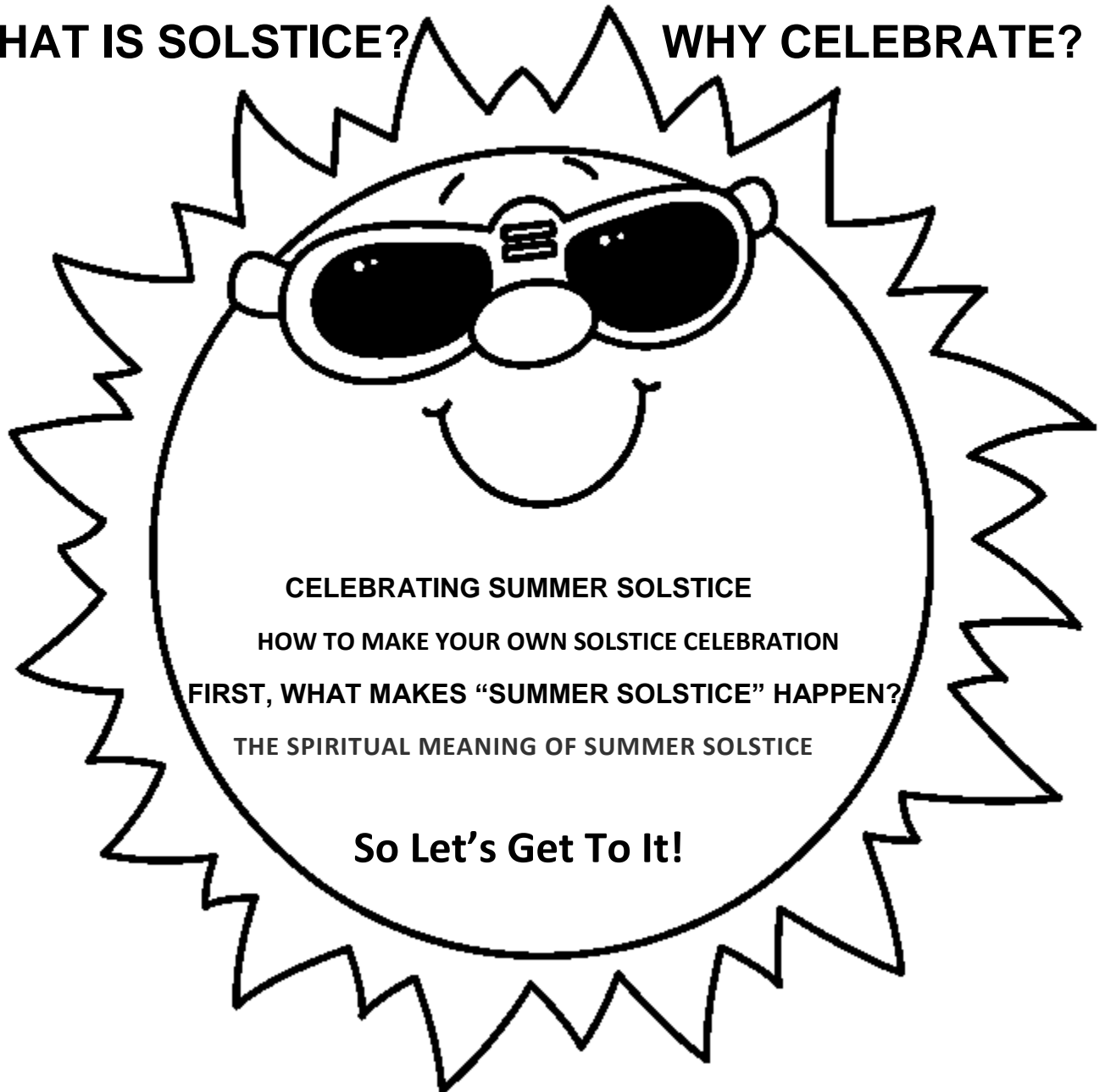


WHAT IS SOLSTICE?

WHY CELEBRATE?



CELEBRATING SUMMER SOLSTICE

HOW TO MAKE YOUR OWN SOLSTICE CELEBRATION

FIRST, WHAT MAKES "SUMMER SOLSTICE" HAPPEN?

THE SPIRITUAL MEANING OF SUMMER SOLSTICE

So Let's Get To It!

CELEBRATION ACTIVITIES FOR ALL AGES

LOOK FOR YOUR AGE GROUP:

PRE-SCHOOL CHILDREN

Wake Up to SUNrise

Color the SUNrise

YOUNG ELEMENTARY SCHOOL-AGE CHILDREN

*Wake Up to SUNrise

*Draw a SUNface

*Make a SUNprint

*More SUN, Less SUN: Show
the Seasons in Handprint Trees

*Make a SUNcatcher

OLDER ELEMENTARY SCHOOL-AGE CHILDREN

*Wake up to SUNrise

*Draw a Picture of SUNrise

*Make a SUNprint

*Brew a Jar of SUNtea

*Make a SUNcatcher

TEENS

*Wake Up to SUNrise

*I Am Grateful For . . . Fill in the SUN

*Make a Rainbow SUNcatcher

*Paint SUNrocks for Good Luck Gifts

FAMILIES

*Take a SUNwalk with SUNtalk

*Brew a Jar of SUNtea

*Make a SUNoven for SUN'mores

*Make Your Own SUNdial

ADULTS

*Wake Up to SUNrise

OR

*Watch SUNrise at Stonehenge

*Follow the SUN to the Farmers' Market

*Celebrate SUNbounty with
Susan Sinclair's Flash-Baked Veggies

*Celebrate SUNbounty by Drying Fresh Herbs

*Celebrate SUNbounty by Infusing Vinegar with Herbs

*Create Your Own SUN Solstice Marker

CELEBRATING SUMMER SOLSTICE

HOW TO MAKE YOUR OWN CELEBRATION

by Kathy Sobrio

WHAT is Summer Solstice anyway? And why is it important to celebrate?

Summer Solstice is the one day in the year that has the most hours of SUN. The next page shows why the SUN shines more hours on one big day than all other days in the year. So let's talk about **WHY** it's important to celebrate the SUN on the longest day of light. Because nothing is more important than the SUN. Along with water, air and land, the SUN makes things grow and keeps us warm, and that allows humans to live our whole lives on the Earth. Without the SUN, water, air and land, we couldn't live here. So let's take a little time to show our gratitude by doing fun SUN-related activities to celebrate the SUN's life-giving benefits.

