The Shelley

Newsletter – May 2016

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This month we remember

VE Day – May 8th

1945



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The Queen’s 90th Birthday Celebrations continue from 12th – 15th May, in the private grounds of Windsor Castle.

Some of the best known names in the entertainment world will perform with 900 horses and over 1500 participants,

This will be televised later on ITV

Date to be confirmed.







Page 2 April in Pictures

Birthday celebrations, outings and in-house entertainment in April – something for everyone!

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Page 4 Bitter - Sweet

Goodbye to Jeanette – we wish you all the very best and we will all miss you.

Hello to Pete, taking over the reins from Jeanette – big shoes to fill – Welcome to you from us all.



Pete has a varied past including round the world trips as a musician in a band, tour manager, events manager, artist and official Quizmaster and more, which we are yet to discover.

He runs a car-boot sale and is known by many companies in the area, including the Wetlands Centre in Arundel and where he is known by our Friday “Breathing Spaces” Lisa.

He is looking forward to taking you out on weekly trips in the mini bus and shopping trips into town.

Page 5 Mermaid vs Siren

**Mermaid vs Siren**

Mermaids and sirens are imaginary creatures that have the upper body and faces like women with lower bodies of birds or fish. Mermaids commonly find mention in the folklore of most civilizations and cultures as beautiful aquatic creatures that are half woman and half fish. However, there are many different names given to such creatures like sirens, nixies, undines, water nymphs, mermaids, and so on that are enough to confuse people. People remain especially confused between mermaid and siren because of their similarities.

They are different as will be explained.

**Mermaid**

Water in all cultures is believed to be full of life. Across all cultures, myth and folklore mention aquatic creatures that are half woman and half fish. These gentle creatures have always been depicted as beautiful, gentle, and helping sailors and others travelling through the seas.

Despite the fact that these creatures do not exist and are only found in folklore, books, and films, they remain as charming and enduring as ever, and we find artifacts and depictions in all cultures across the world.

The first of the mermaids is believed to be Atargatis who jumped into the sea, to transform herself into a mermaid for accidentally causing the death of her lover. In most stories, these creatures are shown as innocent and benevolent beings helping humans in one way or the other. In fact, in some of the stories, a mermaid is shown falling in love with a human being.

Human beings have been reporting sightings of creatures like mermaids since time immemorial. There has been no concrete proof of their existence (or has there?!), but they remain a part of our art and culture in the form of cartoons, books, movies, gift items and other items used for decoration.

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**Siren**

Sirens are mythological characters or creatures found in Greek mythology. They were pointed out as nymphs who lived on islands surrounded by cliffs and enchanted approaching sailors by their voice and music. It is the appearance of the sirens that has been confusing as in some stories they are depicted as birds with human heads while in others they are depicted as half woman and half fish, to make them look like mermaids. There is also confusion because of the fact that, in some languages like French, the word for mermaids is actually siren. However, in most of the stories, sirens have been shown singing songs to attract sailors. Sailors became lured and lost their sense of direction thereby causing shipwreck, and drowned in the seas.

**What is the difference between Mermaid and Siren?**

• Mermaids are aquatic creatures while sirens are not.

• Mermaids find mention in the folklore and stories of all cultures and civilizations while sirens are found in Greek mythology only.

• Mermaids are shown as gentle and benevolent, whereas sirens are believed to have evil intentions.

• Mermaids are half woman and half fish whereas sirens are believed to be birds with head of the woman.

• Sirens sing songs to mesmerize sailors and cause their drowning. They are also shown as man eaters in some stories. On the other hand, mermaids are always depicted as gentle and benevolent, and ready to help human beings. In some stories, they even fall in love with human beings.



Page 7 John’s Rhymes

The Mermaid

The mermaid sat upon her rock  
Combing her golden hair  
She watched a ship approaching  
With something like despair.

"Oh! Not another one," she said  
"They surely wouldn't dare,"  
But dare they did and on they came  
And smashed up fair and square.



"Well I don't know" the maid complained  
"It's a very trying view.  
"If I can't comb my hair in peace  
"What am I to do?"

"She's done for us that wretched witch,"  
The angry skipper cried.   
"Aye aye Sir," the bos’un said  
And swam away and died.



And now the skipper too  
Began to sink beneath the waves  
But the mermaid caught him in her arms  
And thought he might be saved.

"Come with me, my darling,  
"I'll show you where it's best,  
"There's seaweed soup for supper  
"You can put it to the test."



But sad to say the skipper  
Had already gone  
"Bother it," the mermaid said,  
"That makes it ninety-one."

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The Best



What is it that is best in life?  
Depends what you desire.  
Some would say a pile of gold  
Others, perhaps, a fire.  
  
What is it that is best in life?  
Many would say good health  
And certainly it is bound to be  
Better than great wealth.  
  
