

SENIORS' ROUNDUP

Local and Worldwide Items of Interest

August (1) 2024 - Issue No. 76

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Editorial:

You will have been aware of the considerable negative rhetoric around the solo performance of the New Zealand national anthem at the recent All Black v. Fiji match in San Diego, USA. This was a totally inappropriate rendition sung in operatic style (and far too slow), which reflected poorly on our country at a time when we were being featured on the international stage. Despite its critics, I would contend that there is nothing wrong with the words of the New Zealand national anthem. What is wrong however, is the manner in which it is frequently performed by soloists at international events.



Maria Kavanaugh singing the NZ national anthem at San Diego



In the sporting arena in particular, our national anthem, and indeed the national anthem of all countries should be performed with clarity, conviction, pride and a degree of gusto to inspire both the participants and the spectators. The current inclination to personalise the singing of the tune, largely I suspect, for the sole gratification of the singer, is not acceptable. This situation could be easily rectified with a return to the "good old days" when the national anthem at the majority of international events was led by a brass band. The Olympic and Commonwealth Games are a good testament to this.

A good brass band has the ability to keep up a strong beat and add to the occasion the presence and volume required to instill pride, confidence and promote willing engagement not only from the fans but also the players. For practical reasons some venues are not able to accommodate a brass band in person but the concept can still be realised with the utilisation of a quality sound system and Netball would be a good example of this.

God Defend New Zealand



The NZ Army Band performing at an outdoor event

The onus for engaging appropriate music to lead our national anthem whether solely instrumental or vocal rests squarely on the shoulders of the national body of each individual sport. In the case of San Diego, the NZRFU. In this regard it is not the first time they have fallen short of the public's expectations. Shame on them!

The provision of bands such as our own world-acclaimed NZ Army Band can also provide the bonus of widely appreciated musical entertainment during the half time break to add to the excitement and anticipation of the occasion. The failure of the authorities to engage suitable music to lead our national anthem is unacceptable. Our national sports teams frequently compete on the world stage with hundreds of thousands and in some cases millions of viewers getting a glimpse of New Zealand culture and ability. Our pride on such occasions should be overwhelmingly evident demonstrated by the singing of both the spectators and the participants. Anything less places our country in a poor light and does not do justice to our national anthem, the words of which are powerful and meaningful but only if sung convincingly to demonstrate these virtues.

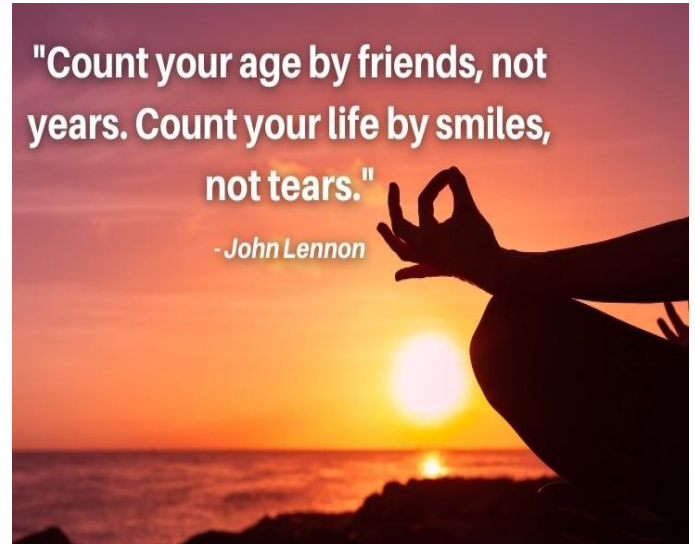
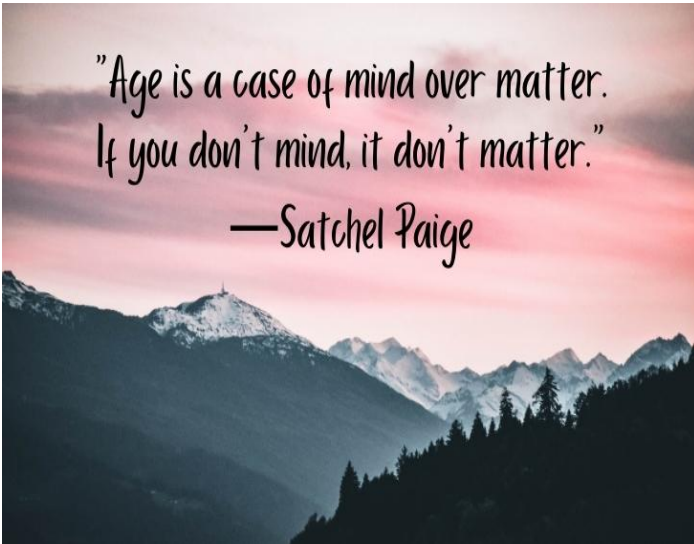
Garry Thompson - UNIVERSITY OF LIFE



"You're real old Grandpa. Tell me about the days when everyone stood for the national anthem."

Growing Older is A Blessing:

Let's accentuate the positives



Just Thought You Would Like To Know:

My father taught me about the 'birds and the bees' so well, I can't get interested if girls."

- Jimmy Durante

James Frances Durante was an American actor, singer, comedian, vaudevillian and pianist. His distinctive gravelly speech made him one of America's most familiar and popular personalities of the 1920's to the 1970s. He often referred to his nose as the *schnozzola* (Yiddish slang for the word schnoz, meaning "big nose" and the word became his moniker.