WHEN is Summer Solstice Day? June 19th OR 20th OR 21st will be the longest day of SUN. The very longest day varies a bit each year, so just pick one of those three days for your Summer Solstice celebration.

HOW can I celebrate? Why not start by thinking about the SUN. Are you grateful to the SUN for what it does? What does it do for you? You might never have thought about that before because the SUN is always there when you wake up. But being there every day doesn't make the SUN less important -- it makes it *really important*. Fill in the blanks with three benefits that *you* and your loved ones get from the SUN:

- The SUN _____
- The SUN _____
- The SUN _____

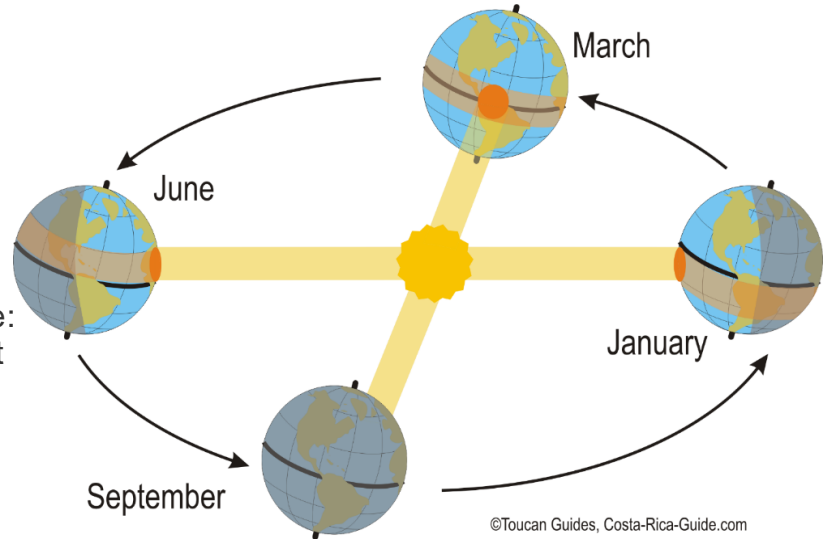
You're not alone in recognizing the SUN's gifts. As far back as we know about humans – the Stone Age people of 2½ million years ago -- they did what you just did. They noticed Nature and how it works and were grateful for its benefits. Actually they were even more aware of the SUN than we are because when farming started, they had to figure out how long the SUN shone so they could plant and grow food and harvest it. Gratitude for the SUN led people around the world to celebrate the SUN at Summer Solstice festivals.

Today is no different. The SUN gives us the same blessings. Its energy makes seeds and animals grow and gives us warmth and light. That's pretty basic and worth celebrating. So how can we celebrate? By doing SUN-related activities. This A.L.E. website gives you ideas of fun SUN-related activities you can do to act on your gratitude to the SUN. Scroll through and stop at the sections for your age group.

FIRST THINGS FIRST: WHAT MAKES “SUMMER SOLSTICE” HAPPEN?

It's astronomical. Planet Earth turns on a slightly tilted axis. That means the SUN warms the Earth for more hours in the summer and fewer hours in the winter.

That fact is true for the Northern Hemisphere where we live. But in the Southern Hemisphere, it's opposite: Our Summer is their Winter. You don't need to know why right now. Let's get on with celebrating the longest day of SUNshine.



THE SPIRITUAL MEANING OF SUMMER SOLSTICE

Spiritually, the light of the SUN is the light that shines in each living thing on Earth. On Summer Solstice day, the SUN gives us the longest hours of its powerful energy of light. Humans celebrate the longest day of SUN as the rebirth of light and the arrival of the season of new life and outdoor activities. For Summer Solstice celebration, you should plan in some personal private time to promise yourself you will release old, dark energy and re-think your life's direction and spiritual path that you are on. What is in alignment and out of alignment? Focus on the light within you that is already waiting to help you create more abundance in your life. Make promises to yourself that will help you reap abundant inner and outer harvest.

Summer Solstice Festivals usually have long tables of food, outdoor games, dancing, singing, and bonfires. But in this year of Covid and social distancing, we are providing you with SUN-related activities so that you can create your own Summer Solstice celebration. Go to the section that fits your age and life situation and find ideas for how you can celebrate.

