

THE DOWER HOUSE NEWSLETTER

JUNE ISSUE



ACTIVITIES

All activities will start at **2.45pm** if the time is not mentioned below.

Tuesday 1st June – Keep fit with Lorraine in the drawing room at **11.00am**.

Tuesday 1st June – Anytime Club will be showing a film in the drawing room.

Wednesday 2nd June – Anytime Club will be holding a *QUIZ* in the dining room.

Thursday 3rd June – Keep fit with Lorraine in the drawing room at **11.00am**.

Thursday 3rd June – Anytime Club will be showing a film in the drawing room.

Friday 4th June – There will be an afternoon tea in the dining room at **3.00pm**.
for Michaela as she leaves us to start her maternity leave

Monday 7th June – Knit and Natter in the conservatory at **11.00am**.

Tuesday 8th June - Keep fit with Lorraine in the drawing room at **11.00am**.

Tuesday 8th June - Anytime Club will be showing a film in the drawing room.

Wednesday 9th June – Art Afternoon with Doreen, we will be finishing off the wooden boxes which were started last month.

Thursday 10th June – Keep fit with Lorraine in the drawing room at **11.00am**.

Thursday 10th June – Matrons Afternoon Tea will be held in the dining room at **3.00pm** then followed by a Zoom call with families at **5.00pm** in the drawing room.

Monday 14th June - Knit and Natter in the conservatory at **11.00am**.

Tuesday 15th June - Keep fit with Lorraine in drawing room at **11.00am**.

Tuesday 15th June - Anytime Club will be showing a film in the drawing room.

Wednesday 16th June – We have outside speaker Nigel Palmer visiting us with his talk ‘Tall hats & Tall Tales’.

Tall Hats and Tall Tales



After thirty years of experience as a police officer, then ten years as a life coach, I have plenty of stories to share with you. I have worked with a variety of people, from the Lords of Highclere Castle (Downton Abbey) to the homeless in city centres. I can describe what it was like to make decisions in life threatening situations to sitting quietly, talking as one human being to another, when the ‘other’ was an armed robber. I will explain which incidents moved me, which made me laugh and how lessons I learned translated into everyday life.

Thursday 17th June – Keep fit with Lorraine in the drawing room at **11.00am**.

Thursday 17th June –As the Wimbledon tournament approaches, we thought we would have a Wimbledon Afternoon in the drawing room. We will be showing a Wimbledon documentary (please see below for more details), whilst enjoying a bowl of strawberries and a glass of Pimm's.

Monday 21st June – Knit and Natter in the conservatory at **11.00am**.

Tuesday 22nd June - Keep fit with Lorraine in the drawing room at **11.00am**.

Tuesday 22nd June – Anytime Club will be showing a film in the drawing room.

Wednesday 23rd June – Games afternoon in the dining room at **2.45pm**

Thursday 24th June – Anytime Club will be showing the film in the drawing room.

Monday 28th June - Knit and Natter in the conservatory at **11.00am**.

Tuesday 29th June - Anytime Club will be showing a film in the drawing room.

Wednesday 30th June – There will be a violin recital with Jackie in the drawing room.

Activities are subject to change at short notice.

Due to the current situation activities this month maybe be cancelled or amended at very short notice. We will aim to minimise this where possible as we do not like to do this but sometimes it is necessary to ensure your safety and wellbeing as our top priority.

Also, numbers will be smaller than normal at each activity to achieve social distancing. Please see the notice board with any updates.

THIS MONTHS FILMS

Tuesday Films

The English Patient



At the close of World War II, a young nurse tends to a badly burned plane crash victim. His past is shown in flashbacks, revealing an involvement in a fateful love affair.

The Way to the Stars



The wartime daily routine on a British bomber base in south-eastern England is revealed through the eyes of newly Flying Officer Peter Penrose (Sir John Mills).

The Painted Veil



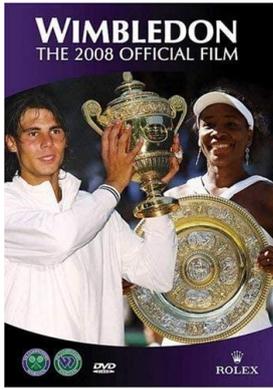
A British medical doctor fights a cholera epidemic in a small Chinese village, while being trapped at home in a loveless marriage to an unfaithful wife.

Thursday Films

My Fair Lady



Snobbish phonetics Professor Henry Higgins agrees to wager that he can make flower girl Eliza Doolittle presentable in high society.



Featuring all the highlights from Wimbledon 2008.

In the Men's Singles Roger Federer was attempting to become the first man in the modern era to win six consecutive titles. His main rival, Rafael Nadal, started his quest to become the first man since Bjorn Borg to win both the French Open and Wimbledon in the same year. In the Women's Singles, defending champion Venus Williams was attempting to win her fifth title.

The Men's Final was the longest in Wimbledon's history. Bjorn Borg and John McEnroe both acclaimed the match the greatest Men's Singles Final.

Notting Hill



Every man's dream comes true for William Thacker, an unsuccessful Notting Hill bookstore owner, when Anna Scott, the world's most beautiful woman and best-liked actress, enters his shop. A little later, he still cannot believe it himself, William runs into her again.

GARDENING NEWS

Well, here we go into June the beginning of the summer months of sunshine and long warm days. The garden now starts in the earnest to grow and bloom in all its glory.

We have lots of summer perennials to look forward to, foxgloves, geraniums and delphiniums shout early summer to me. We might have had a cold start this year, but rain and sunshine in late May has brought the borders to life and there are some pockets of colour and there is still lots to come.



