

SENIORS' ROUNDUP

Local and Worldwide Items of Interest

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Editorial: Language and manners of yesteryear

What's in a word? Well quite a lot actually. Generational changes continue to influence attitudes and interpretation of the language we speak.

"What's a wash house'? The younger generation (or generations) may ask. "Is it a special type of house for houses, cars, clothes or yourself to be washed in?" Of course there was no such confusion for us when we were young as what we now term as the "laundry" was widely referred to as the "wash house" and as the dictionary says, "An outhouse or room where clothes are washed".

Changes in terminology over the years also apply to a number of other important aspects of domestication.

"Lavatory" or "lav" has been replaced with the modern and generally accepted reference of "toilet" or "loo"

Much of our language in daily use is generational. A good example of this is the term "Hi" which is the constant greeting for most of us especially when emailing and messaging. While many would argue that "Hi" promotes a warm and friendly connotation, I personally prefer and frequently say "G'day" or "Hello" as I feel these words have more depth and in many cases more sincerity than "Hi".

"Have a nice day" is another phrase in common use that you seldom heard in years gone by. While I appreciate the sentiment behind the words, its utterance, especially in the retail sector often sounds more like a recording than a personal wish for fulfilment.

From my personal experience, in some situations more importance seems to be placed on "Have a nice day" than a good old fashioned "Thank you!". To be fair, a combination of them both would be the most desirable. As my dear old Mum used to say, "Good manners don't cost anything". Call me "old fashioned" if you like, but I believe this adage still holds good today.



"I bought a dictionary so I will never be at a loss for words."



Am I on my own here, or do others of my generation share my annoyance at a distinct lack of basic table manners displayed by many wait staff at restaurants and cafes? My Mum would have given me a good slap if I had reached across the table in front of others without saying "Excuse me". This basic politeness appears to have escaped the majority of wait staff who frequently deliver food and drink across the front of other diners without any acknowledgement whatsoever. It is difficult to accept this has evolved as a generational development as many older wait staff are also at fault in this regard. Of course, as we all know, food and beverages should be served from behind or to the left of the customer for well established sound reasons.

Many of us senior males will hold the door open for a female and let her proceed first as a matter of course. Sadly this act of chivalry is not recognised, understood or even appreciated by many of the feminine gender. In an age where sex equality is so important, gentlemanly gestures towards women still have a place and are not 'old fashioned' as some would have us believe. Many of the fairer sex can be as equally impressed by male gestures of caring and kindness as they can from receiving flowers and gifts. Naturally most women will expect both as a precursor to a lasting relationship! Some may well ask "what's in a word?" Quite a lot actually coupled with the tone and manner of delivery.

Garry Thompson - UNIVERSITY OF LIFE



"Of course I've got plenty of manners. I just choose not to use them!"



Library Poem

by Julia Donaldson

Everyone is welcome to walk through the door.
It really doesn't matter if you're rich or poor.
There are books in boxes and books on shelves.
They're free for you to borrow, so help yourselves.

Come and meet your heroes, old and new,
From William the Conqueror to Winnie the Pooh.
You can look into the Mirror or read The Times,
Or bring along a toddler to chant some rhymes.

The librarian's a friend who loves to lend,
So see if there's a book that she can recommend.
Read that book, and if you're bitten
You can borrow all the other ones the author's written.

Are you into battles or biography?
Are you keen on gerbils or geography?
Gardening or ghosts? Sharks or science fiction?
There's something here for everyone, whatever your addiction.

There are students revising, deep in concentration,
And school kids doing projects, finding inspiration.
Over in the corner there's a table with seating,
So come along and join in the Book Club meeting.

Yes, come to the library! Browse and borrow,
And help make sure it'll still be here tomorrow.



Due to the cuts there's been a change in our terms and conditions...
Now YOU have to lend US the books.



"You don't have any books do you?"



"The only thing that you absolutely have to know, is the location of the library."

ALBERT EINSTEIN



Tenzing Norgay 1914-1980

This mountaineer Nepal-Indian Sherpa rose to prominence when he completed the seemingly impossible feat of climbing Mount Everest in 1953. Norgay and Edmund Hillary became the first two persons to stand atop Everest, a feat which stunned the world. Tenzing's extensive mountain knowledge and climbing experience were the key to the Hillary-Tenzing expedition's success. Norgay's incredible feat not only earned him recognition worldwide but also established the Sherpa's image as qualified and fearless high-altitude climbers. He remained active in climbing and campaigned for mountain safety until his death.