Jimmy Durante
1893-1980

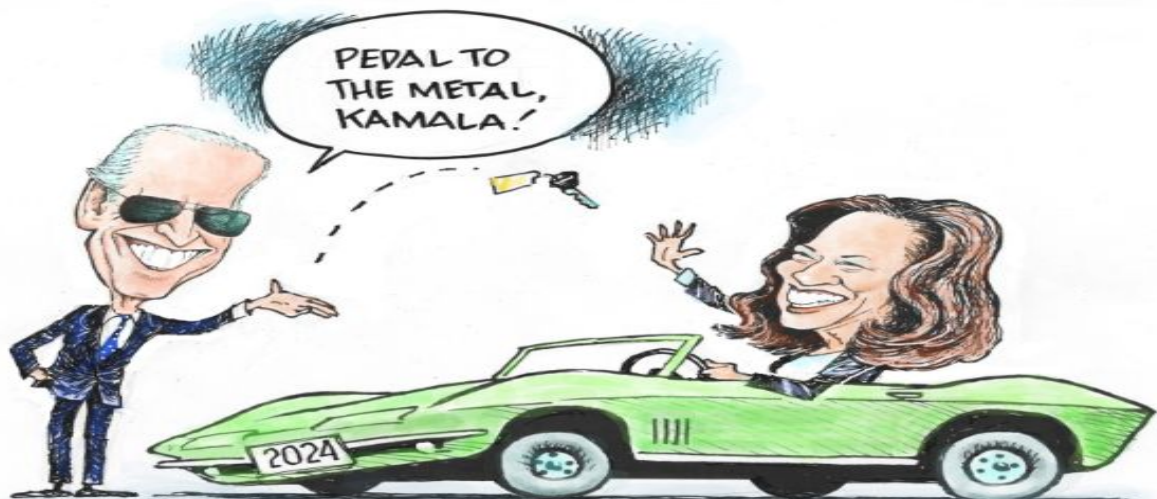
Billy T. James: A tremendous talent taken far too early

"And here is the news.
In accordance with our obligations to the minorities,
here is the news in Pakeha."

- Billy T. James
NZ Entertainer Extraordinaire
1949-1991



Window on America:



Abuse in State Care:

Another perspective (condensed)

Recently the Royal Commission of enquiry into abuse in state care released its findings in a comprehensive and damning 3000 page document.

The enquiry covered many state run institutions for youth in New Zealand including *The Kohitere Boys Training Centre*. I was an institutional social worker at Kohitere from 1967 until 1970 prior to taking up a senior staff appointment at Hamilton Teachers College.

While I have no reason to dispute the submissions made, I also have no reason to not factually relate my experience while a staff member at Kohitere. Boys aged 13 to 15 years were sent to Kohitere from all over the country but predominantly greater Auckland. With few exceptions they arrived with numerous criminal convictions. Most were recidivist and many involved physical violence. Kohitere was considered to be the last stop before Borstal.

Kohitere Boys Training Centre exhibited no elements of a "Boot Camp" during my time on staff.

I had a caseload of between 15 and 20 boys. Their absolute distrust of authority was evident from day one.

The Kohitere Training Centre was not a prison as stated by Aaron Smale in national media. There were no gates or fences and trainees were able to move around at their will subject to allocated work commitments and the normal requirements around meal times and other domestic arrangements. At Kohitere, boys had their own bed with sheets and towels changed on a regular basis which was a new experience for many. They had immediate access to medical and dental care as required and enjoyed three good meals each day. They had also access to pocket money with which they were able to purchase sweets and personal items. All boys were provided with underwear and suitable outer clothing of good quality. This was also a new experience for some. Those boys working in the Forestry and Maintenance gangs were provided with wet weather gear, leather boots and heavy warm jackets.

On admission, the trainees first went to 'Kiwi House' to enable them to go through a settling down period. As you would expect, new arrivals were often aggro and suspicious of their new environment and it was for this reason that *Kiwi House* was locked at night. They believed that it was no different to other institutions they had been in where attempts to escape and physical violence were just part of everyday life.

The Secure Block as the name suggests, was secure at all times. Trainees were placed in the Secure Block on their arrival if they had a history of violent offending, not only against authority but also against their peers. Once their behaviour was acceptable they were transferred to *Tui House* which was the main accommodation block.

Boys that displayed positive behavioural changes were given the opportunity to reside in the *The Cottages*. These were a number of stand-alone buildings each accommodating six trainees. Each boy had his own room with access to a communal bathroom and lounge. Here they were given more freedom and more responsibility.

At Kohitere I was assigned to work with the boys in the Cottages. I spent regular time with these boys building their trust and confidence and advising them in basic life skills. It was hard going preparing these boys for discharge as they had been 'behind the eight ball' for most of their lives and for many, it would take more than a relatively short period at Kohitere to turn their lives around. The theory of rehabilitation and the practical were often a long way apart.

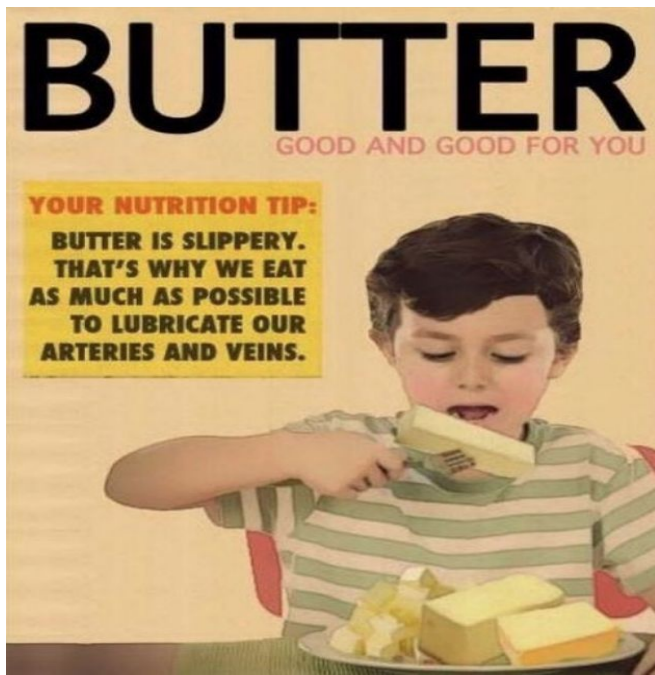


Of course there was a degree of bullying and anti-social behaviour among the trainees as you would expect in any large institution. I spent four years at boarding school which was no exception. Sometimes fights did break out between trainees which occasionally had the potential to become nasty. Discipline was exercised by the withdrawal of privileges and restricting pocket money. In extreme cases, those involved could be sent to the Secure Block for a cooling off period. Assaults against staff were rare but did happen. While I was not personally subjected to any physical violence, I was involved in confrontations that could have led to such an outcome. During my time at Kohitere I did not assault or abuse boys in any way nor did I witness or was aware of such incidents involving other staff members.

