's House is in the west and the Hindu belief that it is in the east where the sun rises, the Harmandir Sahib had entrances on all four sides. Guru Arjan exclaimed; 'My faith is for the people of all castes and all creeds, from whichever direction they come and to whichever direction they bow.' To help raise money for these monumental public works projects, the Guru declared that all Sikhs should donate a tenth of their earnings to charity.



are then not taken back to the hives and die after pollination.

Soya over uses fertilizers and pesticides. They also use land very badly and have high food miles.

Oat produces low carbon emissions, uses less land and uses minimal water. It also takes fewer food miles as it is a versatile crop that can be grown all over the world.

The following list gives less popular alternative milks and their environmental impact:

- Hemp - grows near the UK, so very few food miles.
- Flax - as above.
- Hazelnut - very good on all five factors.
- Rice - uses lots of water and emits large amounts of CO2.
- Brown rice - uses very little water is moderate and CO2 emissions.
- Peas – as with hazelnut pea milk is very good on all five factors.
- Cashew nuts - Also good on all five factors.

To conclude, cow's milk is definitely very bad for the environment. However, alternative milks can also have bad effect on the environment to varying degrees . All alternative milks that are organic (all natural fertilizers, pesticides etc. during production) have a reduced bad impact the environment.

MARTYRDOM OF GURU ARJAN

(1606) SIKH FESTIVAL - 16TH JUNE

This festival is one of the major Sikh gurburbs, and as with other gurburbs, the day is preceded by an akhand path, a continuous reading of the Sikh scriptures. It is observed for several reasons. It marks the day when the fifth Guru was put to death after severe tortures on the orders of the Moghul Emperor, Jehangir. Traditionally, a cooling drink known as a Chabeel is distributed on this day, recalling that the Guru was tortured in the extreme heat of June.

Guru Arjan became the first Sikh martyr, having given his life upholding justice. The Guru lived out the divine message (Gurbani) of conquering death and suffering. He remained fearless in defending the truth, and showed how one can remain steadfast. Guru Arjan said, lived and showed that he could accept Shaheed! (martyrdom), but he would not accept restrictions on individuals being able to practise their faith. He claimed that the way a leader or prophet lives determines the character of the followers of that faith; a Sikh should live in dignity and die with honour and never tolerate insult or oppression.

RUNNING AWAY - POEM

There's so many questions in my mind,

When I asked you don't want to answer.

Everytime I want to talk to you,

You don't want to talk to me about it,

I don't know why,

I don't Understand.

You are getting cold in our relationship.

I've never done something wrong to you.

Avoiding me everyday, Oh no, Oh no!

You did not tell me the reason

Why you are running away

You did not give me the explanation,

You're just running away, running away from me!

I used to go outwith you in the night,

Now I am walking alone by myself.

I used to kiss you and hold you in my arms,

Now I am holding and kissing the pillows.

You did not tell me the reason

Why you are running away

You did not give me the explanation,

You're just running away, running away from me!

I don't know, I don't understand.

You are running away while I am getting closer to

you!

As a healing stone, Moonstone improves the hormonal and digestive system and balances the metabolic processes. It is believed to help with blood purification, high blood sugar, and degenerative skin conditions.



If the three described birthstones for the month of June are not amongst your favorite stones, here are some alternatives that have been used in different times and cultures: Emerald, Agate, Chalcedony, Turquoise, and Cat's Eye.

If you are born in the sign of Cancer or Gemini, feel free to choose one of these stones as your personal favorite. Usually, the one you are attracted the most is the real one. So, listen to your heart.

ALL ABOUT PLANTS AND HOW TO CARE FOR THEM

Comfort and safety

Plants do better if they have some basic safe and comfortable conditions. This means that they thrive when they have the temperature, light, and water that best suits their needs. Plants will be cold and will not grow so happily if they are in an area that is windy, drafty or cold all the time, like a balcony or a terrace that is overexposed to cold and wind. Plants prefer a safe place without being knocked or bumped into. For example, a plant can get damaged if it is in a space where people let their bike fall against the plant when parking their bike.

Stability

Plants need regular care. If the plant needs a certain amount of water every week, then it is good practice to give it that amount of water every week, not now and then. Plants develop and grow best when there is stability in the care love and attention they receive.