Ignaz Semmelweis 1818-1865 -

This is the man who invented hand washing! Ignaz Semmelweis, a 19th-century Hungarian doctor transformed hygiene practices with a simple yet life-saving discovery. Ignaz worked in a Vienna maternity unit plagued by childbirth fatalities. He became concerned that something was being transferred through doctor's hands. He enforced hand-washing with chlorinated lime solution, which seemed extreme at the time but as a result, the death rate fell dramatically. Despite the significant outcomes, his theories encountered opposition from the medical establishment with his findings only recognised decades later. Today he is recognised as a hygiene pioneer of evidence based medicine.

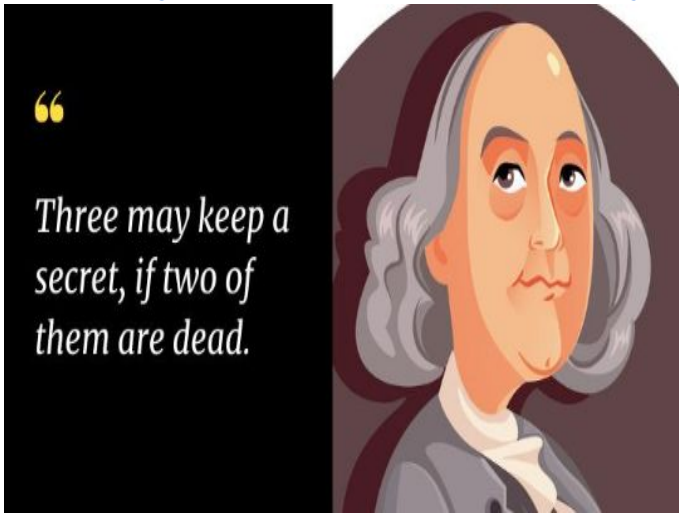
The Humour of Albert Einstein

“ Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.



Then and Now...





Two Very Effective Homemade Drain Cleaners: When plungers are not always that effective



Baking soda and salt -
 Baking soda is known to be effective in unclogging a sink when mixed with salt.
 Mix ½ cup of baking soda and salt in a container and pour the mixture down the drain.
 Let the mixture sit for about an hour. If the drain is in a bad way, leave the mixture overnight.
 Now pour boiling water down the drain. When hot water comes into contact with the salt and soda mixture it creates an aggressive reaction which will unclog almost all difficult blockages.

Baking soda and vinegar -
 Using this mixture is an easy and effective method to clear both kitchen and bathroom drains.
 Mix ⅓ cup of baking soda with ⅓ cup of vinegar in a measuring cup.
 Pour it down the drain immediately as it will start to fizz instantly.
 Plug the drain and let the mixture sit for about an hour. Now unplug the drain and pour boiling water down to flush the mixture and blockage material.
 Keep pouring water until the drain is clear.

Reliving The Day:



The Life And Times of Sir Tim Wallis:

When the Spitfire Tim Wallis was piloting crashed at Wanaka airport in 1996, the accident was reported around the world. This New Zealand legend in the fields of aviation, deer farming and the business world was suddenly fighting for his life.

Timothy William Wallis was born in Greymouth on the West Coast of New Zealand. Following his high school education and a period of compulsory military training, he spent two terms as a medical student at the University of Canterbury.

Tim Wallis pioneered live deer recovery in the South Island and had commercial hunting rights in Fiordland National Park in the 1960s and 1970s.

A multi-millionaire, Tim Wallis was the man behind the hugely successful Warbirds Over Wanaka air pageant. He had a passion for collecting and restoring vintage fighter planes and was instrumental in setting up the Alpine Fighter Collection and Museum to commemorate New Zealand fighter pilots.