Trainees confined in the Secure Block had their rooms locked at night but had open access to a central courtyard during the day. They had unlimited access to paper, crayons, books and writing material as well as to exercise gear. They also received counselling visits from their social worker on a regular basis. Kohitere had a well equipped gym, a library and a two room school. They were encouraged to play sport but this was often problematic. Often boys were teary eyed when it came to discharge time. The tragic part about this whole situation was that we had no option but to discharge trainees back to the very environment that resulted in them having ended up at Kohitere (as acknowledged by Sir Kim Workman). It was a very difficult situation for both trainees and staff. This is my experience as a staff member at Kohitere Boys Training Centre in the late 1960s. The Training Centre was opened in 1905 to provide occupational training for delinquents. The institution closed in 1990.

Looking Back:

NB- If you can remember these times, don't worry, I won't tell anyone your age! - Ed.



In The Kitchen: Twice baked potatoes with bacon

Ingredients:

- 6 medium potatoes (about 12 ounces each)
- ¼ cup of softened butter, ½ teaspoon of salt
- ⅛ teaspoon of pepper, 2 cups of shredded cheese
- 6 bacon strips, cooked and crumbles

Directions:

- Preheat oven to 375 degrees
Scrub potatoes and pierce several times with a fork
Place on a foil lined baking tray and bake until tender
Cool slightly
- Cut a thin slice off the top of each potato; discard and slice
Scoop out the pulp leaving the shells.
In a large bowl, mash the pulp with butter, salt and pepper; stir in the cheese and bacon then spoon into the potato shells.
Return to the pan and bake until heated through for 15-20 mins.

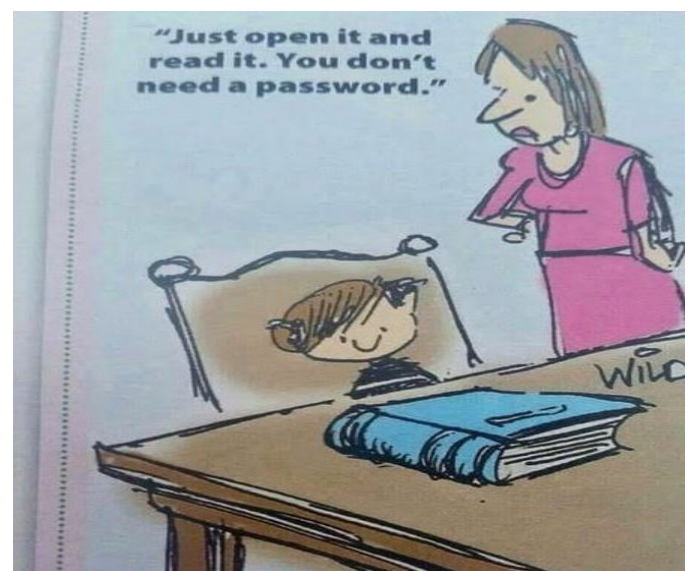


Quotable Quote:

"The only time to eat diet food is while you are waiting for the steak to cook."

- Julia Childs

As Kids See It:



Remembering Norm Hewitt:

Norm Hewitt, one of New Zealand's most distinguished All Blacks died in July of this year from motor neurone disease aged 55 years.

Norman Jason Hewitt was a big solid lad weighing in at 108 kg. He was born and raised in the Hawke's Bay and went on to play 296 first-class matches including captaincy of the Hurricanes, the Maori All Blacks, Hawkes Bay, Southland and the Wellington Lions. He played 9 tests and 14 games between 1993 and 1998.

He made his test debut as a dynamic hooker against Ireland at the 1995 World Cup but is best remembered for his legendary standoff with Richard Cockerill during the haka before a test against England in 1997.



Norm and Richard eyeballing each other during the haka

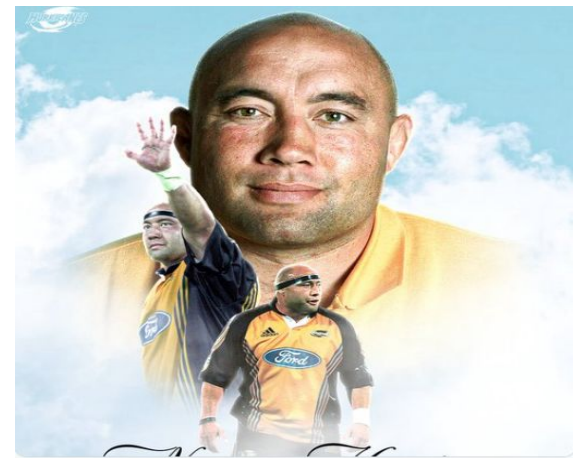
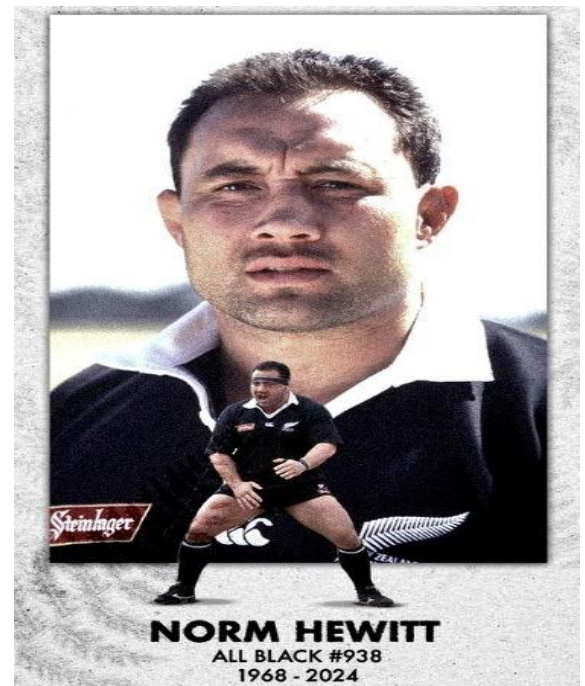
Hewitt was first selected for Hawke's Bay as a 20-year old in 1988 and played 94 times for the province until 1994, helping to defeat the 1993 Lions and the 1994 French along the way. He played for the Wellington Lions 31 times with one of his career highlights being captaincy of the Lions in the NPC title against Canterbury in 2000 where he played most of the game with a broken wrist.



Norm Hewitt leads the All Black's haka

Norm Hewitt's rugby career was not without controversy. It took a massive hit when his battle with alcohol was thrust into the limelight in 1999.. However this proved to be a life-changing moment for the big man who was able to turn his life around and became active in community work as a youth mentor and anti-violence campaigner.