WELCOME TO  **SUMMER SOLSTICE**
THE LONGEST DAY OF **SUNLIGHT IN THE YEAR**

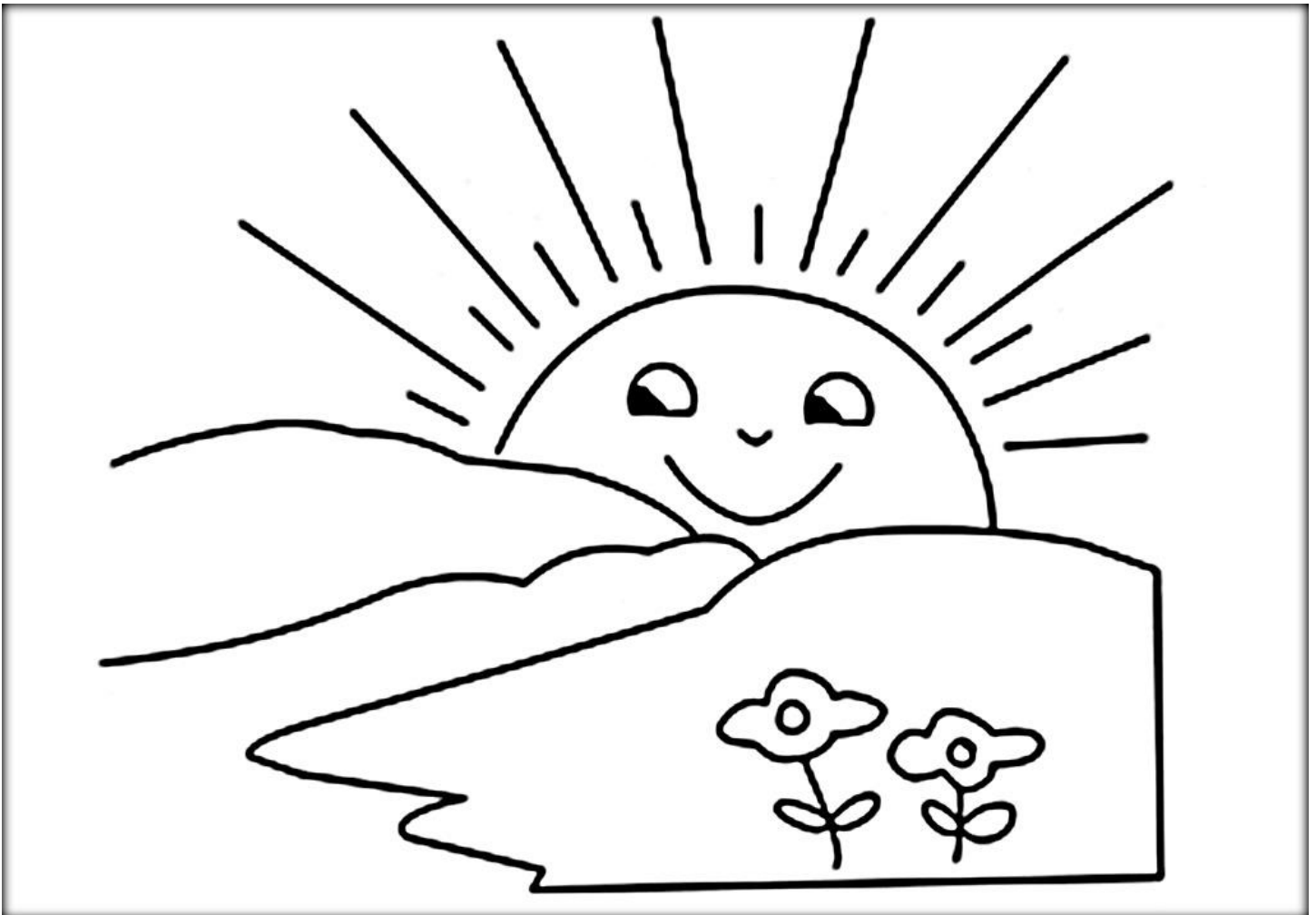
FOR PRE-SCHOOL CHILDREN

Wake Up to SUNrise

Ask your parents to wake you up about a half hour before SUNrise so that you can watch the SUN make night melt away as it rises in the East. Have your Mom or Dad make you a cup of hot chocolate. While you drink your hot chocolate, ask your Mom or Dad to open a window that faces East. As you wait for the SUN, **listen carefully**. What do you hear? (Answer: Birds chirping.) Yes, the birds start chirping to welcome the SUN every day before it rises in the East. How many different bird songs are you hearing? Keep looking and listening. Is the SUN coming up? Are the birds chirping?

Color the SUNrise

After you listen to the sounds of SUNrise, get your crayons and color this picture of SUNrise:



Now close your eyes, raise your face up to the sky and say, "Thank you, SUN, for coming every day and making us feel warm."

FOR YOUNG ELEMENTARY SCHOOL-AGE CHILDREN

Wake Up to SUNrise

Ask your parents to wake you up a half hour before SUNrise. While it's still dark outside, make yourself a cup of hot chocolate. While you drink your hot chocolate, ask your Mom or Dad to open a window that faces East. As you wait for the SUN to come up, **listen carefully**. What do you hear? (Answer: Birds chirping.) Yes, the birds get very excited just before SUN rise. They chirp and chirp. Do you think they're trying to help the SUN rise into the sky? Notice that as it rises, they keep up their singing. How many different bird songs are you hearing?

After you listen to the sounds of SUNrise, choose one or both of these fun things to do:

Draw a SUNface

Can you draw a picture of the SUN? Nobody can draw a perfect picture of the SUN because you can't see it. It is too bright and it would hurt your eyes to look at it. So don't look at the SUN. Instead, we humans draw a symbol of the SUN. We even put a human face on it -- 2 eyes and a big smile. We can call it a "SUN face". Would you like to draw a SUN face with 2 eyes and a big smile? Get out a sheet of paper and crayons or Magic Markers.

If you need help on how to draw a SUN face, ask your parent to type this into the search box on your computer: [DRAWIN GEEK -- HOW TO DRAW THE SUN STEP BY STEP](#). You can watch a video that will show you how to draw a SUN face. When you are finished, tape your picture in a place that is OK with your parents, like a wall or on the refrigerator door.

By now, the SUN is in the sky. It's time to do your next fun-with-the-SUN activity: Let's make a SUNprint. Here's how:

Make a SUNprint

Get out a sheet of construction paper – any color will do except white. Go outside and put the paper on a flat place that will be in the SUN all day. Tape down the corners in case the wind comes up in the next 2 days.

Now look around for interesting shapes in Nature – like leaves and flowers or petals of flowers, or rocks, or twigs or anything else you find that has an interesting shape. Put your Nature treasures on the paper and move them around until you think it looks interesting.

Does Mom or Dad have a sheet of plexiglass to put over the arrangement on your construction paper to make sure your treasures don't move if the wind comes up or it rains? If your Mom or Dad doesn't have plexiglass, it's OK to skip this. But if it rains, run outside with a plastic sheet to throw over it. Remember to remove the plastic sheet when the wind or rain stops.

Let your picture sit in the SUN for 2 days. After 2 days, remove your treasures from the paper and look at what you have on the construction paper. The SUN has made a picture of 2 colors! This shows the power of the SUN's rays. Hurray for you – you've made a SUNprint ! How did you get 2

colors? Now use the shapes to make new pictures. With crayons or chalk, you can add lines to each shape to draw pictures of things you think of when you look at the shape.

Now that you are familiar with the power of the SUN, think about how the SUN makes the trees change and do the next activity:

More SUN, Less SUN: Show the Seasons in Handprint Trees

Before you begin this activity, get out 4 sheets of paper, a pencil and crayons. On each sheet of paper, do a drawing of your hand and arm like this: Put your hand in the middle of the sheet of paper. Spread your fingers apart. With the pencil in your other hand, draw an outline of your hand, including all of your fingers and your arm clear down to the bottom of the page. Do this on all 4 sheets of paper.



One whole year has 4 seasons in it. The seasons are created by how long the SUN shines during the day. Sometimes the SUN shines many hours and the days are long. Other times the SUN shines only a few hours and the days are short. At Summer Solstice time, the days are the longest of the year so the SUN has more time to warm the air.