Sir Tim Wallis 1938-2023

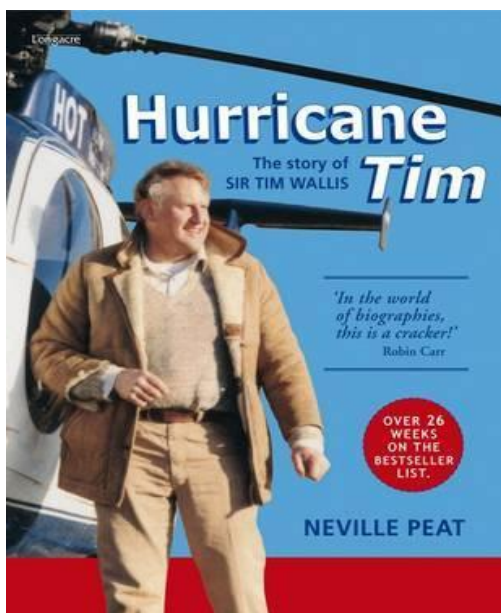
In 1980, he purchased a North American P-151D Mustang and along with an aircraft engineer friend completely rebuilt the aircraft to a flight standard in 1984.. This plane delighted crowds at various New Zealand air shows during the next twenty years. Although the Mustang continued to give Tim considerable enjoyment, his dream of one day owning a Spitfire that he could fly was never far from his thoughts.

In 1987, Tim decided to hold an airshow at Wanaka and was persuaded that it should be over Easter rather than the summer months. The airshow was a great success and the event in 1990 saw 28,000 people attending. In 1989 he purchased a Mk1 Spitfire from England which became the centrepiece of all future air shows.



Tim Walls flying his most prized possession

In 1968 he broke his back in a helicopter crash near Queenstown and doctors told him that he may never walk again.. He did but in the 1996 Spitfire crash he was given just a slim chance of survival. But survive he did! He learned to speak and walk again continuing his avid interest in aviation.



Over the years more vintage planes were purchased and restored. In 2000 more than 100,000 people witnessed the most talked about moment ever seen at an airshow when five F-16's, three 1-153s and a Hawker Hurricane thrilled the crowds.

Sir Tim Wallis died peacefully in his sleep in 2023 with his favourite helicopter parked outside the window. He was 85 years of age.

Predictions That Came True:



The idea of organ transplants was envisaged in the 1960s -

Robert Boyle (the father of modern chemistry) was born in 1627 and kept a journal recording his a 'wish list' for the future. He imagined all the advances that humanity would make in the decades and centuries to come. One of his entries stated that science would one day be able to cure all diseases by transplant. While we haven't cured all diseases, transplants are a reality. The first major transplant happened in 1954, almost 300 years after Boyle wrote about it in his journal.



Wi-Fi and mobile phones were predicted way back in 1909 -

Nikola Tesla, a talented engineer and inventor suggested in 1909 that there will come a time when people will actually be able to walk around with phones in their pockets. This was 90 years before the invention of Wifi and almost 60 years before the world had seen the first cellular phone. Tesla said that it would soon be possible for individuals to transmit wireless messages all over the world.

Ronald Reagan on Government:

"We don't have inflation because the people are living too well. We have inflation because the government is living too well."
—Ronald Reagan



Cats Have Parties Too!



WHAT IS A

TEACHER?

A WALKER, A TALKER, A CORRIDOR STALKER
A LEADER, DIRECTOR & TACTFUL CORRECTOR
A ROLE-MODEL, TUTOR, A WHIZ WITH COMPUTER
A NATURAL PERSUADER, A DAILY FIRST-AIDER
A READER, A WRITER, REPORTS ALL-NIGHTER
A PRINTER, PROTECTOR, A PROBLEM DEFLECTOR
A MARKER, A SETTER, A SENDER OF LETTER
A NATURAL ORATOR, A KNOWN CONFISCATOR
A DIVIDER, DECIDER, A SPARE PEN PROVIDER
A CUTTER, A STICKER, A FAIR-MINDED PICKER
A DEBATER, RELATER & SMILE REINSTATER
A PAIRER, A CARER, A LESSON PREPARER
A DEFENDER, A LENDER, A BROKER & MENDER
A CREATOR, INVENTOR, INSPIRING MENTOR
A SMILER, A FILER, A STAY BACK A WHILER
A PARENT REMINDER, LOST PROPERTY FINDER
A KEEN FINDER-OUTER, & SOMETIMES A SHOUTER
A DESCRIBER, REVISER, A TRIP ORGANISER
A THINKER, A WINKER, A COVERED IN INKER
AN ON YOUR SIDER & STAFF-ROOM RESIDER...

That's what makes a teacher



"This year, I have six girls named Selfie, Four boys named Wi-Fi and twins named Hashtag and Siri."



"It's not called 'cheating'. It's called 'leveraging my potential!'"



"Will you be leaving my paycheck on my desk or mailing it directly to my home?"

Definition:

TEACHING -

A profession that only allows you to say about 10% of what you really want to say out loud.



