

June
2026

LIFE AT LONGVIEW

Vol. 5
No. 6

A NEWSLETTER FOR THE COMMUNITY

FEATURE

History of The Summer Solstice

Joe H. Zerbey VI

The Summer Solstice is nearly upon us! Since the Neolithic Era, which includes the days of Ancient Egypt, the solstice has been a special celebration across the globe. The word “solstice” in Latin is *solstitium*, which means “sun stands still.” This word is used because it marks the longest day of the year. The Sun reaches its highest altitude and provides the most hours of sunlight. The Summer Solstice was relevant as far back as the creation of Stonehenge, which was built around 3000 – 2500 B.C. This structure was aligned with the Summer Solstice’s sunrise. Many gather to this day so they can witness the sun come into view just over the Heel Stone, which serves as a deliberate focal point for onlookers.



But this was not the only creation which worshiped the sun. Ancient Egypt’s pyramids were designed with the Summer Solstice in mind. The Great Pyramids of Giza were aligned with the Sphinx. Due to this, the sun would, and still does, set exactly between them during the solstice.



The Greeks and Romans also celebrated the sun with much fervor. Greek society saw the Summer Solstice as the start of the New Year. Ancient Rome honored their goddess of hearth, Vesta, during the solstice, which was a time centered around family and community.



SPIRITUAL GUIDANCE NEWS

Brooke Newell

Guest Preachers for June

June 7 - The Rev. Nancy Didway, Dryden
Presbyterian Church

June 14 - Mr. Chris Blyler, The Salvation
Army

June 21 - Pastor Dennis Christiansen, retired
Baptist

June 28 - Brooke Newell

Roman Catholic Confession and Mass

On Thursday, June 18, Father Dan from Cornell will hear confessions in the Interview Room (3rd floor, near the main entrance) beginning at 2 pm. At 3 pm, he will conduct Mass in the Interfaith Chapel (3rd floor).

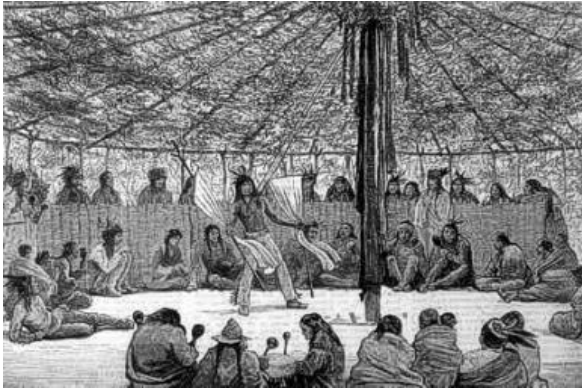
GUEST PIANIST OCCASIONALLY NEEDED

Our friend Joe Haines is very faithful in accompanying our Wednesday 3:45 pm hymn sing and our Sunday 2:30 pm worship. From time to time, Joe needs to be away, and we could use someone who would be willing to step in on those occasions. Thanks Joe - we appreciate you!

Video Lectures Series

On Wednesdays, June 3, 10, and 17, there will be a 1:15 pm showing in the auditorium of "Walking the Bible." This 3-part PBS documentary follows New York Times bestselling author Bruce Feiler as he journeys through the land of the first five books of the Bible. Session 1 is entitled, "From Creation to Abraham." Session 2 is

The Americas also upheld similar values. Indigenous peoples, like the Sioux, held festivals and community gatherings where they would celebrate a time of renewal under the sun. To show their dedication, they also partook in Sun Dances, which were representative of healing and spiritual enrichment. These traditions are still upheld.



Similar festivities can also be seen in Swedish culture, taking the form of Midsummer. Such a gathering is dedicated to themes of growth, fertility, and nature's bounty. Like most other celebrations, Midsummer includes dancing, feasting, but also unique practices, such as making flower crowns, dancing around maypoles, lighting bonfires, and general outdoor enjoyment.