- What do we call the 2 seasons when the SUN has more time to warm the air for plants to grow? Answer: Sp_____ and Su_____.
- What color are the leaves of the trees during these two seasons? _____
- Color one of your handprint trees for each of the two warm and hot seasons. You will have pictures on two of your sheets of paper when you are finished.

When the SUN shines fewer hours each day, the air gets cool. The cool night air lets the trees know that cold weather is coming. So the trunk of the tree cuts back on delivering food to the leaves, Instead, it keeps the food stored in its trunk so it can use it during the Winter and stay alive until Spring. As a result, the leaves starve for food and begin to die. But as they die, they turn beautiful colors.

- What do we call this season of cooler weather? Au_____ or Fa_____.
- What colors do the leaves turn into? Beautiful colors like _____ and _____.
- Color one of your handprint trees the way a tree looks in the cooling-off season.

As the daytime gets shorter and shorter, the SUN has less and less time to warm the air. So the air gets colder and colder. The leaves have not had food for a long time. The food is stored in the trunk of the tree so it can stay alive through the cold winter.

- What do the leaves do when they haven't had food for a long time and the air turns cold?

- Color the last handprint tree the way a tree looks in the cold season? _____

Make a SUNcatcher



Turn a gluey mess into a beautiful SUNcatcher! Have a parent help on this:

- **Step One** Pour a generous amount of glue into a plastic lid and swish it around to cover the entire inner surface.
- **Step Two** Put one or two drops of each color of food coloring around the glue.
- **Step Three** With a toothpick, swirl the colors around in the glue. Stop swirling before the colors get too combined or the final result will be muddy and brown.
- **Step Four** Let dry. As the colors settle, they will continue to expand and create a dyed psychedelic effect. Depending on how much glue you used, the SUNcatcher will take one to three days to fully dry. You will know it's ready when the edges start to peel away from the lid.
- **Step Five** When fully dry, peel the SUNcatcher off the lid, punch a hole through the top, add a string, and hang in a sunny spot.

Here's how to make a SUNcatcher out of glue & food coloring:



After the glue dries, here's what to do



FOR OLDER ELEMENTARY SCHOOL-AGE CHILDREN

Wake Up to SUNrise

Ask your parents to wake you up a half hour before the SUN will rise in the East. It will still be dark outside but SUNrise is about to come. Make yourself a cup of hot chocolate. While you drink your hot chocolate, ask your Mom or Dad to point to a window that faces East. Open the window so you can **listen carefully**. What do you hear before the SUN rises? (Answer: The birds chirping.) Yes, the birds get very excited just before SUNrise. They chirp and chirp. Chirping is a bird's language just like talking is your own kind of language. What do you think the birds are saying in their language? (Answer: _____) Do you think they are trying to help the SUN climb up into the sky by calling it? Maybe the birds think the SUN is asleep and needs to be awakened. ☺ As it rises, what do the birds do? Does it seem like they are cheering the SUN on as if to say, "That's good, that's good. Keep on rising high into the sky!" How many different bird songs are you hearing? (Answer: _____)

After you listen to the sounds of SUNrise, you can do these fun-with-the-SUN things:

Draw a Picture of SUNrise

Can you draw a picture of SUNrise? Get out a sheet of paper and a pencil or your crayons. Draw a picture of what you saw this morning at SUNrise. If you need help, go to the computer. Ask your parent to type in DRAWIN GEEK -- HOW TO DRAW A SUNRISE -- EASY DRAWING FOR KIDS. When the computer takes you to the right page, you can choose from several choices. Watch how the artist makes hills and a SUN and other things in the picture. Do your best to copy how the artist makes the drawing. Your parent can show you how to replay the video and how to stop it along the way so that you have time to copy what the artist is doing. When you are finished, color your picture and tape it where your parent says it's OK to tape things, like a wall or door.

Now it's time to do the next fun-with-the-SUN activity: Let's make a SUNprint. Here's how:

Make a SUNprint

Get out a sheet of construction paper – any color will do except white. Go outside and put the paper on a flat place that will be in the SUN all day. Tape down the corners in case the wind comes up in the next 2 days.

Now look around for interesting shapes in Nature – like leaves and flowers or the petals of flowers, or rocks, or twigs or anything else you find that has an interesting shape. Put your Nature treasures on the paper and move them around until you think it looks interesting.

Does Mom or Dad have a sheet of plexiglass to put over the arrangement on your construction paper in case of wind or rain in the next 2 days? If your Mom or Dad doesn't have plexiglass, it's OK to skip this. But have a plastic sheet ready to put over your project to protect it. Remember to remove the plastic sheet after the wind or rain leaves.

Now let your picture sit in the SUN for 2 days. (If it rains, add more time in the SUN. After 2 days of SUN, remove your treasures from the paper and look at what you have! The SUN made a picture of 2 colors. Hurray for you – you've made a SUNprint ! How did you get 2 colors? It's the power of the

SUN's rays! Now use the shapes to make new pictures. With crayons or chalk or Magic Markers, you can add lines to each shape to draw pictures of things you think of when you look at the shape.

Brew a Jar of SUNtea

You can also see the power of the SUN by making SUNtea. Put 3 tea bags in a quart jar. Fill the jar with water. Put clear plastic wrap over the top and set the jar in a place where it's sunny all day. After a day, check the jar. You will see that the SUN has warmed the water enough to make tea flow out of the tea bags. You now have SUNtea! Remove the bags from the jar with a spoon and put the bags in the kitchen sink to drain. Put the jar of SUNtea in the refrigerator. When you want to drink your SUNtea, pour some into a glass. It's a nice taste just the way it is. Some people add a little sugar.