Moonstone
Moonstone is a type of feldspar. Most frequently, it occurs in blue, green, champagne, and peach colors. Moonstone of good quality should be of intense blue color and close to transparent.



Some of its most prominent features are calming and soothing of emotions. Moonstone is filled with passive female energy and that is why it is believed to calm strong reaction and restore conscious control over our emotions. This June birthstone is sacred in India, where the popular belief is that it brings long and healthy live. In Hindu mythology, this stone is believed to be associated with moonlight virtually in all parts of the world. One of the widespread beliefs is that exchanging Moonstone rings between the partners at fool moon restores love and trust. Moonstone brings lucid dream, especially during fool moon. It is one of the stones that facilitate pregnancy and childbirth.

Space
Plants need enough space to grow freely and unrestricted. Having little space around the plant may cause the plant to grow at a slower pace and only in the direction where there is enough space. An indoor plant may need repotting into a bigger container with more soil and more space as it grows. If a plant has been in the same container with the same soil for many years, then it may be a good practice to repot it in a container with new soil. Repotting involves gently removing the plant from the current container and positioning it carefully inside a new container with fresh soil. The plant will grow bigger provided it is cared for and looked after. It is good when buying plants to find out how much space they need when they become fully grown.



Vegetables seedlings will not grow into bigger plants, unless transplanted in bigger containers or in the open ground.



A courgette plant in a container a bit too small for it. It will have stunted growth with small leaves and small courgettes.

Alexandrite

Alexandrite is a variety of Chrysoberyl. Chrysoberyls are relatively rare stones, thus their price is appropriately high. In addition to Alexandrite, Cat's Eye is also a member of this family and some birthstone tables also include this variety. Cat's eye is also referred to as Cymophane. In composition, Chrysoberyls are aluminum, beryllium silicates. Alexandrite has one remarkable feature: it changes color depending on the amount of light in its environment. You can find small, unattractive Alexandrite stones for a couple of hundreds of dollars. The exceptional gems usually cost as much as the most expensive diamonds.



Alexandrite is believed to improve intuition, imagination, creative powers, and psychic abilities. It brings peace, calm, and harmonious emotional states to the wearer. On the level of the physical body, Alexandrite improves the heart and circulatory system.

Light

Plants get more outdoor light as the winter passes by and as the spring arrives. The days get longer in the spring and in the summer. That means that the plants receive more hours of light during the day. If plants do not get enough natural light they may gradually die. This is more likely to happen if the plants are indoors. Sometime people don't know that light is essential for the growth of the plant. An indoor plant may get moved to a space where there is good indoor light, but no natural light. The plant may not be in the dark, but it can still die if it receives no outdoor light. Slowly, the plant will lose its green colour and eventually it will die. Such a pity, especially if it was doing well before being moved and if it has taken a long time to grow. It may not seem clear why the plant is not doing well. One may think that the plant needs more water. The plant then may get over-watered besides being underexposed to light and eventually it may die.

Watering.

If an indoor plant is watered too much, over and over again, it may die, especially if the water is poured directly on the body of the plant instead than at the bottom inside the saucer.



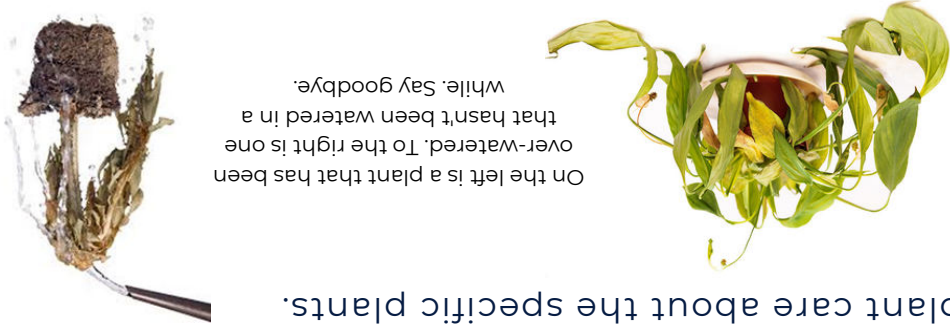
A plant that has not received enough outdoor light. On the way to saying goodbye.