Vice-Admiral Horatio Nelson:

Trafalgar Day - October 21st

Trafalgar Day marks the day on which Britain triumphed in the Battle of Trafalgar in 1805. This historic marine conflict was fought off the Cape of Trafalgar, off shore from Cadiz, Spain, with forces from Spain and France clashing with Britain.

The Battle of Trafalgar made Lord Horatio Nelson one of Britain's most famous war heroes. As Admiral in the Navy, he led the British fleet to victory. During that era warships were built from wood, powered by sails and armed with cannons along both sides.

Nelson first joined the Navy at the age of twelve and experienced many adventures at sea during his lifetime. He ended up being wounded with only one arm and blind in one eye. This did not deter him however from moving up the ranks and eventually becoming an Admiral. He was highly thought of by his troops as he took great care of them and in return they showed him great loyalty.

Leading up to the battle, there was considerable unrest in Britain as an invasion from France led by Napoleon Bonaparte was thought to be imminent.

At this stage, Napoleon had conquered much of Europe and the general consensus was that Britain would be next on the list. Initially, four of Nelson's frigates were used as bait for the Spanish and French. They sailed off the Cadiz harbour just out of reach of the shore cannons while the main attack force was held back 50 miles away and out of sight. Nelson had reinforced his fleet to full strength unlike the French who were suffering a severe shortage of both men and supplies. As time went on, Nelson was also forced to send a number of ships back to Britain for supplies which gave the French a window of opportunity to attack the English. The British fleet advanced in two lines to meet the French and Spanish fleets who had set sail from Cadiz.



Admiral Horatio Nelson 1758-1805

Nelson was on board the *Victory* which was the leading ship and being directly in the line of fire, took a bullet in his back from a French sniper. He was taken below deck for treatment where he later died.

His last words to Captain Hardy of the *Victory* have been recorded in history but remain the subject of controversy. The dispute is between whether it was "Kiss me, Hardy" or "Kismet Hardy" which means 'fate' or destiny'.



The Spanish fleet also lost their Admiral some months later due to injuries he suffered during the battle. When the news reached British shores, everyone strived to find a connection with the Navy to share in the national victory.



Garry Thompson - UNIVERSITY OF LIFE



A Guide to Detoxing From Screen Addiction:

In today's technologically connected world, screens seem to dominate our lives. It started with the children, but is fast becoming something that we all share. From smartphones and tablets to computers and televisions, screens are ever present, dominating our work, leisure and even our personal interactions. While technology undoubtedly brings numerous benefits, its excessive use can lead to screen addiction, impacting our physical health, mental well-being and social relationships. Let's look at two significant issues resulting from screen addiction which impact on our daily lives.

Physical health -

Excessive screen time is linked to several physical health issues. One of the most common problems is **eye strain**, often referred to as "digital eye strain" or computer vision syndrome. Symptoms include dry eyes, headaches, and blurred vision. Prolonged screen use can also lead to poor posture resulting on **neck, shoulder and back pain**.

Spending too much time on screens often leads to a sedentary lifestyle, contributing to **obesity and related health issues** like cardiovascular disease and diabetes.

Mental health -

The impact of screens also extends to mental health. Numerous studies have found a correlation between heavy screen use and **increased levels of anxiety and depression**. The constant influx of information and the pressure to stay connected can be overwhelming leading to **mental fatigue and burnout**. Social media in particular can contribute to feelings of inadequacy and loneliness as users often compare themselves to the idealized lives portrayed on line.



Ain't Life Grand?



A Sad Reflection on Our Society:

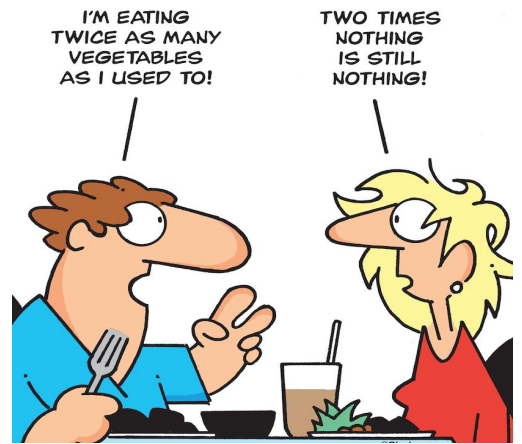


RED CABBAGE BENEFITS

- 1 BOOSTS THE IMMUNE SYSTEM**
Vitamin C content boosts immunity
- 2 FIGHTS INFLAMMATION & ARTHRITIS**
Phytonutrients fight inflammation, which in turn combats arthritis
- 3 AIDS HEALTHY BONES & REDUCES OSTEOPOROSIS RISK**
Vitamin K content helps maintain bone calcium, which reduces risk for osteoporosis
- 4 COMBATS CHRONIC DISEASE**
The anthocyanins & antioxidants can fight inflammation, free radicals and chronic disease
- 5 PROMOTES A HEALTHY GUT**
By fermenting it into kimchi, it provides gut-promoting probiotics