Make a SUNcatcher



Turn a gluey mess into a beautiful SUNcatcher:

- **Step One** Pour a generous amount of glue into a plastic lid and swish it around to cover the entire inner surface.
- **Step Two** Put one or two drops of each color of food coloring around the glue.
- **Step Three** With a toothpick, swirl the colors around in the glue. Stop swirling before the colors get too combined or the final result will be muddy and brown.
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Here's how to make a SUNcatcher out of glue & food coloring:



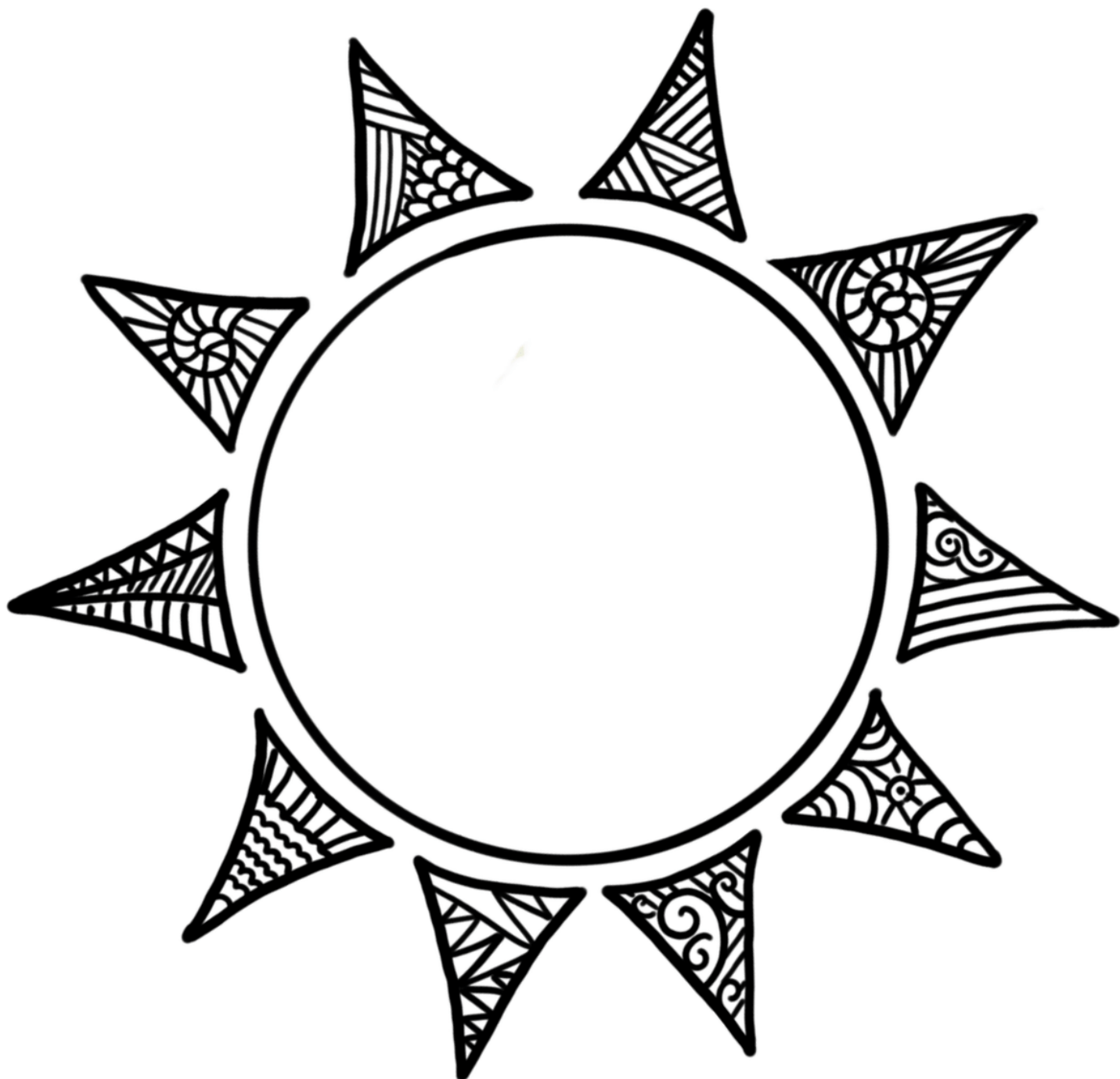
After the glue dries, here's what to do:



FOR TEENS

Why celebrate Summer Solstice Day? Today – it can be June 19th, 20th or 21st because Nature is not precise – this day is the longest day of this year. The SUN shines more hours today than any other day, so we take time to think about the SUN and be grateful for its life-giving energy. Think about how the SUN plays a big part if *your* life. Fill in the center of the SUN drawing with words that remind you of what the SUN has helped create to make your life wonderful.

I am grateful for...



Wake Up to SUNrise

Why not have a slumber party with one other friend (or more if you want). Set your alarm an hour before SUNrise so you and your friend(s) can watch the SUN rise in the East. It should still be dark outside. Use the end of night to make a cup of hot chocolate and some toast with jam. While you drink your hot chocolate and eat your toast, go to a window that faces East or go outside and sit where you can see the East. As you wait for the SUN to come up, **listen carefully**. What do you hear? Yes, birds don't wait to start chirping *at* dawn. They get very excited *just before* SUNrise. In fact, *VERY* excited! They chirp and chirp. Here are things to think about:

How many different bird songs are you hearing?

What do you think they're saying in their own bird language?

Does it seem like they're trying to help the SUN climb into the sky by calling it to keep climbing above the Eastern horizon?

Do they think the SUN is asleep and needs to be awakened? ☺

Then as the SUN rises, the birds keep singing. What do you think they are saying now?

Are they talking to the SUN? If so, what could they be saying?

After you listen to the sounds of SUNrise, you can do these fun-with-the-SUN things:

Make a Rainbow SUNcatcher



TO MAKE THIS CRAFT YOU WILL NEED:

- * Chenille stems (pipe cleaners)
- * 6 mm faceted plastic beads in red, orange, yellow, green, blue, purple
- * a cookie sheet
- * parchment paper
- * scissors
- * fishing line

String the beads onto a pipe cleaner of the same color as the beads. When the beading is complete, bend all of the pipe cleaners into an arc. Arrange the strands on a parchment paper lined cookie sheet. Make sure the strands are as close together as possible and that the beads touch in several locations.