All Black number 938



Hooker for the Hurricanes 1996-2001

After retiring from rugby Hewitt remained in the public spotlight, being involved in many community endeavours including public speaking and as a rugby commentator on Newstalk ZB. He working with the SPCA as an animal cruelty and anti-violence publicity officer in schools.

In 2005 Norm Hewitt with Carol-Ann Hickmore, won the first season of New Zealand's *Dancing With The Stars* during which elements of the haka were integrated into a personalised paso doble.



Norm Hewitt in Dancing With The Stars 5

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The Largest Church in The World: A monumental structure to honour religious devotion



St. Peter's Basilica, Vatican City, Rome - 15,160 Square Metres (163,181 square feet)

Nestled in the heart of Vatican City, St. Peter's Basilica stands as a testament to centuries of Christian heritage and artistic mastery. With its iconic dome dominating the skyline of Rome, this colossal church is not only the largest in the world but also a revered pilgrimage site for millions of Catholics worldwide.

The church was built between 1506 and 1626 to replace the original Old St. Peter's Basilica, which Constantine the Great commissioned in the fourth century. A monument of culture and historical significance, St. Peter's Basilica is adorned with masterpieces such as Michelangelo's Pieta and Bernini's Baldacchino. The interior spans 15,160 square metres and can host approximately 60,000 standing visitors.

Not Everyone Can Read This:

They reckon only 55 people out of 100 can!

fi yuo cna raed tihs, yuo hvae a sgrane mnid too. I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the only iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? Yaeh and I awlyas tghuhot slpeling was ipmorantt! If you can raed tihs **SHARE IT**

Life's Questions:



"Exactly how late do you intend to bloom?"



"He's happy that I'm happy that he's happy."

Every Five Seconds:



Marvels of Engineering:

'The Golden Gate Bridge'



The Golden Gate Bridge was opened in 1937 and was the longest suspension bridge at the time. The bridge soars above the deep strait connecting San Francisco Bay and the Pacific Ocean. It contains enough cable to circle the globe three times and cost \$27 million to construct.

The bridge is 2,737 m in length, has a width of 27.4 m and a height of 227.4 m. The longest span is 1.28 km. According to the latest stats, the daily traffic is 110,000 with a pay by plate system of \$8.80 per vehicle. The bridge also caters for cyclists and pedestrians.

About two hundred employees work around the clock to maintain the bridge. From the engineers, ironworkers and electricians who maintain the bridge to the painters who keep it coated in international orange, there is as much life under and around the bridge as there is moving over it.

The bridge is designed to move up to a metre laterally to withstand the straits strong winds.



Ain't Life Grand:



"Yes, I have received your paperwork. My assistance is on to it right now!"



"For heaven's sake Harold, you're trying to change channels with a bar of chocolate!"

Just Thought You May be Interested:

In my mind
i'm still 24,
but my back is 55,
my knee is 67,
and my left hip
turns 79 next week.

I went to visit a
psychic.
I knocked on her
front door and
she yelled...
"Who is it?"
So I left.

1998:
"Don't get in car with
strangers"
2008:
"Don't meet people from the
internet alone."
2019:
UBER..
Order yourself a stranger
from the internet to get into
a car with alone.

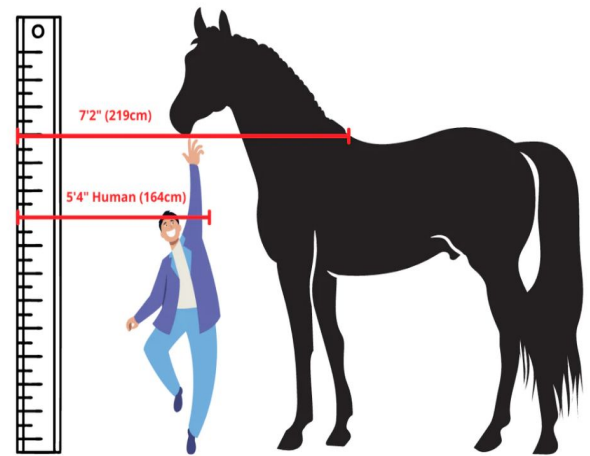
The Biggest Horse in The World:



"Sampson"

Sampson Horse Height: 21.5hh / 219cm / 7ft 2in

Sampson Horse Weight: 3,360 lbs / 1524kg



According to the Guinness Book of Records, the biggest horse in the world that ever lived was a shire horse named *Sampson*. Born in Bedfordshire, England in 1846, he reached a peak height of 21.5hh (219cm) across his wither. Sampson was later named "Mammoth the horse" due to his massive size.

Imagine being the Farrier for a horse like Sampson, you would need at least two people to pick his hooves up and his shoes would have to be custom made. Sampson died of colic at the age of twenty and was buried in a very large grave!

Quotable Quote:

Winston Churchill 1874-1965

"Don't give your son money. As far as you can afford it, give him horses.
No one ever came to grief, except honourable grief riding horses."

Did we Ever Think We would See The Day?



The Life & Times of Billy T. James: A key figure in the development of New Zealand comedy

We have all heard of Billy T. James? If not you have missed out on arguably New Zealand's most talented and versatile entertainer.

William James Te Wehi Taitoko MBE, better known by his stage name of 'Billy T James', was a New Zealand entertainer, comedian, musician and actor who took delight in taking the 'mickey' out of New Zealand society.

Billy was born on 17 January 1949 in Cambridge where he did his early schooling. He went to Whangarei Boys High School in 1962 and at the end of 1965 he left to take up an apprenticeship in the printing trade.