Please feel free to provide feedback on this newsletter's content to either myself at jzerbey@longviewwithaca.org or Christina Sterling at csterling@longviewwithaca.org. We want to keep the newsletter relevant, fun and to the liking of those who read it. Thank you again for your support.

entitled, "The Israelites in Egypt." Session 3 is entitled "Forty Years in the Desert."

TWO "Stretch Your Spirit" Opportunities in June.

On Thursday, June 18, we will travel to visit the Namgyal Buddhist Monastery from 9-10 am to view their annual sand mandala construction. The monks and their students use a special, extremely dense sand in order to limit interference by things such as wind or sneezes.

Before laying down the sand, the monks assigned to the project will draw the geometric measurements associated with the mandala. Sand granules are then applied using small tubes, funnels, and scrapers, called chak-pur, until the desired pattern is achieved. Once complete, the mandala's dismantling symbolizes the Buddhist belief in the transitory nature of material life.

On Wednesday, June 24, at 1:15 pm, in the auditorium, our friend Carol Hockett from the Johnson Museum of Art at Cornell will return to lead us on a journey through "Faith in Contemporary Art."

RECREATION

Bree Nash

June Events

- 6/1 Brain Builders & Baking with Ithaca College Students (9:30-11:30AM)
Cornell Companions Pet Therapy Visits (2PM)
- 6/2 Wellness Series: New Advancements in Alzheimer's Treatments (1:30PM)

Music with the Fortnight Singers (6:30PM)

- 6/4 Sustainability Trip: Tour of TC Recycling & Solid Waste Center (10AM)
- 6/8 Enhanced/Assisted Living Resident Council Meeting (1:30PM)
Patio Homes Meet & Greet (3-4PM)
- 6/9 Wellness Series: Embracing the Journey with Death Doula, Madison Vanderlinde (1:30PM)
Resident Speaker Series: Nova Scotia Folk Art with Sunny Kuskin (6:15PM)
- 6/10 Games, Crafts & Visits with Belle Sherman Elementary 5th Grade (10-11:30AM)
Finger Lakes Fiddle Orchestra Performance (6:30PM)
- 6/11 Longview Garden Party! All are welcome! (3PM)
- 6/12 Sustainability Presentation: Zero Waste Ithaca (3PM)
- 6/15 Art Talk with Carol Hockett (10:45AM)
Cornell History of the Ice Cream Sundae with Corey Early – Ice Cream Social to follow! (2PM)
- 6/16 TC Board of Elections Democrat & Republican Primary, Pick up your absentee ballots. (11AM)
- 6/18 Trip to the Namgyal Monastery – Sand Mandalas (9AM)
Ithaca Concert Band Performance (6:30PM)

- 6/19 Paint & Sip with Recreation (3PM)
- 6/20 Cornell Companions Pet Therapy Visits (10AM)
- 6/22 Trip to Greensprings Natural Cemetery Preserve (10AM)
- 6/23 New York Primary Election – All day!
- 6/24 Stretch Your Spirit: Contemporary Religious Art with Carol Hockett (1:15PM)
- 6/25 Wonderful Wheelchairs, complementary repairs with Ron! (2:15PM)
- 6/26 June Birthday Party with Bob Lyna (3PM)

Special Days

- 6/14 Flag Day
- 6/19 Juneteenth
- 6/21 Father’s Day/Summer Begins
- 6/25 Ashura Begins at Sundown

Save the Date – Longview’s annual Independence Day Celebration on Wednesday, July 1 at 4:30PM. There is no cost to this event, though we do ask that you make reservations at the Reception Desk. We look forward to seeing you there!

TIDBITS

Longview Store Volunteer

Whitney Robinson

Recreation is seeking a Longview Store Volunteer for **Mondays 10:30am-11:30am**. Reach out to Recreation for any questions.

Longview Nature Trail Updates

Ben Hogben

Are you familiar with the phrase “Forest Bathing”? Forest Bathing, developed in Japan in 1982 (Global Wellness Institute), encourages the hiker to use their senses to experience the sights, sounds, textures and seasonal changes in a forest. It can reduce stress and anxiety according to Wikipedia. One can Forest Bathe at the Longview Charles W. Brodhead memorial nature trail.