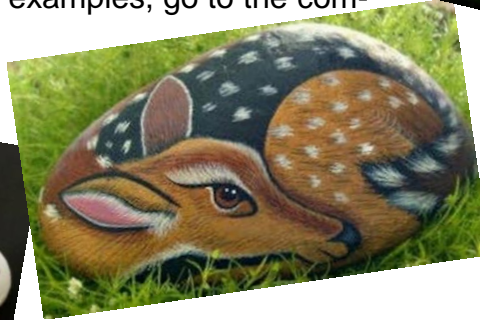
Using scissors, trim the pipe cleaner tips so the rainbow has an even edge. Place the cookie sheet into a cold oven and set it to bake at 350° for 10 minutes. While the beads are melting, they give off fumes. Run the oven fan while
(directions continued)



baking. After 10 minutes at 350°, you will notice that the beads have melted together. Turn the oven off and allow the cookie sheet to cool completely inside the oven. When cool, tie a loop of fishing line through the top of the arc and hang your rainbow in a sunny window.

Paint SUNrocks for Secret Good Luck Gifts

All you do to make SUNrocks as secret good luck gifts is to find some rocks –either round river rocks or any rock with a flat side. Buy some cheap paints and paint brushes at the hobby store or Dollar Store and whale away at decorating the rocks to leave as secret good luck gifts on doorsteps or porch steps or railings or on the side of a driveway – any place where they will be seen and cause people to smile. (Make sure you don't put one where a car will run over it or a person will trip on it.) For even more ideas than these examples, go to the computer and type in: rock art images



FOR FAMILIES

Plan a family day of SUNfilled activities

Take a SUNwalk with SUNtalk

Think about how important the SUN is to us. What does the SUN do that helps humans and all living things? Winter is a cold time, so most of Nature sleeps. But in the Spring when the SUN stays up longer each day, sleepers wake up and begin to grow. New life is born. It's happening everywhere!

So let's go on a Summer Solstice SUNwalk to discover the sights and sounds of new life. First, the sounds. Remember how quiet it is outside during the winter? Dark, cold, and quiet. But not now! Listen for the sounds of new life. All these sounds are coming from new birds and insects, thanks to the SUN's warmth more hours each day.

Have a SUNtalk with the people you are walking with. What do you hear? And what do you see? What do you smell? Point out examples of new life. Here are some ideas:

- The smell of blooming flowers
- A bee buzzing near a flower, checking to see if there's sugar it can suck out of any of the flower centers
- A butterfly fluttering its wings or resting on a flower or twig
- Leaves bigger than your hand
- A plant that is just a little taller than an ant
- A plant that is taller than your pet
- A plant that is taller than you
- Crickets chirping
- A spider sitting on its web
- A nest of baby birds
- Parent birds that are probably searching for food to take back to their babies in a nest
- Mosquitos buzzing
- A Dragonfly landing then quickly taking off

• What else? _____

• What else? _____

• What else? _____

• What else? _____

NOTE: As you walk, pick up 12 rocks that have a smooth space somewhere on the rock. You will need them to make a SUNdial when you get home.

Did somebody say "home"? Hmmmm, time to go home and brew a jar of SUNtea before you make your own SUNoven to bake SUN'mores while you make a SUNdial . . .

Brew a Jar of SUNtea

You can see the power of the SUN by making SUNtea. Put 3 tea bags in a quart jar. Fill the jar with water. Put clear plastic wrap over the top and set the jar where it's sunny all day. After a few hours, check the jar. You will see that the SUN has warmed the water enough to make tea flow out of the tea bags. You now have SUNtea! Remove the bags from the jar with a spoon and put the bags in the kitchen sink to drain. Put the jar of SUNtea in the refrigerator. When you want to enjoy your SUNtea, pour some into a glass with a few ice cubes. It tastes nice just the way it is.

Make a SUNoven for SUN'mores

A **solar oven** is a box that traps the SUN's energy to make the air inside the box hotter than the air outside the box.



You will need:

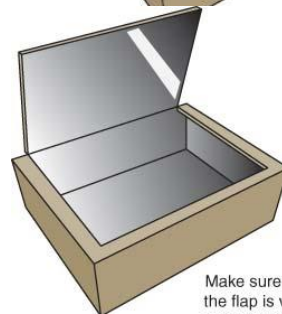
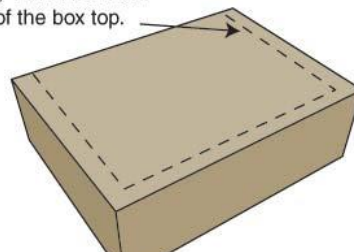
- Cardboard box with attached lid big enough to set a pie tin inside and 3" or more in height.
- Aluminum foil
- Clear plastic wrap
- Glue stick
- Tape (transparent tape, duct tape, masking tape, or whatever you have)
- Stick (about 1 foot long) to prop open reflector flap.
- Ruler or straight-edge
- Box cutter or Xacto knife (for adults only)

How to make the solar oven:

Adult must do this step: Using an Xacto knife or box cutter, cut a three-sided flap out of the top, leaving a 1-inch border around the three sides.

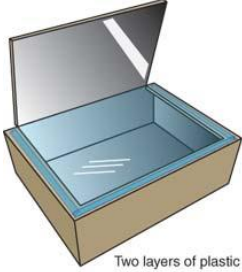
Kids can do this step: With your glue stick, spread a coat of glue all over the bottom on the inside of the box. Now cover the gluey bottom with aluminum foil and make the foil as smooth as possible so that it looks like a mirror.

Cut here, 1 inch from the edge of the box top.



Make sure the foil inside the flap is very smooth, to make it like a mirror.

Now do the same thing to the sides on the inside of the box and the underside of the lid – glue, foil, and smooth it down.



Two layers of plastic wrap over the opening will help keep heat in, while still letting all the light shine through.

Tape a layer of plastic wrap across the top of the opening. This will seal in the SUN's heat.

Test the stick you will use to prop up the lid. You might have to use tape to make the stick stay.

Now put the oven to work

Set the oven in the direct SUN on a sunny day when the outdoor temperature is at least 85 degrees. Prop the flap open to reflect the light into the box. (You will probably have to tape the prop in place.) Preheat the oven for at least 30 minutes while you make the S'mores.

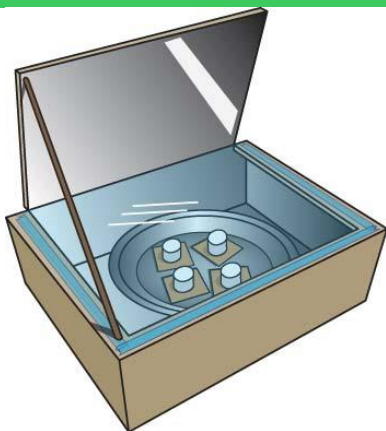
To make SUN'mores, you will need:

- Graham crackers
- Large marshmallows
- Plain chocolate bars (thin)
- Aluminum pie pan
- Napkins

Break graham crackers in half to make into squares. Place four squares in the pie pan. Place a marshmallow on each.