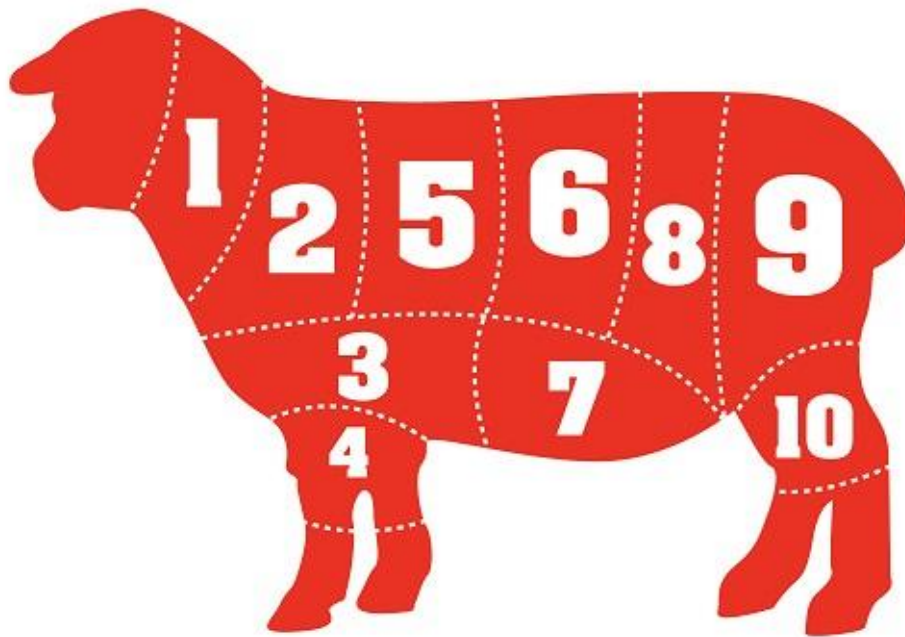
"My favourite vegetable is pudding. I didn't know it was a vegetable until I saw it in the salad bar."



"Snow White was poisoned by an apple, Jack found a giant in his beanstalk and look what happened to Alice when she ate the mushroom!" And you wonder why I won't eat fruit and vegetables?!"

Ingredients for a great red cabbage coleslaw





Lamb Cuts

OUR BEST PRODUCTS

- 1 • Neck
- 2 • Shoulder
- 3 • Breast
- 4 • Shank
- 5 • Rib
- 6 • Loin
- 7 • Flank
- 8 • Sirloin
- 9 • Leg
- 10 • Shank

Lamb Shanks -

Lamb shanks are rich in flavour even if they are not very large. Many chefs recommend the classic French technique of braising with a mirepoix and red wine in order to make a hearty and tasty dish. A mirepoix is a mix of diced vegetables such as celery, onion and carrots, cooked gently for a long period of time to make a savory base for a dish.

Lamb Belly -

Similar to pork belly, lamb belly contains a lot of flavourful fat, but the majority of people don't realise what they can do with it. Lamb belly can be used as substitute for pork belly in many recipes. Some chefs like the whole belly and roll it up like a pancetta, which is then grilled whole or cut crosswise to make medallions which can then be roasted or grilled to make tender.

Lamb Neck -

If you like making stews or sausages, try using lamb neck. This cut is comprised of a few small muscles with great texture surrounded by hard fat. The fat is full of flavour and absorbs the seasoning that you pair with it instead of melting away like port fat would.

Lamb Breast -

Lamb breast is a value cut that is often underused as it has quite a lot of fat and can be tough if cooked incorrectly. Treat it the same as you would pork belly and you can't go wrong. You can cook lamb breast in an air fryer to produce a juicy and tender lamb roast. Season with rosemary and thyme and air fry to tender pink and perfection.