JUNE BIRTHSTONES



Pearls Even though Pearls are composed of calcium carbonate, CaCO_3 , they are not minerals in the strictest sense of the word. They are produced as a result of the biological processes occurring inside the clams and oysters. That's why, as a rule, their natural form is not perfectly spherical. More often than not they have uneven texture, poor luster, and surface imperfections that diminish their value. Therefore, spherical Pearls with even textures and specimens that are free of flaws on the surface are preferred. Their color can range from the most revered milky white, via silver, cream, gray, lavender, golden, and blue to the darkest shades of black. Pearls are symbols of purity, honesty, and loyalty. They are believed to bring protection, wisdom, and friendship. Pearls can be used in crystal therapy to treat digestive and heart related problems. The traditional Chinese medicine has been using them for centuries to promote positive mental states and as a cure for mental problems.

The plant may hold so much water that its body beneath the soil may feel soft and it may even be rotting in dampness. If you have no idea how much water the plant may need you could give the plant a certain amount of water inside the saucer at the bottom of the container. If you do so in the evening then you can have a look the morning. You can see how much water the plant has absorbed through its roots. If the saucer is still holding water then you may want to give it less water next time. Gradually you may be able to understand how much water the plant may need. You may choose to water the plant once a week or half the amount of water twice a week. It is helpful asking at the garden centre how much water is ideal for a plant. There is trial and error, which may involve getting it right wrong and learning as you go along. We also learn from experience and observation and we develop some common sense with plants. However, if the plants are unusual, exotic or we simply don't know anything about them it helps to find out some guidelines on plant care about the specific plants.



SUMMER SOLSTICE

The summer solstice takes place at 10:13am on the 21st June this year, the Summer Solstice marks the first Summer day of the year, and it also marks the longest day and shortest night. The word 'Solstice' comes from the Latin words for 'Sol', which means 'Sun', and 'Sistere', which means 'to stand still'.

The science behind this is also significant, as the Earth reaches its maximum tilt of around 23.4°, with the Tropic of Cancer directed towards the sun in the Northern Hemisphere. After that, the Earth tilts the other way, until around December.

Many people mark the Summer Solstice, the most famous in the UK was Stonehenge in Wiltshire, set up in 2500 BC, it was designed to align the movement of the sun, it's unknown why the monument's alignment is important, but experience this would be amazing. The ancient structure was made a UNESCO World Heritage cultural site in 1986.



MY PET SNAKES: PUMPKIN, MOSES, SAPOURA

I have three snakes. Two are ball pythons - one is a yellow belly and the other is a banana pastille. I also have a boa constrictor, which is a common boa. The three snakes can live for 30 years.



Left: A Banana Pastille Ball Python.
Below: A Boa Constrictor



They only eat once every two weeks, are very easy to look after and very tame.

The ball pythons are from between Nigeria and Ghana in West Africa and my boa constrictor is from South America. My boa is 4 ½ feet, and my ball pythons are 3 ½ and 3 feet.

The boa constrictor is more active than the ball pythons. They do not move as much and are more like pet rocks.

CONTRIBUTE TO THE GAZETTE

Would you like to contribute to the Gazette by writing an article of your choice?

It can be anything from recipes, information, to poems or stories. Anything that takes your interest!

Do your article on Word and save to the (U:) drive under Gazette.

Contact your support worker or Clubhouse staff for more information or support to get started. We look forward to seeing your articles published!

Thank you to everyone that contributed to this month's edition.



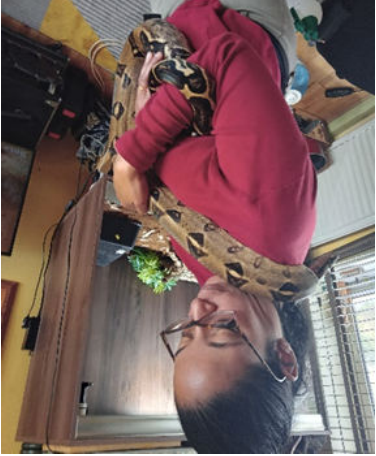
• What do they feel like? Their skin feels like leather. They shed their skin about once every four to five weeks.



DANNY MAKEPEACE

• What do they eat? They eat mice and rats.

• What does it look like when it eats? They eat their prey whole. You can see a big lump inside the stomach as it digest the food. They only do a poo 2 weeks after eating.



• Where did you get them? I got the ball pythons from Cali Pets and the boa from Enfield.

• Where do you keep them? I keep them in a vivarium.