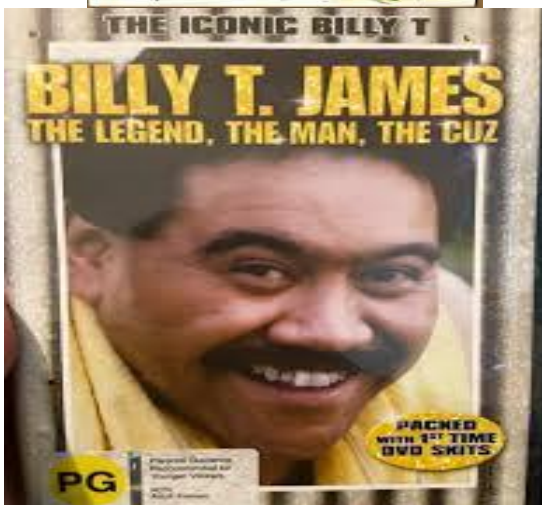
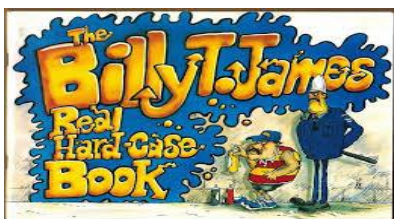
In 1973 he teamed up with the Maori Volcanics entertainment group and toured Europe, America, United Kingdom and Australia. He then went solo in New Zealand and Australia with his own show which included skits, impressions and cabaret singing. His career really took off in 1977 when he was discovered by television producer Tom Parkinson. The TV series *Radio Times* followed in 1980 which served to showcase Billy's wide ranging talents.



The 'Billy T James Show' came on to our screens in 1981 with sketches that included a number of well known New Zealand personalities including Annie Whittle, Laurie Dee and Peter Rowley. This was the series that introduced characters and parodies which are still fondly remembered by many today. Some of his most memorable lines were. "If it wasn't for the pakehas, you'd be the same colour as me". And "I'm half Maori and half Scottish, one half wants to get drunk and the other half doesn't want to pay for it." His catchphrases "Yeah, right!" and "Aw, no" are still used by many New Zealanders. In our current PC world, there is not another actor that could get away with the many inferences in the jokes and sketches of Billy T James.

It was at this time that Billy introduced New Zealand to the black shorts, black singlet and yellow towel ensemble and the 'Maori giggle' that would become his trademark. The Billy T James show ended in 1986 with TVNZ citing rising production costs but Billy was never short of work. He featured in a number of films, produced two cartoon books and loaned his voice to several children's productions.

Unfortunately Billy's health started to deteriorate and in 1989 he required a heart transplant. Despite further performances following his surgery, his condition continued to worsen and he died of a heart attack in August 1991.



Billy T James was uniquely New Zealand and during his career he received a number of awards and accolades in recognition of his achievements. In 1985 he was inducted into the New Zealand Music Hall of Fame, and in 1987, he was awarded the New Zealand Order of Merit for his services to entertainment. He also won a number of television awards including the TVNZ New Zealand Television Awards for Best Comedy Performance in 1984, the Most Popular New Zealand Talent in 1986 and from the New Zealand Variety Artists Club For Outstanding Achievement.

As a entertainer, Billy T James was a trailblazer in his music career. He quickly became a household name in the industry known for his clever comedic style and his catchy infectious melodies. He was a passionate philanthropist and supported many charities advocating for the rights of Maori people. He was an icon in the music industry and an inspirational figure to many.

His legacy will live on for many generations to come.

'Beware Of The Dog' Signs:



Creative owners post warnings!



Remembering Hurricane 'Katrina':

Massive storm surges sent torrents of water over the levees along the Mississippi River. More than 150 levees and floodwalls in and around New Orleans fell during Hurricane Katrina flooding 80 percent of the city. The devastation caused by the extensive flooding was in part blamed on the U.S. Army Corps of Engineers who had not yet completed a major overhaul of the levees.

29 August 2005



Although thousands were evacuated, around 100,000 remained in the city. Flooding of up to a depth of 15 feet caused numerous power outages. As many as 1,550 people lost their lives due to the hurricane, mostly due to drowning.

The Life Of a Dog:



1. One pigeon shooting disaster

The 1900 Paris Olympics marked the first and last time **live animals were included in an Olympic event**. Competitors could participate in competitive live pigeon shooting. The event was quite grisly, with nearly 300 birds killed overall. The gold medalist, Leon de Lunden from Belgium, alone killed 21 birds.



2. Just one event initially

The inception of the Olympic Games in 776 BC in Olympia, Greece, was a humble beginning, featuring only a single event: **a footrace**. This singular competition laid the foundation for what would become a global phenomenon, showcasing the spirit of competition and excellence. The simplicity of the first Games contrasts sharply with the vast array of events in the modern Olympics.

3. Exclusive at first

In ancient Greece, the Olympics were an exclusive affair, with only **freeborn Greek men** allowed to participate. This exclusion extended to women, who could not compete or even attend the Games, highlighting the gender norms and societal structures of the time. It's fascinating to see how the Olympics have evolved to become inclusive, celebrating athletes' prowess regardless of gender.

4. The modern revival

The revival of the Olympics in 1896, thanks to the efforts of Baron Pierre de Coubertin, marked a pivotal moment in sports history. Held in Athens, Greece, this event rekindled the ancient spirit of Olympism and set the stage for the global celebration of athleticism and unity we know today. The **resurrection of the Games** bridged the ancient and modern worlds, bringing to life Coubertin's vision of fostering peace and camaraderie through sports.

5. Symbolism of the Olympic Rings

The iconic Olympic Rings, symbolizing the five continents united by the spirit of Olympism, offer a powerful visual representation of global unity. Designed in 1913 by Baron Pierre de Coubertin, the rings' colors, including blue, yellow, black, green, and red, against a white background, ensure that **every nation's flag contains at least one of these colors**. This emblem transcends cultural and linguistic barriers, embodying the essence of the Olympic movement.

How's Your Memory?



HOW MANY OF YOU REMEMBER THIS???



Are You One Of Those Who Remember?



What Are These?



Being Grandad:



Quotable Quote:

"Great minds discuss ideas; average minds discuss events; small minds discuss people.

- Anon

Just Thought You May Like to Know:



On average, a Panda feeds for approximately 12 hours per day.

This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"

It took
"Click it or Ticket"
to get people to
wear a seatbelt.

I wonder if
"Mask it or Casket"
might work?

Facts About The Titanic That Are Often Overlooked: RMS Titanic sank on 15 April 1912

The sinking of the Titanic claimed the lives of more than 1,500 people and remains one of the worst maritime disasters in history.

The Titanic lies in 3,841 metres underwater and is approximately 600 kms off Newfoundland, Canada. The ship broke in two, and the gap between the bow and the stern is over 600 metres.

