

May 2026

# GeoCam Connection

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## Celebrating May

**Family Month**

**Arthritis Awareness  
Month**

**Personal History  
Awareness Month**

**Global Love Day**  
*May 1*

**Star Wars Day**  
*May 4*

**Mother's Day**  
*May 10*

**International Nurses Day**  
*May 12*

**New Friends,  
Old Friends Week**  
*May 17-23*

**Rescue Dog Day**  
*May 20*

**Memorial Day**  
*May 25*

## Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

## Aid Without Borders



World Red Cross Day, observed each year on May 8, honors one of the world's largest and most enduring humanitarian networks—and the people

who keep it running when it matters most. The date marks the birthday of Henry Dunant, founder of the International Committee of the Red Cross and the first recipient of the Nobel Peace Prize.

Today, the Red Cross and Red Crescent Movement operate in nearly every country, responding to crises that range from armed conflict and natural disasters to public health emergencies and everyday community needs. In a world shaped by climate extremes, migration, and ongoing conflict, the organization's role is more relevant than ever.

In recent years, Red Cross workers and volunteers have been on the front lines of wildfires, floods, earthquakes, and hurricanes, often arriving within hours to provide shelter, food, medical care, and family reunification services. Beyond disaster response, the Red Cross plays a critical role in blood donation services, emergency preparedness training, and support for military families.

World Red Cross Day is also a reminder that humanitarian work is guided by core principles, like humanity, neutrality, and voluntary service. These principles allow Red Cross teams to work across borders and political divisions, focusing solely on human need.

This year's observance highlights the importance of local volunteers, who make up the majority of the movement's workforce. Trained community members often serve as first responders, using local knowledge to deliver aid quickly and effectively. Their efforts show that humanitarian action doesn't always start with large operations—it often begins with neighbors helping neighbors. World Red Cross Day is not just a celebration of an organization but of the shared belief that helping others, quickly and humanely, can change lives.

## Bermuda in Brief

May 22 is Bermuda Day, a celebration to encourage civic and cultural pride in Bermudian ways of life. Bermuda Day marks the unofficial beginning of summer and is celebrated with parades, a half-marathon, and plenty of music and dancing.

Bermuda Day also marks the start of Bermuda shorts season. They are the official national dress for men, worn three inches above the knee with knee socks, tasseled loafers, a jacket, and a tie. They are worn as business attire and evening wear, and are even part of Bermuda's police uniform. The shorts originated with the British Royal Navy. Soldiers working desk jobs in the tropics were issued lightweight shorts and knee socks. Civilians in Bermuda first started copying the military style in the 1920s. Unfortunately for businessmen beyond Bermuda, the shorts never caught on as business attire. But for casual occasions, like celebrating Bermuda Day, Bermuda shorts are a must.

## Savor the Snail



Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sautéed in garlic, butter, and herbs to be a delicacy.

If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance.

Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoal made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy, buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert, and join the ranks of those who have eaten escargot.

## Depending on God Alone

*I depend on God alone; I put my hope in him. He alone protects and saves me; he is my defender, and I shall never be defeated. My salvation and honor depend on God; he is my strong protector; he is my shelter. Trust in God at all times, my people. Tell him all your troubles, for he is our refuge. Psalms 62:5-12 (GNT) So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10 I saw this license plate today while stopped at a traffic light. "ITS OK". And I smiled and felt calm because it was a great reminder about life. Honestly, I'm not ok with many situations in our world. I suspect many of us feel that way. We struggle with family, finances, health and many, MANY other life issues. And we feel strong emotions when overwhelmed with heavy days. As many musicians have shared in recent years, it's ok to not be ok. Another musician puts it this way, "It's not okay but we're all gonna be alright." We're going to be all right? Really? And the truth is YES! It (life/us) is okay. IT'S OK... because in faith we remember God is with us. We have hope that God is at work even when we don't see it. You matter to God and to others. IT'S OK...because we are part of something bigger. A bigger story. Through the work of the Spirit, we are connected to an amazing force in the universe. The daily struggles we deal with aren't the whole story. You/We have a purpose that is at work in this universe. Daily, difficult struggles can't diminish your purpose in this world. You make a difference. Live that out in your daily life. IT'S OK...because as we spend time with God, we learn to view and respond differently to the daily struggles that never go away. We find our calm in God. Kind of like the world is a hurricane, but we learn to live in the center where it's calm. God calls this Peace. IT'S OK...because when we are at peace, then we are better able to change the parts of ourselves and our world that need to be changed. Peace helps us not to lash out with destructive words and behaviors when we feel upset or overwhelmed. Peace helps us to work with others to improve what can be changed. IT'S OK...because there is much that IS GOOD in our lives. One facility had a sign on the admin board that said "Every day you have two choices: To focus on what's wrong or to embrace what's right. Choose gratitude...Choose to see the beauty in the little things." God's word to us is much like the musicians' words. The close-up view is that very real, daily struggles exist. The big picture view is that we are all going to be all right. God's got us.- **Chaplain Karen Henderlong***

## The Art of Order

Henry Martyn Robert was born on May 2, 1837, and went on to build a distinguished military career, earning the rank of brigadier general in the American Army's Corps of Engineers. But where Robert really earned his fame was in the writing of the book *Robert's Rules of Order*. This pocket manual was a guide for running and organizing large meetings, especially when the involved parties didn't see eye to eye. His inspiration for the book came from his personal failure at moderating a church meeting. Robert resolved to never lead another meeting until he worked out a fair set of procedures. To this day, alumni organizations, charities, condo associations, school boards, trade unions, sports leagues, corporations, and even family reunions have relied on Robert's Rules to keep things civil.

## Game for Life



While May has earned the nickname Tennis Month, tennis has earned the nickname "the sport for a lifetime." Dr. Jack Groppe, health expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.

Tennis not only provides a vigorous physical workout but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There's only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.

## Garden to Table



Most people agree that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals into your

diet? It may be difficult to believe, but building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietitian Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers... a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way, you can enjoy a complete, farm-fresh salad from your own backyard.

## May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Here are the Georgetown & Cambridge birthdays we are celebrating this month:

### Residents

5/3 Judy B.  
5/17 Mary G.  
5/18 Phyllis D.  
5/29 Bonnie M.

### Employees

5/7 Amy J.  
5/11 Jeanie B.

## Holy Rollers

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive



cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.