Yippee! It's playtime Again!



If I Had to Live My Life Over Again:

- * I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.
- * I would have burned the candle sculptured like a rose before it melted in storage.
- * I would have talked less and listened more.
- * I would have invited friends over to dinner even if the carpet was stained or the sofa faded.
- * I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.
- * I would have taken the time to listen to my grandfather ramble about his youth.
- * I would have shared more of the responsibility carried by my husband.
- * I would never have insisted that the car windows be wound up on summer day because my hair had just been teased and sprayed.
- * I would have sat on the lawn despite the grass stains.
- * I would have cried and laughed less while watching television and more while watching life.
- * I would never have bought anything just because it was practical, wouldn't show marks or would last a lifetime.
- * Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realised that the wonderment growing inside me was the only chance in life to assist God with a miracle.
- * When my kids kissed me impetuously, I would never had said, "Later. Now go and get washed up for dinner." There would have been more "I love you's" and more "I'm sorry's."
- * But mostly, given another shot at life, I would seize every minute, look at it and really see it. . .live it and never give it back.
- * **STOP SWEATING THE SMALL STUFF !!!**
- * Don't worry about who doesn't like you, who has more, or who's doing what.
- * Instead, let's cherish the relationships we have

with those who do love us.

By Erma Bombeck



Historical Photos That Are Portraits of The Past:



Percy Hodge, a British hurdler demonstrates obstacle jumping while carrying a bottle and glass on a tray in 1920.



Marie and Pierre Curie, physicists and Nobel prize winner, shortly after their wedding in France in 1895.

Cleaning Jewellery at Home:

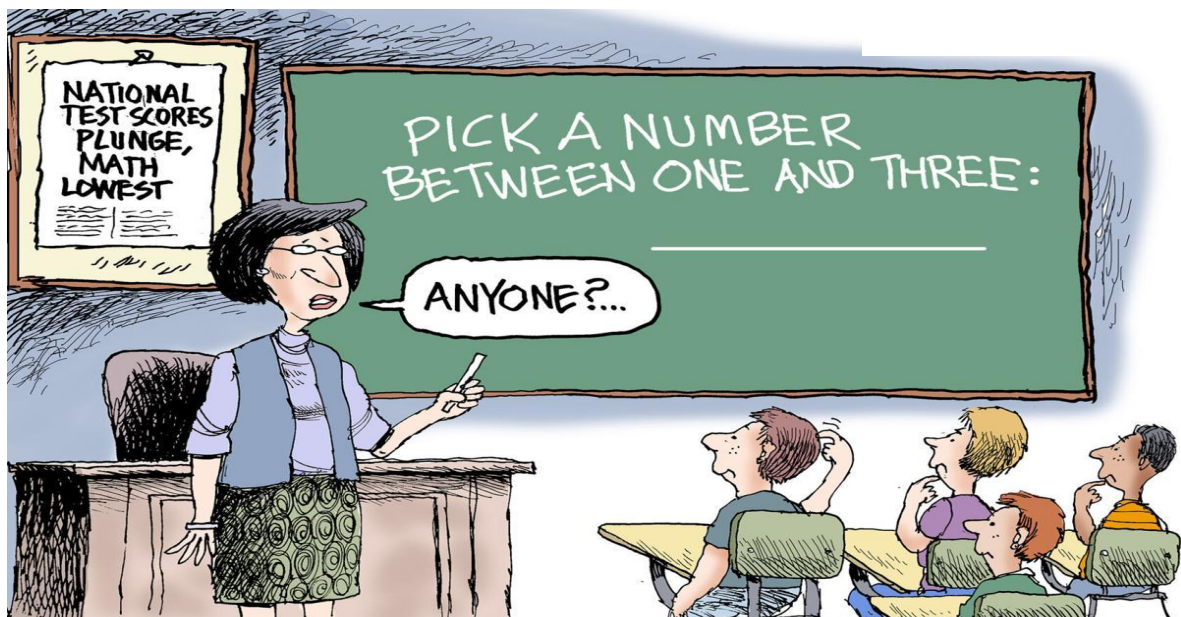


Toothpaste isn't just for cleaning your teeth! You will need old style pastes not gel with the cheaper versions of top brands working just as well. Use a soft cloth smeared in paste to wipe the jewellery and then use a soft-bristled brush to clean the crevices and all the nooks and crannies. Rinse the items in warm water and dry with a soft cloth.