IMPORTANT!

Unlike most recipes, our s'mores have the marshmallow UNDER the chocolate. That's because in the solar oven it takes the marshmallow longer to melt than the chocolate.



Unseal the plastic wrap across the opening and place the pan in the preheated solar oven.

Close the oven lid tightly by re-taping the plastic wrap. Prop up the flap to reflect the SUNlight into the box.

Depending on how hot the day is and how directly the SUN shines on the oven, the marshmallows will take 30 to 60 minutes to get squishy when you poke them.

When the marshmallows are squishy, open the oven lid and place a piece of chocolate (about half the size of the graham cracker square) on top of each marshmallow. Place another graham cracker square on top of the chocolate and press down gently to squash the marshmallow.

Re-tape the plastic wrap then close the lid of the solar oven and let the SUN heat it up for a few minutes to melt the chocolate. Meanwhile, put ice cubes in a glass and pour some SUNtea. Are you ready? Snack time!!

Now that you've finished your SUN'mores and SUNtea, would you like to do one more activity to celebrate the SUN on Summer Solstice Day? Remember, you still have the 12 rocks you brought back from your SUNwalk. Keep going to the next activity for how to use those rocks . . .

Make Your Own SUNdial

SUNdials are like clocks. You can use a SUNdial to let the SUN tell you what time it is. Let's make a SUNdial out in your yard with a stick and the 12 rocks you brought home from your SUNwalk. First, get out a Magic Marker or some paint and a small brush. Draw or paint a number from 1 through 12 on each rock, like in this picture.



Now find a straight stick that is about 15" high. Find a spot in your yard where the SUN shines on the ground all day. Pound or screw the stick into the ground so it will stand up straight. Place your rocks around it, like in the picture. You are making a clock! See how the SUN shines on the stick and makes a shadow? The shadow will move as the SUN moves across the sky. So you can look at your SUNdial anytime during the day and figure out what time it is. Before you call this project done, you need to make sure the numbers on the rocks are arranged to match the real time on the clock in your house. So check the time on a clock in your house and then check where the shadow is pointing. Move the rocks so the shadow shows the right time. If you wait one hour, you will see how far the shadow moves and you can move the next rock so the shadow points to it. Then arrange the rest of the rocks the same distance as the first two rocks. (You might have to have a parent help with this.) Once your rocks are set correctly, you'll never have to move the rocks again. Your SUNdial will always show the right time.

If some of the members of your family are **older kids**, there are older-kid SUNdial ideas at <https://www.wikihow.com/Make-a-Sundial> . In the textbox under “Methods”, click on “Using a paper plate and straw” or for a teenager who is talented with carpentry tools, click on “Building an advanced SUNdial”.

FOR ADULTS

Wake Up to SUNrise

If you're a commuter, you probably won't find the idea of waking up before SUNrise very appealing. But if you don't have to get up in the wee hours to make it to work on-time, then why not set your alarm about an hour before sunrise to give yourself time to come to and make a pot of coffee and toast with jam. The hour before SUNrise actually holds surprises. For one thing, the temperature dips lower than the night temperature, as if everything about night has to dial down before day can be born. The birds feel it and know that it's time to call up the SUN. Pour a cup of coffee and fix your toast with jam, then sit facing East, open the window and listen. The chirping begins in the dark with a solo bird. Then other birds join the chorus and the chirping gets more and more excited. Judge whether the chirping tones sound like birds desperately calling the SUN to rise for another day or whether the tones are joyful at the promise of the SUN coming again for another day. Note . . .

How many different bird songs are you hearing?

What do you think the birds are saying in their own language?

Does it seem like they are trying to help the SUN climb into the sky?

Or do they think the SUN is asleep and needs to be awakened? ☺

As the SUN rises and the birds keep singing, does anything about the chirping change?

If so, what do you think they are saying now?

After you listen to the sounds of SUNrise, think about what the longer days of summer bring us, thanks to the SUN staying around longer. Think of what you eat, what you do when you're home and when you're with friends or relatives. Think about how you feel coming out of the doldrums of Winter. What are you looking forward to? Hopefully it's outdoors. We can thank the SUN for that.

OR . . . Watch SUNrise at Stonehenge

You won't get the on-scene cool air and bird song experience, but you can catch SUNrise at Stonehenge on Summer Solstice Day at <https://www.facebook.com/events/581183132524229> which should lead you to the [Summer Solstice at Stonehenge: Live! | Facebook](#) page. If you miss it, they will record it and you can watch later.



But if you'd rather see past Solstice SUNrises, type into search: **Thousands Flock to Stonehenge for Summer Solstice Celebration June 21, 2019** for a short explanation of what happens at Stonehenge's Summer Solstice SUNrise

Search: **Celebrate the summer solstice at Stonehenge - 360 Video.** This is a CNN video showing the annual crowd that gathers before SUNrise on Summer Solstice Day at Stonehenge. The video continues through SUNrise on the famous stones.

Also **English Heritage: Stonehenge | Sunrise at Summer Solstice 2019** has a nice look-see.

Follow the SUN to the Farmers' Market

In gratitude for the SUN's longer hours that make things grow, celebrate the fruits of the new season which this Summer Solstice is marking. Celebrate by getting dressed in comfy clothes, grabbing a cloth tote bag (if you have one), and walking or driving to the farmers' market or to your local grocery store, or better yet, drive into the country and stop at a fruit and vegetable stand. Nose around, consciously enjoying the beauty of Summer's veggies and fruits for sale. Buy some of the seasonal beauty. When you get home, wash your gifts to yourself, display them on a tray and set it on your dining table just for today, Summer Solstice celebration day. (Tonight you can refrigerate them.)



Celebrate SUNbounty for Dinner

Plan dinner for tonight to be a riotous conglomeration of veggies. At the farmers' market, buy some homemade bread along with your veggies. Here's how Susan Sinclair fixes a mountain of fresh veggies on a cookie sheet for dinner:

SUSAN SINCLAIR'S FLASH-BAKED VEGGIES

Pre-heat oven to 410.