Over the last month Terry and I have been working the borders as the weeds are coming fast and the grass is growing even faster. As we work our way round the grounds we really get in tune with the garden and wildlife, there is always lots to see, baby birds are hot on the scene right now and a wet day in the garden can be made the best day when you see a ball of fluff shouting at its mum for more food, truly amazing.

As this month continues the pond will be a hive of activity with spawning goldfish, they get all fired up and zip around the pond hunting each other, some seem to hound more than others. Look for yourselves and you see what I mean.

Over the next month we will continue our way round and hopefully it will be warm enough to get our shorts on. There are a few hotspots in the garden now, the iris bed is about to pop, it does not last long but it is a true showstopper. The first of the roses to come out are by the barns, they are maybe small, but they are beautiful, there are also lots of aquilegia around the grounds a true sign of early summer.



NEWS FROM BATH

Plants for a Spring Garden



In my garden, you will see a picture of the red geums which are tough and colourful. I always love nature's way of spreading drifts of forget me nots, blue being my favourite colour. Variegated brunnera is very good value, because long after the lovely blue flowers have faded, you have the edging to the paths of variegated green and white leaves. The pulmonaria emerge from under shrubs in Spring and disappear when they are no longer needed. They are wonderful splashes of colour if you get the right ones. Pulmonaria sissinghurst white is particularly good, blue ensign and bowles red too. These names are all ones in our own garden, but are worth having in your garden too, and will do you well over the years.

Over a period, you can divide and multiply them, during Autumn, making them very economical.

The real joy of a Spring garden is the numeracy and delicacy of the aquilegias.

There are some I particularly fancy, but they do not always run true to form. Here are some of the named species that have proved reliable for me; nora barlow, william guiness and vulgaris alba.



In the present climate we all must think about sustainability and water usage. Due to climate change we now have very hot, dry summers. And to this end, we have created a beautiful curve at the bottom of the garden, with a gravel bed, containing drought tolerant planting.



Having decided on the shape and size, we started by removing the turf in squares, levelling the soil, adding a curved edge in preserved wood, to contain the grit chosen to match the Bath stone exterior of the house.

Next a membrane of mipex was laid to suppress weeds, and give a nice level base for the grit, which was added next.

Once this area was created, we could start adding our plants.

This you do, by cutting with a knife little crosses into the membrane, so that plants roots can grow deep into the soil, gathering nutrients and water where needed. We chose herbs such as rosemary, sage, mint and thyme, in pinks and purples.

We chose eryngium in blue, perennial rock geraniums, dianthus, diascia, and various geums, some of which are very delicate, red gaura, which is a low growing variety and white valerium, in the back in the corner. Thereby giving a colourful but natural effect. This area requires low maintenance once planted.

These are all plants which will survive with minimum water, therefore being suitable for the long, hot dry summers we are now regularly having in the UK.



I hear that many of you are enjoying the garden at the Dower House, I shall be coming now in the future on a regular basis and will be able to enjoy the fruits of all our planting.

Best wishes

Mrs J A Lywood

EDITORS NEWS

Here are a few interesting facts on the summer solstice:

Zenith Furthest Away from the Equator

A solstice happens when the sun's zenith is at its furthest point from the equator. On the June solstice, it reaches its northernmost point and the Earth's North Pole tilts directly towards the sun, at about 23.4 degrees.

It's also known as the northern solstice because it occurs when the sun is directly over the Tropic of Cancer in the Northern Hemisphere.

Meaning of Solstice

'Solstice' (Latin: 'solstitium') means 'sun-stopping'. The point on the horizon where the sun appears to rise and set, stops and reverses direction after this day. On the solstice, the sun does not rise precisely in the east, but rises to the north of east and sets to the north of west, meaning it's visible in the sky for a longer period of time.

Although the June solstice marks the first day of astronomical summer, it is more common to use meteorological definitions of seasons, making the solstice midsummer or midwinter.



Solstices in Culture

Over the centuries, the June solstice has inspired countless festivals, midsummer celebrations, and religious holidays.

One of the world's oldest evidence of the Summer Solstice's importance in culture is Stonehenge in England, a megalithic structure which clearly marks the moment of the June Solstice.

A handwritten signature in black ink, appearing to read 'Michaela Hillan'.

**General Manager
Michaela Hillan**

JUNE QUIZ

1. Who was Henry VIII's last wife?
2. Which English explorer was executed in 1618, fifteen years after being found guilty of conspiracy against King James I of England and VI of Scotland?
3. The first successful vaccine was introduced by Edward Jenner in 1796. Which disease did it guard against?
4. In tennis, what piece of fruit is found at the top of the men's Wimbledon trophy?
5. How long does Prime Minister's Questions last?
6. In which year did Britain originally join the EEC, now known as the European Union?
7. What is the name given to the group of people who make sure MPs attend important votes?
8. Which nuts are used in marzipan?
9. What is the chemical formula for Table Salt?
10. What is meteorology the study of?
11. Which natural disaster is measured with a Richter scale?
12. What part of the atom has no electric charge?
13. What or who is the Ford Mustang named after?
14. Which country produces the most coffee in the world?
15. What is the national dish of Spain?
16. What percentage of our bodies is made up of water?
17. Which desert is the largest in the world?
18. Who invented the LBD (little black dress)?
19. Parkers, trenches, bombers, and peas are types of what winter outerwear?
20. Which Danish author is considered by many to be the most prolific fairy tale writer?

ANSWERS

1. Catherine Parr
2. Sir Walter Raleigh
3. Smallpox
4. Pineapple
5. 30 minutes
6. 1973
7. Whips
8. Almonds
9. NaCl
10. The weather
11. Earthquakes
12. Neutron
13. A fighter plane from WWII
14. Brazil
15. Paella
16. 60-65%
17. The Sahara Desert (although Antarctica which is larger might qualify as a desert as well)
18. Coco Chanel
19. Coats
20. Hans Christian Andersen