Tomato sauce works well when used to shine tarnished silver because the natural acid in tomatoes is a great metallic cleaning agent. Simply dunk the item in a bowl of sauce for 3-4 minutes then take off any excess with your hands before polishing with a soft cloth. A cheap and effective way to clean brassware and silverware.

Window on Education in New Zealand:



Just Being Grandad:



The Most Unusual Border Crossings in The World:



Poland - Ukraine

A giant fish created by Polish artist Jaroslaw Koziara marks the border between Poland and Ukraine. Half is in one country and half in the other



Belgium - Netherlands

Imagine being able to enter a cafe in the Netherlands and exit in Belgium. In this cafe you can as shown above.

Why You Should Never Rinse Your Dishes:

Rinse the plates, pop them in the dishwasher, press start, and repeat. Washing dishes is one of the most monotonous chores that we have all had to do many times. Mostly we never give it a second thought. However, as it turns out, we have been carrying out this routine completely wrong - you're not supposed to pre-rinse your dishes before placing them in the machine.



Researchers tell us that it is actually more beneficial to not rinse your dishes before placing them in the dishwasher. Modern dishwashers have sensors inside of them to figure out how long the cycle should run. If you press "normal" on the panel, the length and temperature of the cycle can vary depending how dirty the sensors detect the dishes to be.



Some dishwashers get rid of the gunk with an internal filter. If your dishwasher is a newer model, which runs quietly, it probably has a filter which needs to be cleaned regularly to function properly. Too much solid residue during a wash can slow things down so it is important to keep scraping off the excess food.

Navy Ships of The World:

The old old and the new

The nuclear-powered Gerald R. Ford-class aircraft carrier is the largest combat-ready warship in the world. The ship is named after the 38th President of the United States, Gerald Ford, whose World War II naval service included combat duty aboard the aircraft carrier Monterey in the Pacific Theatre.

The ship was commissioned by President Donald Trump in July 2017 and is the largest warship ever constructed. The Gerald R. Ford is 333 metres in length, has a beam of 78 metres and a displacement of 100,000 tons.

She is powered by two nuclear reactors and can reach speeds in excess of 30 knots. The ship has a range of 25 years before the need to undergo a mid-life refuel.

The USS Gerald R. Ford carries a crew of 4,539 which includes the ship's operational crew, the air wing and general staff. During her last deployment of 239 days, she sailed more than 83,478 nautical miles during which time her chefs prepared 3.1 million meals including the ship's favourite, 70,000 chocolate chip biscuits.



The 'Kommuna' a Russian salvage ship -

This submarine salvage ship was built in 1913 and is the oldest naval ship still in service anywhere in the world. Raising stricken Russian submarines from the seabed is the purpose of this century-old ship which makes up part of the Russian Navy's Black Sea Fleet. The Kommuna is actually a double-hulled catamaran type ship. She has raised everything from submarines to torpedo boats and even crashed aircraft during the course of two world wars.

During her 90 years of service the Kommuna has proved invaluable to the Russian Navy. The ship participated in the Siege of Leningrad when she raised four tanks, two tractors and 31 vehicles from Lake Ladoga where they had fallen through the ice. The 111 year old vessel is the oldest active warship in the world with a front line role. She underwent a complete refit in 1999.

Wise Chinese Proverbs to Ponder:

"DRIPPING WATER
CAN PIERCE
A STONE"

"A JOURNEY OF A
THOUSAND MILES BEGINS
WITH A SINGLE STEP"

Dí shuǐ chuán shí-

This proverb represents perseverance and the belief that even small continuous efforts may yield big results over time. Just as tiny water droplets may gradually wear down a rock, constant effort, no matter how modest, can conquer insurmountable obstacles. The proverb advises patience and effort to achieve your goals.

Qián lí zhí xíng, shí yú zú xiá -

Don't be intimidated by insurmountable goals. This proverb reminds us that even the most ambitious dreams can be achieved by chipping away at them bit by bit as with a stone wall that might be blocking your path. Break down large goals and celebrate each accomplishment. Every success is important.