This trail, which is located to the right of the entrance to the patio homes, takes hikers into the woods where they will experience native plants and trees, such as wild honeysuckles or flowering apple trees, and experience the sound of a small stream and see the natural shale rock formations common to this area.

There are informational signs along the trail that indicate what the hiker might see along the way such as Blue Jays, Red Winged Blackbirds, or towering white pines that blanket the trail with their soft needles. Distance markers indicate how far one has hiked and memorial plaques on benches remind us of those from the past who have appreciated nature.

Future plans include many upgrades such as installing split rail fencing to keep hikers safe, constructing a gazebo for nature-themed lectures and connecting the trail to the Ithaca College Natural Lands trail. Work will also be done on the trail to smooth out any rough spots and add informational and educational signage on the nature trail.

If you would like to become involved in the future plans of the nature trail, please contact Kim Owen at kowen@longviewwithaca.org, or stop and see her in **apartment #304A**.

If you would like to be a part of fundraising for the trail improvements, scan this QR code with your smart phone to donate online or drop a check off with Jean Taber in the Business office. Any amount is appreciated.



JUNE BIRTHDAYS

Scott T. – **June 1st**

David H. – **June 2nd**

Mary J. – **June 2nd**

Maureen W. – **June 2nd**

Steve A. – **June 3rd**

James T. – **June 6th**

Marilyn W. – **June 6th**

Gary T. – **June 10th**

Marge C. – **June 17th**

Joy C. – **June 18th**

Julie G. – **June 19th**

Doris F. – **June 22nd**

Rose I. – **June 23rd**

Marian K. – **June 24th**

Sally K. – **June 25th**

Bobbie S. – **June 27th**

Greg L. – **June 28th**

Irene H. – **June 29th**

NEW RESIDENTS

Lou F. S. (231)

Martha P. (226)

R. Jean C. (20)

Jackie H. (7)

Paul D. (425)

Kathy S. – from (352) to (448)

Doris F. – from (431) to (5)

Barbara G. – from (421) to (25)

Hans B. & Helen B. (PH 141)

Mary N. (352)

Sanjib M. (210)

Judith B. (227)

Joy C. (458)

Andre S. (312)

Mary Louise D. (206)

John C. (355)

Richard B. (436)

DID YOU KNOW?

Christina Sterling

The Brilliant Blue of the *Pollia* Berry

As Spring arrives, avid gardeners eagerly begin their seasonal planting, and vibrant berries may be on their planting lists. Have you heard of the *Pollia* fruit, also known as the *Pollia* berry? It is a small berry of the *Pollia condensata* plant, found across Africa, that exhibits the most intense blue color ever seen in a plant. Yet it has no blue pigment. What is the secret behind its striking color?



The cell walls in the skin of the berry contain tiny threads arranged like rows of matches. These threads form layers, each layer set off at a slight angle to the layer below, so that the rising layers form a helical, or spiral, pattern. The threads themselves are not colored blue. The color comes from the way the threads are stacked. Thus, structure, not pigment, is the key to the berry's intense metallic hue and iridescence. Most cells appear blue, but from different angles, some emit a green, pink, or

yellow hue because of subtle changes in the layers. Moreover, when examined closely, the colors are not smooth and even but appear pixelated, like the colors on a computer screen. The berries are technically edible but decidedly not delicious.

It contains no pulp or nutritional value, and is essentially a dry, hard, seed-filled husk. The berries may attract birds to spread seeds, but even birds rarely consume the dry husks.

Since *Pollia* berries have no pigment, they keep their color even after they drop from the plant. In fact, some berries collected over a century ago look as brilliant as fresh ones! Florists use the stems in decorative displays because the intense metallic blue color never fades. Scientists believe that the *Pollia* berry's pigment-free color could inspire products ranging from fade-resistant dyes to counterfeit-resistant paper.



Editor

Joe Zerbey VI

Creator

Gret Atkin

Contributors

Ben Hogben

Bree Nash

Brooke Newell

Whitney Robinson

Christina Sterling