

*The magic of midsummer - the Elevate artists find words and images that celebrate the month of June, the influence of weather on growing produce and, with holidays coming, a deep dive into the ocean.*



# elevate **your mood**

bringing colour and inspiration to you

Issue No.10

## Fragrant in June

*Stephanie Jalland*



'Rose leaves, rose leaves  
Rose leaves I strew  
He that will love me  
Come after me now.'

In Victorian times, a lover might declare his passion by presenting a red rosebud just beginning to open. If this was accepted and worn, he could safely assume his attentions were welcome and follow up his first gift with a half-blown rose, and that with a full blown one. If a Victorian woman wore the last, she was considered engaged.

Cleopatra met Mark Anthony, her lover, in 42BC in a room carpeted two feet deep with roses. For the Romans it was the flower of beauty, love and poetry and dedicated to Venus Goddess of Love.

Medieval knights wore roses embroidered on their sleeves as a sign that gentleness should accompany courage and that beauty is the true reward of valour.

**'Calm weather in June sets all in tune'**

Wishing you roses, buttercups and midsummer magic wherever you are.

'Today the fields are rich in grass,  
And buttercups in thousands grow;  
I'll show the world where I have been –  
With gold-dust seen on either shoe.'

*Extract from All in June by W.H .Davies*

Buttercups in the fields and roses in the garden the air is fragrant in June. The rose is the flower for the month and adds to the magic of midsummer.

A rose picked on Midsummer's Eve or Midsummer's Day will keep fresh until Christmas and at midnight on Midsummer's Eve young girls should scatter rose petals before them and say;



# Summertime at an off-grid small holding



Breakfast at Hannah's

As I write this, wrapped in a woolly scarf and jumper, it's hard to believe that we are nearing the Summer solstice. Perhaps in the UK, and particularly amongst growers, we are inclined to bemoan the weather each year. However, this year has undoubtedly been beset with extraordinary weather challenges. A dry April, with hot days, combined with cold nights, 'the frostiest April in 60 years' (BBC) meant seedlings remained unusually pot bound, while potatoes and brave tomato plants managed to cling-on, fleeced and the latter sealed inside the polytunnel. Even shrubs and perennial flowers have suffered this year.

Despite these challenges, the process of home produce and living in connection with the changing weathers is rewarding. I imagine that we will need to become even more resourceful, responsive and creative

in years to come and I take comfort in the growing ecological interest and awareness.

This year, I have been particularly struck by the many wild flower areas emerging in public and private areas - both rural and urban. At our own small holding, we have devoted approximately one acre of field, small parts of the garden and the bank outside our home to the growing trend of 're-wilding'. Our wild flower project has evolved over three years; each year we scythe and remove the tall flowers and grasses in late summer, aiming to keep the soil fertility low and allow light for seeds to germinate. In our first 2 years, there was much bramble and bracken to clear, but this is lessening, while the flowers increase. The bracken still needs to be tackled even when the flowers are peaking in the summer, at the expense of some of the red champions. We are fortunate that our largest wild flower area, a North-facing sloped meadow, seems to be thriving. Early Purple and Pyramid orchids give immense joy each year and extend the wild flower months as they span May to July.



Pyramidal orchid

*Hannah Lefeuve tells us about her challenges of growing home produce when presented with unseasonal weather*



As an off-grid home, we have no choice but to respond and adapt to the weather. This year, we have used every scrap of seasoned wood for fuel, and extra

wood stores are already being made for next year, whilst improving insulation is a constant quest. The 5th June was World Environment Day and perhaps you marked this in your own way? Personally, I tried a WiFi free day - a challenge, but it was possible. This morning I picked garden flowers to have at our breakfast table and now, time to switch off the computer and tend to the seedlings...



Hannah's wildflower meadow

## Summer Romance

June, June  
You make me swoon  
I cannot wait to see you

And when I do  
The skies are blue  
And days just last forever

What beauty you portray!  
What sunny disposition!  
Weaving through the meadow flowers  
Which bloom with adoration

The skylark serenades you  
With lightness of the heart  
And the sweetest summer fragrance  
Fills the air where butterflies dance

June, June  
Don't leave too soon  
Let time expand this heaven

But when you do  
I'll hold you dear  
In yearly anticipation

by Fiona  
Lockwood

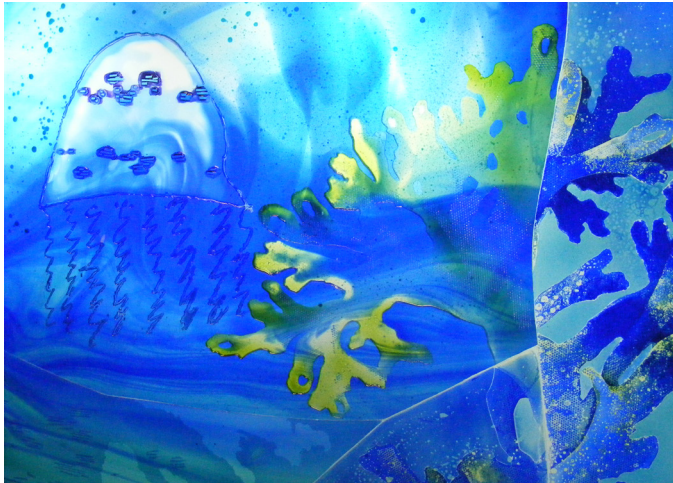


Would you like to contribute a poem, image or your thoughts on summer or holidays for a future edition? See back page for details.



# World Oceans Day

David Davies



*Fish Tank, Children's Unit, Salisbury District Hospital  
by Fabrizia Bazzo & Michelle Keeling*

World Oceans Day is celebrated this June with numerous speakers, musicians and artists all available online. Our ocean covers over 70% of the planet, provides 80% of the world's biodiversity and feeds billions of people. Our need to conserve our wonderful marine resources to protect our planet is as important as ever.

With summer now with us, I'm reminded of seaside visits and holidays and how gazing out onto oceans or swimming on the edge of them can restore our sense of wellbeing.

Sailors will tell you that when they are on the ocean they leave the land part of their life behind. They feel they become part of one vast thing, part of a complete ebb and flow, where experiences are magnified and where 'seeing the bigger picture', a sort of wholeness, becomes clearer.

In Herman Melville's *Moby-Dick* ('The Whale', 1851) he says of the sea:

"It is not down on any map; true places never are."

And in Dan Beachy-Quick's (b. 1973) poem of the same name he reflects on the ocean's vastness and connective properties:

...dig this depth-of-blank  
Deeper. Dig deeper...

There's always the moon's hook  
On still water...

... wait in silence for silence  
To say: write it in, tell me who I am now.

When we are in the sea – paddling, swimming, floating – we experience the potential of weightlessness and the feeling of something important flowing around us. Then we notice the ocean's sounds, of surf and swell, of the wildlife it supports and how it ebbs and flows with such precision, connecting us to the moon and our position in the universe.

Oceans play a major role in our everyday life, even if we're not able to visit our seaside much. They are like the lungs and dream space of our planet and a critical part of the biosphere to which we belong.

Find out more:

[www.un.org/en/observances/oceans-day](http://www.un.org/en/observances/oceans-day) [oceanic.global/projects/united-nations-world-oceans-day-2021/](http://oceanic.global/projects/united-nations-world-oceans-day-2021/)



*'Swimmers' by Ivy Smith,  
Salisbury District Hospital*

*Ivy's painting looks at energy, gracefulness and buoyancy in relation to swimming, along with unexpected patterns between us and water*

Contribute your own reflections, a poem or image for our next edition on the theme of summer.

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