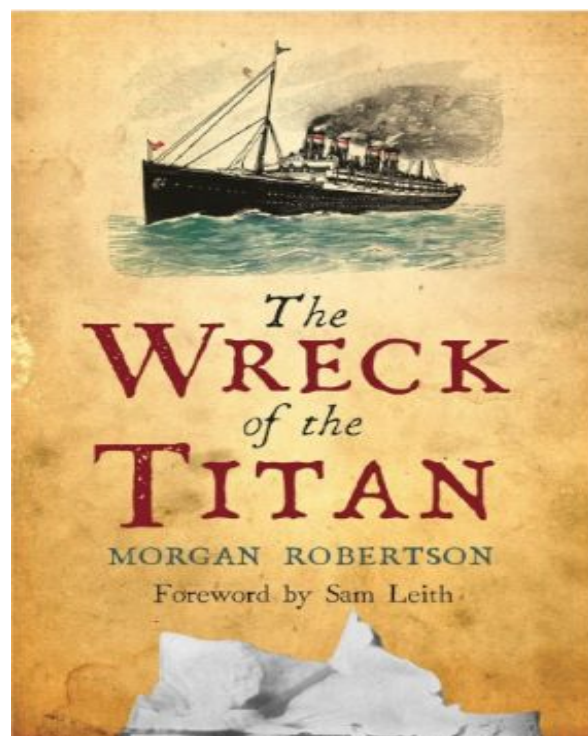
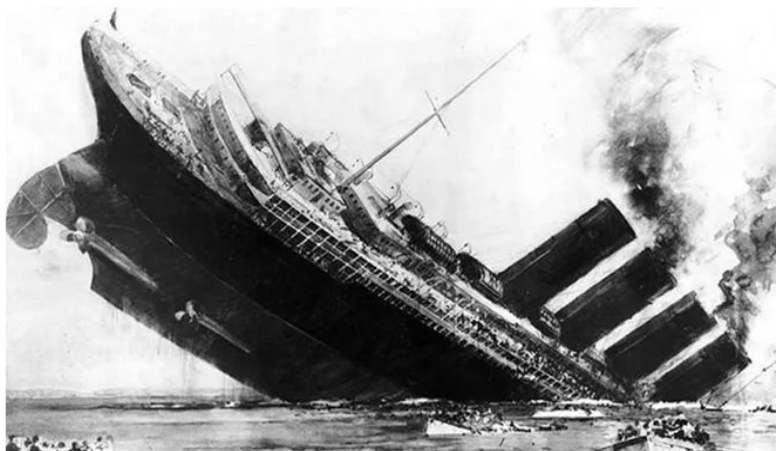
Milton Hershey (the man who invented the famed Hershey's chocolate bar) paid \$300 to reserve a stateroom on the RMS Titanic but as a result of business commitment, he and his wife missed the trip.

Only three of the four funnels on the Titanic worked. The four funnels were merely used for show and ventilation purposes but certainly added a more majestic image to the ship.

We know that the ship was short of lifeboats. They were supposed to have had 64 but only carried 20!

The Titanic only took 2 hours and 40 minutes to sink. In the movie it took 3 hours and 14 minutes!

When the ship sank was only 2 degrees Celsius so many people in the water didn't drown but froze to death.



The true story of the Titanic is far more fascinating and complex than we have been led to believe. From the design and construction of the ship to the everyday lives of the passengers and crew on board, there are countless surprising facts that have often been overlooked.

The Titanic was known to have a fatal flaw, suffered not only from water flow between the compartments but also from 'brittle fracture' as a result of cold temperatures, high sulphur content and speed. As a result, the steel hull and rivets of the ship were damaged causing the ship to sink 24 times faster than expected. The National Institute of Standards and Technology suggests that if the Titanic had hit the iceberg head-on instead of scraping it along the starboard side, the ship would likely have stayed afloat.

The Daily Mail's coverage of the Titanic sinking falsely claimed that no lives had been lost and the Belfast Telegraph claimed "no danger of loss of life" but later realized the extent of their error with a retraction.

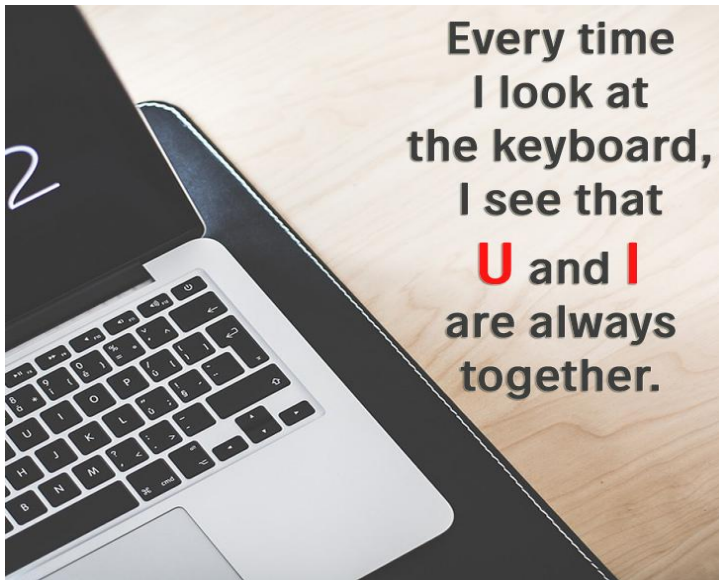
More than a decade before the Titanic's sinking the book *The Wreck of The Titan* was written by Morgan Robertson depicting a similar tragedy. The name of the ship *Titan* bore a striking resemblance to the actual *Titanic* and was also proclaimed to be unsinkable. The book also describes the ship as colliding with an iceberg despite being written fourteen years before it took place.

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*The
Tragedy
of
The
Titanic*



Just Thought You Would Like To Know:



Every time
I look at
the keyboard,
I see that
U and **I**
are always
together.



Boy:
My father's name
is **LAUGHING**
and my mother's name
is **SMILING**.

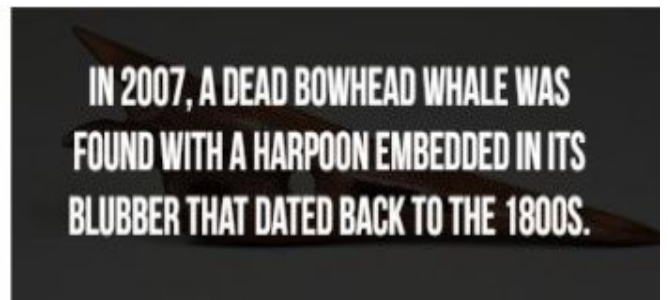
Teacher:
You must be
KIDDING!