The Value or Otherwise of AI:

90-Year-Old Quadruplet Sisters :



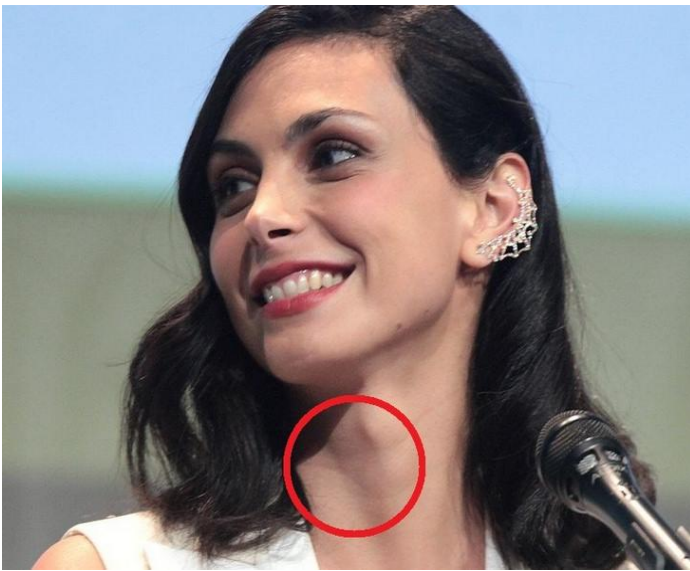
On 30 May 2024, a Facebook page posted a photo claiming to show four elderly women posing with a birthday cake. According to the the post's caption, the women were quadruplets celebrating their 90th birthday. The caption read "We are quadruplets, today we turned 90, we are waiting for congratulations from you."

The post received more than 512,000 reactions and 92,000 comments. Many commentators wrote congratulatory messages, suggesting they believed the image to be real. However, the truth is that a person used one or more artificial intelligence tools to create the image. **The women, the cake and the room were all fake.**

Quotable Quote:

"THE POTENTIAL BENEFITS OF
ARTIFICIAL INTELLIGENCE
ARE HUGE, SO ARE THE
DANGERS." -DAVE WATERS

From Our World Fact File:



Women do have Adam's Apples -

An Adam's apple isn't an organ, but a protrusion of the cartilage surrounding and protecting our larynx. It is present in all humans but more pronounced in males. It is thought that the name comes from a mistranslation of a Hebrew phrase meaning "a man's swollen lump" as Adam can mean both the Biblical first man or any man. The words "apple" and "swelling" are written the same way in Hebrew.



There's a Penguin in the Norwegian Royal Guard -

The penguin, brigadier Sir Nils Olav III, actually resides in the Edinburgh Zoo in Scotland and is a knight of the Order of St. Olav as authorised by King Harald V of Norway. This king penguin is the third in a proud line to serve in the Norwegian army. Nils Olav was first adopted by the Norwegian military in 1972 and every consequent Nil Olav carries the rank and insignia of the one that predated him.

The Thought Provoking Quotes of Dame Agatha Christie:



”

*The young people think
the old people are fools -
but the old people know
the young people are
fools.*

AGATHA CHRISTIE



”

*Instinct is a
marvelous thing.
It can neither be
explained nor
ignored.*

AGATHA CHRISTIE

Our World Today:



Now, Here's a Story For You:

A dietician was addressing a large meeting at a retirement village in Auckland.

Talking about various food, she said, "The material that we put into our stomachs is enough to have killed most of us sitting here years ago. Red meat is awful. Vegetables can be disastrous and none of us think about the germs in our drinking water!"

At this stage she paused dramatically and gave the retirees a long and hard look.

"However" she continued, "There is one food that is the most risky of all - and we all eat it. Can anyone one here tell me what is the food I am referring to?"

A hand shot up from the back of the room.

"Yes, you sir, in the back row, please give us your idea."

The man lowered his head, wiped away a tear and said "Wedding cake".



In The Kitchen:

Simple ways to open a stubborn jar lid



Use hot water -

Most jar lids are made from metal which expands when exposed to heat. You can either heat up the jar by submerging it lid-down into the sink (or bowl) with hot water. Alternatively, hold the jar horizontally under running hot water, rotating the jar to warm up the entire lid. Then dry the jar and lid and try opening again. Avoid submerging the whole jar in hot water as the glass could break. Handle the hot jar carefully to prevent burns by direct contact.

Use a towel for extra traction -

It can sometimes be difficult to open a jar because you are unable to have sufficient grip. For the best grip make sure the jar is dry with no oily or sticky residue and that your hands are dry. To enhance traction use a towel, rubber gloves, or even a rubber band. Wrap the towel or rubber band around the jar and try to open it that way. Sometimes persistence wins!

At The Doctors:

