

July Newsletter



Wilkins



Summer's Berry Bounty

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you.

Residents of Maine in the American northeast take pride in their wild blueberries. Wild blueberries are native to North America. They are smaller, sweeter, tangier, and more flavorful than their grocery store counterparts. Wild Maine blueberries may not become available until late July, but once they are harvested by Mainers, they are put into every dish imaginable, from muffins to homemade jam.

Marion County, Oregon, is awfully proud of their marionberries, the so-called "King of Blackberries." The marionberry is a cross between the Chehalem and Olallie strains, and the result is big, firm, sweet, juicy, and delicious. Oregon produces 30 million pounds of marionberries each year, shipping almost none of them out of the state. So, if you do happen to find marionberries outside of Oregon, consider yourself lucky!

The gooseberry is native to Canada but almost unheard of in the United States. This is partly because gooseberries were banned when it was found that they carried a disease harmful to regional white pine trees. The ban on gooseberries was lifted in the 1960s, but they are still hard to find in the U.S. Unripe berries are green and add a sour tang to dishes. Ripe berries are sweet and sour, a perfect accompaniment to other berries like strawberries. For this reason, they are often a substitute for rhubarb.

These are just a few of the wonderful berries available at the peak of summer during Berry Month. If you're lucky, you might also find dewberries, huckleberries, elderberries, cloudberry, loganberries, or others waiting for you to add them to your favorite pie, buckle, or cobbler.

Resident Birthdays in July

Sandra D 7 / 26

Lois S 7 / 9

Earl S 7 / 16

Staff Birthdays in July

Rhonda R 7 / 11

Jasmine R 7 / 12

Nikki Hagood 7 / 13

What's Happening in July

Ice Cream Month

Parks & Recreation Month

Cell Phone Courtesy Month

Canada Day

July 1

Independence Day: U.S.

July 4

**Collector Car
Appreciation Day**

July 10

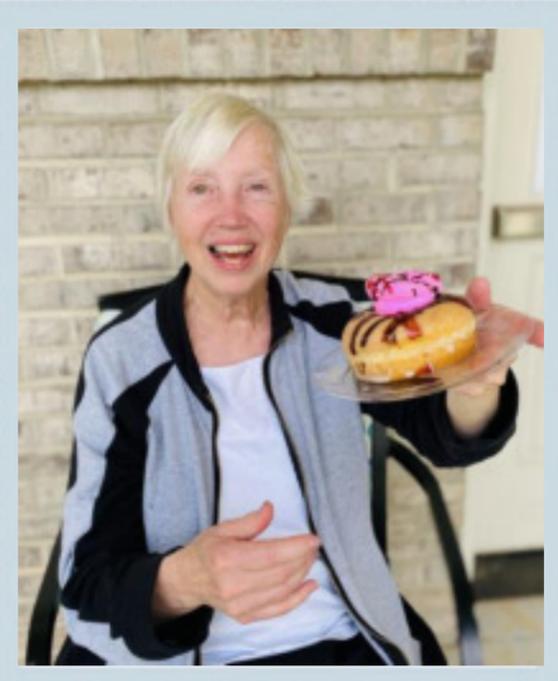
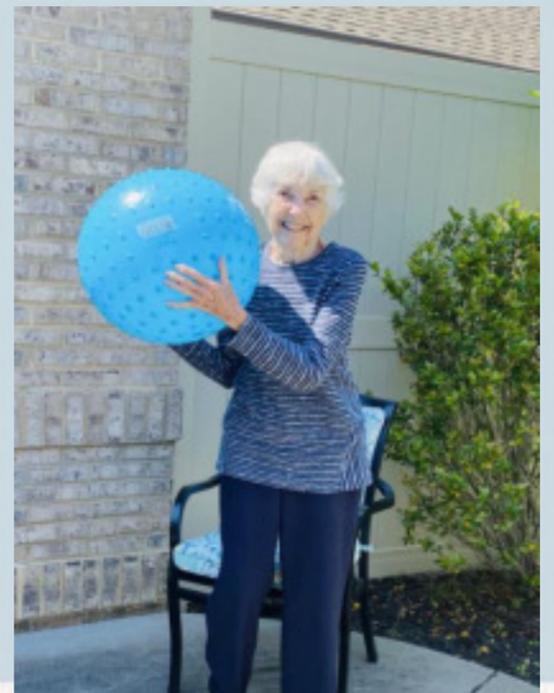
World Emoji Day

July 17

Space Exploration Day

July 20

Taking A Look BACK!!



Jumping for Joy

The first full week of July brings World Jump Rope Week. People began jumping rope as soon as the rope was invented. In early China, it was traditional to play the Hundred Rope Jumping game during New Year's celebrations. "Rope skipping," as the sport is called in the Netherlands, was brought to America in the 1600s by Dutch colonists. Dutch children would often jump over two swinging ropes while singing songs to keep the rhythm. From this came the popular jump rope style called "Double Dutch." Jumping rope is not all fun and games, though. It has become a regular part of intense workout routines thanks to its cardiovascular and calorie-burning benefits. Ten minutes' worth of skipping rope is equivalent to running an eight-minute mile and can burn up to 16 calories per minute. Jumping rope is so beneficial for heart health that the American Heart Association has teamed up with physical education teachers across the country to sponsor jump rope programs in schools. The practice also improves quickness and agility. No wonder boxers train with jump ropes to keep them light on their feet. Stepping into a boxing ring is not for the faint of heart. Jumping rope can certainly help with that.

Getting a Leg Up

If you've ever wanted to feel a little bit taller, then get ready for Walk on Stilts Day on July 27. Stilts are most often associated with clowns who teeter above crowds at the circus or in parades to get a laugh, but stilts originated as utilitarian tools. During the 1600s in the Landes region of southeastern France, shepherds used five-foot-tall stilts to watch their flocks and traverse the soggy lowlands. For hundreds of years stilts have been used to pick fruit from high branches, to prune trees, and even to harvest hops. One of the strangest stilt traditions is the sport of stilt jousting that has occurred in Namur, Belgium, since 1411. Two teams vie for the Golden Stilt award by attempting to knock the stilts out from underneath their opponents. The award goes to the last man standing... on stilts.



Around and Around

The spinning carousel with its prancing ponies and circus music endures as a symbol of the joy of our youth and the carnivals of yesteryear. Tap into that carefree spirit on July 25, Carousel Day. It may come as a surprise to learn that this carnival ride began as a device for training a cavalry for battle. The word *carousel* comes from the Italian *garosello*, meaning "little war." During the 12th century, Christian knights crusading in the Middle East observed Turkish and Arabian horsemen training for combat. The horsemen rode in a tight circle, using one hand to rein the horse and the free hand to toss and catch a clay ball filled with a nasty perfume. A rider unable to catch the ball risked it breaking and covering them in an awful smell. The French modified the game, hanging wooden horses by chains from a post affixed to a rotating center pole. Horsemen mounted the wooden horses and practiced their lancing skills. Soon, the devices were used not for training but for entertainment. Thus, the modern carousel evolved from a war-training tool to a children's carnival ride.