Boy:
No, that's my brother.
I'm **JOKING...**

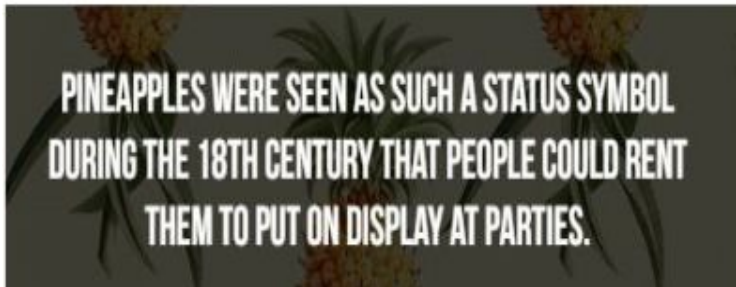
From Our Historical Facts File:



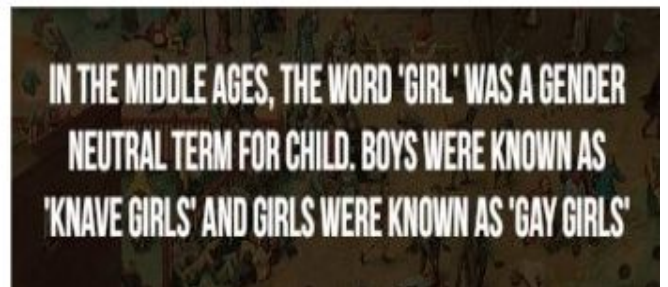
ON APRIL 18TH, 1930, THE BBC ANNOUNCED
THAT THERE WAS NO NEWS ON THAT DAY, SO
THEY PLAYED PIANO MUSIC ON AIR INSTEAD.



IN 2007, A DEAD BOWHEAD WHALE WAS
FOUND WITH A HARPOON EMBEDDED IN ITS
BLUBBER THAT DATED BACK TO THE 1800S.



PINEAPPLES WERE SEEN AS SUCH A STATUS SYMBOL
DURING THE 18TH CENTURY THAT PEOPLE COULD RENT
THEM TO PUT ON DISPLAY AT PARTIES.



IN THE MIDDLE AGES, THE WORD 'GIRL' WAS A GENDER
NEUTRAL TERM FOR CHILD. BOYS WERE KNOWN AS
'KNAVE GIRLS' AND GIRLS WERE KNOWN AS 'GAY GIRLS'

Quotable Quote:

"The Prince of Denmark"

"I wish to thank my parents for making it possible...
and I wish to thank my children for making it necessary."

- Victor Borge
1909-2000



Telling It How It Is:



"I need love and companionship. I was going to get a dog,
but you're already house trained."



"Technically, I'm not really married.
During the ceremony, I said 'eye dew'."

Something To Think About:



One of the Best Places to Retire in The World:

Greece

With its warm climate, stunning landscapes and rich historical background, Greece is a magnet for retirees.

The cost of living is notably lower than in many western countries, especially when it comes to housing and daily expenses. Greece offers a laid-back lifestyle conducive to relaxation and leisure with access to excellent healthcare particularly in urban areas.

Safety and security -

Greece is generally considered to be safe for residents and visitors. Petty crime like pickpocketing can occur in tourist areas but violent crime rates are relatively low.

Although natural hazards such as earthquakes are present, expats should take standard precautions to protect personal belongings and stay informed.

If you follow local advice you should be OK.



Healthcare, Quality and Accessibility -

Greece offers a mix of public and private health care systems. The public health care system is also accessible to expats who contribute to the social security system providing a range of services at low cost. The private sector, although more expensive, provide a higher standard of care and shorter waiting time. Most healthcare professionals speak good English.

Travel Tales:

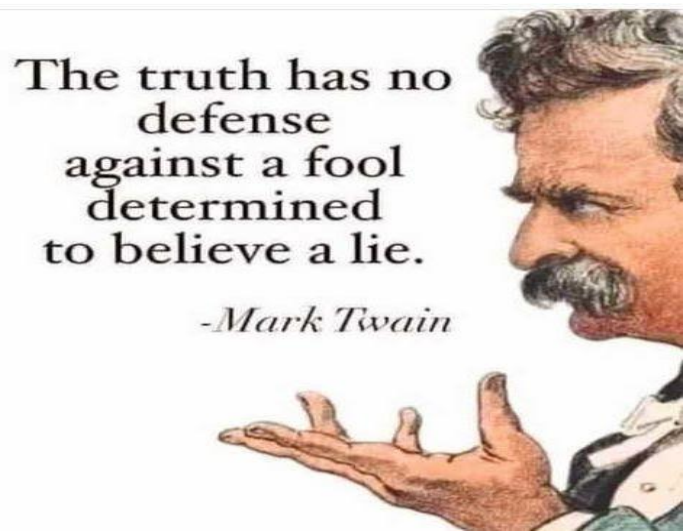
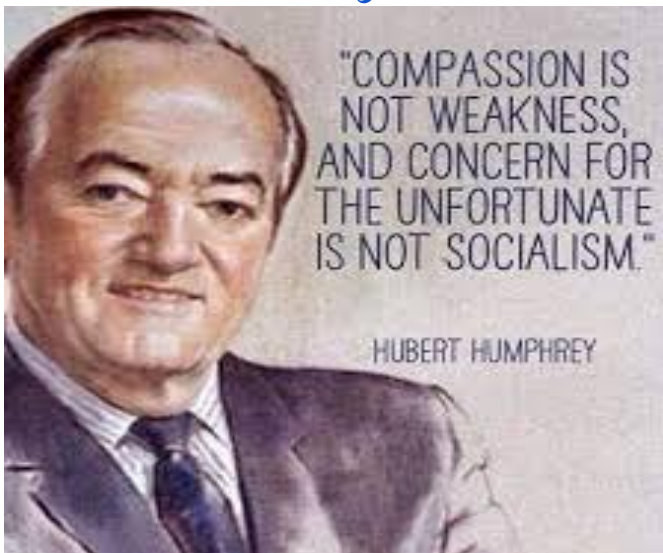


"Sleep tight, don't let the bedbugs bite!"



"Comfy?"