What is it that is best in life  
To give you lots of joy?  
Some would say a little girl  
Or else a little boy

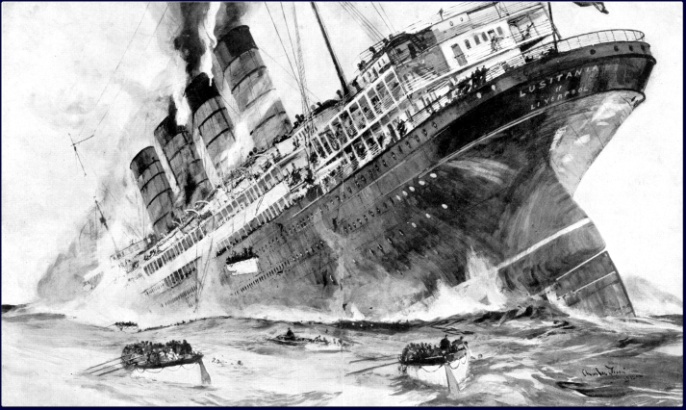


What is it that is best in life  
Is it freedom from that pain?  
Of knowing that at last it's gone  
And it won't come back again.  
  
What is it that is best in life?  
Is it simply fame?  
From playing on a guitar  
Or at some silly game.  
  
What is it that is best in life?   
Is it peace of mind?  
Of knowing that the past is past  
And leaving it behind.





Page 9 A Mystery

A Mystery of the Sea  
  
On May 7 1915 the liner Lusitania was torpedoed off the South coast of Ireland and sank with the loss of 1.198 lives, including 128 Americans.   
  
Shortly after the torpedo struck there was a second explosion. This caused the ship to heel, severely hampered the launching of lifeboats and caused Lusitania to sink more quickly – 18minutes.  
  
In England it was assumed there had been a second torpedo. But the U-boat commander said he had fired only one, this was supported by the U-boat's log.   
  
The Germans maintained that Lusitania, an American and therefore neutral vessel,   had been carrying munitions to Britain, and that these had exploded, causing the second and disastrous explosion.  
  
In England there was outrage at the sinking, and an official inquiry was held in London. It was still widely believed that there had been a second torpedo though Germany denied it. They stuck to the munitions allegation, though there was no evidence for it.  
  
Survivors, including the ship's Master, gave evidence. The suggestion that there might have been a boiler explosion was discounted by the Master and others.  
  
The munitions story was hotly denied, and other suggestions ranging from sabotage to an explosion of coal dust, were also ruled out.  
  
Not surprisingly the inquiry decided that, despite German denials, there had been a second torpedo. But had there? And if it was not a torpedo, what was it?   
  
We still don't know. (Thank you John)

Page 10 Entertainment

Some Entertainment Coming This Month

As well as our weekly outings in the mini-van or walk/ride to the shops/parks etc. we also have many of our favourite entertainers joining us, such as:

*2nd May - Singers - Lizzie and Tony*

*5th May – A talk from Air Ambulance*

*6th May – Singer/Guitarist - Geoff Field*

*7th May – Sundown Ukulele Band*

*9th May – Robbie Magic*

*10th May – Crafts with Eloise*

*11th May – Singer Lynne*

*13th May – Jessica, Rustington Curator*

*14th May – Singer Terry*

*20th May – Singer Rudi*

*21st May – Papa Geoff*

*23rd May – Zoe, Alive Activities*

*24th May – Roger – Informative talk*

*25th May – Bertie Boater – Singer and Banjo Player*

*27th May – Singers - Harvest Home*

*28th May – Alan Campbell*

*29th May – Singer – Lori*

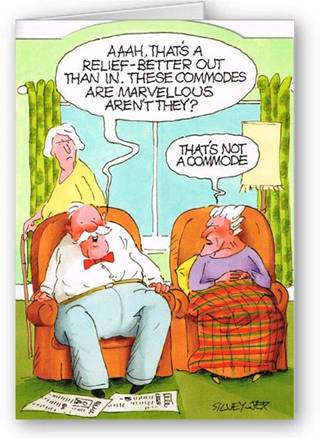
*30th May – Sand Art*

**PLUS OUR USUAL**

Yoga – Exercises – Aromatherapy – Manicures

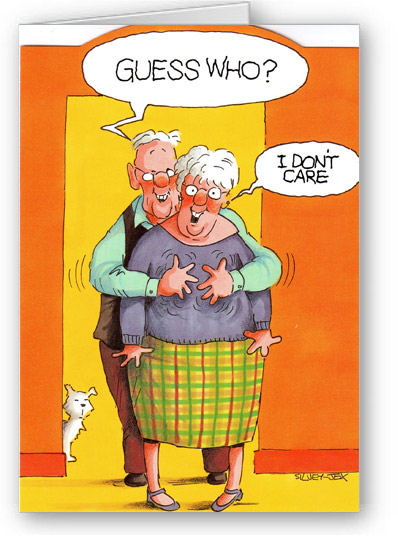
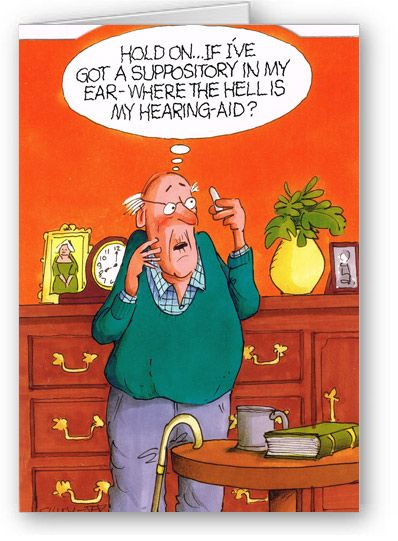
Pampering Afternoons – Art and Crafts – Communion

Breathing Spaces - Outings in the mini-van - Shopping Trips

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*Thank you Rosemary,*

*for sharing these cards with us.*

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*Animals with a sense of humour*

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