Line a cookie sheet with foil.

Slice veggies, place in large mixing bowl. **My favorites:** Brussel sprouts, peppers(all colors), sweet potatoes, red potatoes, onions, garlic cloves, cauliflower, broccoli, mushrooms, cherry tomatoes, eggplant, baby carrots, any squash, and even apples!

Coat with 2-3 T olive oil and seasoning. You can use any bottled dry seasoning mix that looks appealing. (I use Silk Route—Sweet & Smoky Chargrill seasoning.) Then mix well.

Put **hard** veggies in microwave dish and cook 15-20 minutes until soft.

Place **all** veggies on cookie sheet and roast 10-15 minutes. Serve!

Celebrate SUNbounty by Drying Fresh Herbs

Buy herbs at the Farmers Market or grocery store to use all year long. Herbs with low moisture content -- like bay leaf, dill, marjoram, oregano, rosemary, summer savory and thyme -- dry best in little bundles of herbs wrapped with twine and hung upside down from a knob in your kitchen 'til they are dried. Then clip off the stems and put the herbs in an airtight container to keep for crumbling into veggies and sauces any time of the year. They will taste stronger than purchased bottles of herbs. However, in the summer do use them *fresh* in salads and sauces.

Celebrate SUNbounty by Infusing Vinegar with Herbs

A celebratory gift you can make for yourself is a bottle or jar of herb-fused vinegar. What a treat to have extra-tasty vinegar for lettuce & veggie salads.

You'll need a jar or bottle with its lid or cork. Wash and sterilize the container & lid. Use distilled white vinegar and fresh herbs. There are tricks for best taste and safe bottling, so type into your computer search box: **how to make herb-infused vinegars** and read before doing.



Create Your Own SUN Solstice Marker

This Summer Solstice celebration guide has shown all other age groups how to make a SUNdial, an outdoor clock. But that accounts for only a day. For YOU – an adult who has a bigger view of things – why not make a solstice marker that will tell you when solstice has arrived. That accounts for a whole year.

If you were at the June 20th BRUU Sunday service on Summer Solstice Day, you saw a photo of the 1,000 year old Native American solstice marker at Chaco Canyon, New Mexico and you already know the concept behind how to create your own solstice marker. (Remember the Native Americans' Sun Dagger produced on the spiral petroglyph?) But if you didn't see the Native American marker, here are some ideas from the Internet that show the same concept. Look them over and spin your own idea for your own Solstice SUN Marker, using what you have where you live. Your goal will be to capture the SUNlight shining at dawn or noon on June 19th or 20th or 21st **squarely** through an opening or cradled **exactly** in a dip or shining on top of your marker **with no shadows**. Whatever you plan for the SUN to do, it must be because the SUN is in the exact position at SUNrise or noon on this longest day of the year. (NOTE: Throughout the four seasons, the SUN does shift where it rises at dawn. So you're aiming for its position on June 20th.)

Here are a few ideas . . .

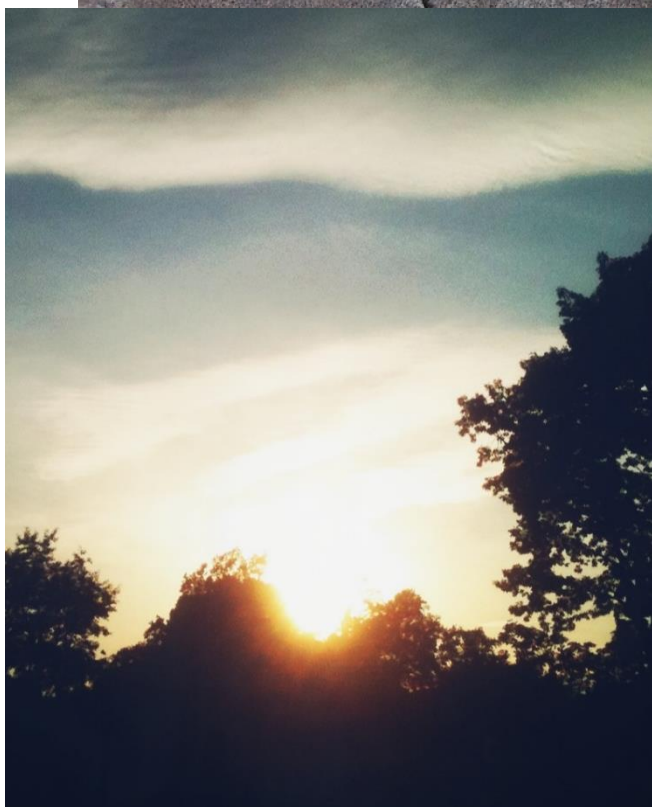
On these two solstice markers, where will the SUN shine and the shadows fall at SUNrise on Summer Solstice Day? It needs to shine straight through the circle with no shadows.



On these markers, it's all about where the shadow falls at SUNrise or noon on Summer Solstice Day or whether the SUN shines through the circle at SUNrise or SUNset or squarely on top of a rock pile.



How about placing a stick like the one at upper left next to a rock like this – with a spiral you’ve painted – so that the stick creates a shadow that cuts through the center of the spiral on Summer Solstice Day. Remember how the Sun Dagger fell on the middle of the spiral at Chaco Canyon? It’s the same idea.



See the dip in the hill and the joined wings? These shapes give you ideas for how you can adapt shapes that naturally occur in Nature to your own creative ideas of what you can use with whatever you have on-hand to build a monument that gives the SUN a dip for settling into a cradle on Summer Solstice Day. Think and create!

COOLEST SOLSTICE MARKERS EVER!

Nobody expects as much complex creativity from you as these ultimate Summer Solstice markers. But aren't they cool? You can see others and get food-for-ideas of your own by typing into your computer search box: **solstice metal sculpture images**



Please promise us . . .

If you build a Solstice Marker, would you take a photo of it and send it to the A.L.E. team at dre@bruu.org? That way we can publish our Solstice Markers & enjoy the creativity.

The Sun Has Set, It's Time to Say Goodbye

We hope you've had fun celebrating the SUN today. Now it's time to flashback the veggies you bought this morning at the farmers' market and enjoy your dinner as the SUN sets on this Summer Solstice Day.