Some Sound Thinking Here:



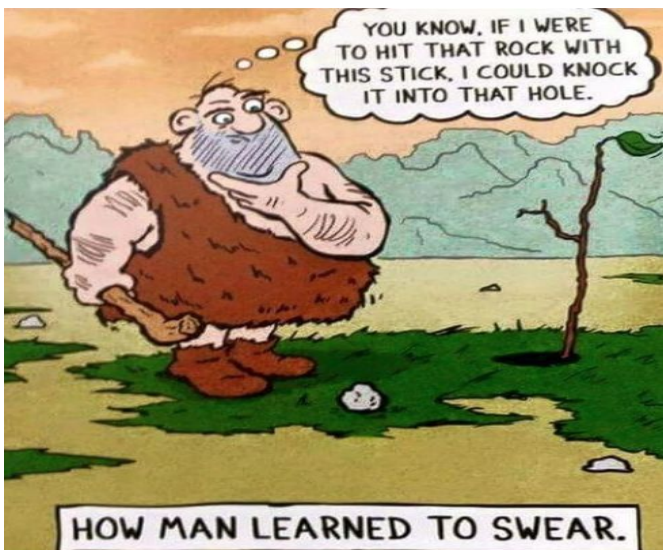
Things My Mother Taught Me:



Everything that happens makes you grow -
Whatever happens, hold onto hope. Learn from everything and don't be afraid to make the same mistake twice, three times or as many times as necessary. Whatever you do, don't give up trying. We have always held hope to the belief that there is a better world beyond the horizon. Learn from yesterday, live for today!

Breathe in the future, breathe out the past -
No matter where you are or what you are going through, remember that there is light at the end of the tunnel. Never expect, assume or demand anything - Just do your best. Control what you can and let go of what you can't. Past is experience, the present is experimental and the future is expectation.

The Beginning and The End of Golf:



History of The Moascar Rugby Cup:

The Moascar Cup is the oldest and most prestigious nationwide trophy in First XV rugby.

The cup dates back to the end of World War One, when British, New Zealand and Australian soldiers camped at Moascar in Ismailia, Egypt and formed the Ismailia Rugby Union as they waited for ships to take them home.

There were ten divisions of troops, six British, three Australian and one New Zealand division waiting in Ismailia for transport home. The authorities thought playing sport and in particular rugby would be a good way to fill in time. A group of officers got together and went to Cairo in search if a suitable trophy. They located a sterling silver cup stamped with "Made in London, 1904" and named it the *Moascar Cup*.

Moascar was thought to be the name of a village in Egypt but it is, in fact Arabic for "camp".

In order to make the trophy something special they mounted it on the centre part of the propeller of a German plane which was shot down in Palestine.

A secondary school trophy



Later on the Moascar "Camp" (Cup) was put up against a South African team, but was won by the New Zealand Mounted Rifle Brigade who in fact won eight of its nine games and drew one.

On getting back to New Zealand there was no consensus as what they should do with the cup and ended up giving it to the New Zealand Rugby Union. It was suggested that the cup be played for within the secondary school system as School Boy Rugby had taken a dive as a result of the war. The first game was played in 1921 between Christchurch BHS and Palmerston North BHS at Athletic Park in Wellington as they had been the winners of lead up tournaments in the North Island and the South Island. The current holders of the cup are Southland BHS who notched up their first successful defence of the Moascar Cup with a 17-13 victory Over King's High School from Dunedin. The holders of the Moascar Cup at the start of any calendar year have to schedule a minimum of seven challenge matches for that year all being home games.



THEY SAID IT WAS A GAME FOR ALL SHAPES AND SIZES!



Garry Thompson - UNIVERSITY OF LIFE

REMEMBER, IT'S NOT WHETHER YOU WIN OR LOSE, IT'S HOW MANY LIKES YOUR PARENTS GET ON THEIR FACEBOOK PAGE.



Quotable Quote:

"Rugby by has always been a game for all shapes and sizes. You have the superstars and the fast guys who score the tries, but you also need the workhorses and the people who play all the other roles. Unless they all work together as a team then it will really affect performance."

- Warren Gatland

In The Kitchen:

Mouth Watering Melting Potatoes

Ingredients -

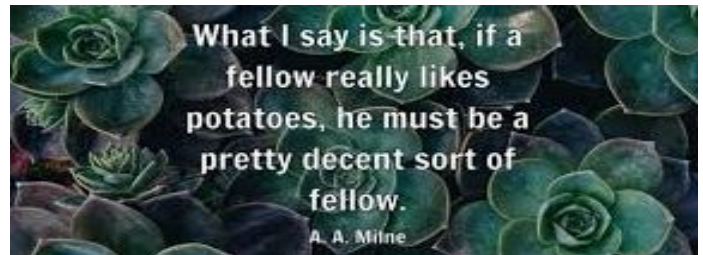
- 1 kilo of gold potatoes
- 2 tbsp butter melted
- 2 tbsp olive oil
- 2 tbsp fresh chopped rosemary
- ¾ tbsp salt
- ¼ tsp pepper
- 1 cup low-sodium chicken broth
- 2 garlic cloves, finely minced

Directions -

1. Preheat the oven to 500 F or 260 degrees C
2. Cut the potatoes to 1 inch thick slices, place in a medium bowl and pour in the olive oil, melted butter and rosemary.
3. Season with salt and pepper, toss evenly until all are combined
4. Lay the potatoes flat, in a single layer 23X33 metal baking dish. Use two dishes if necessary
5. Bake until the bottom of each potato is golden Brown. Should take about 15 minutes.
6. Remove the dish from the oven and flip each potato, then bake for another 15 minutes until the other side is golden brown



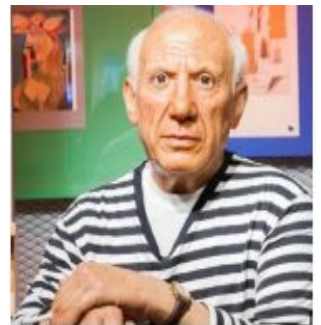
7. Remove the dish from the oven once again and pour in the chicken broth sprinkling with garlic. Return to the oven and bake until the potatoes are tender, and the stock slightly reduced About 15 minutes.
8. Serve warm with extra sauce drizzled on top. Yum!



Quotable Quote:

"The chief enemy of creativity is good sense."

- Pablo Picasso
1881-1973



Let The Games Begin!



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