

SENIORS' ROUNDUP

Local and Worldwide Items of Interest

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Editorial:

We are all equal before the law but some may be more equal than others

Just what does "all equal before the law" mean?

The phrase 'equality before the law' is often used in relation to the rule of law and is generally accepted as, 'the law should apply to all people equally regardless of their status in society - rich, poor, young or old, regardless of their gender, race, culture, religion, or any other attribute'.

When looking at specific outcomes resulting from sentences handed down by the Courts and the rationale behind these decisions, it would appear that we have in New Zealand many discrepancies.. Of course, mitigating circumstances will always be factored in but to what extent in relation to the offending?

In March this year it was reported in the news that a person had been convicted and fined for obstructing a Police Officer.

The High Court subsequently allowed an appeal against the decision despite the appeal being opposed by the Police.

The mainstay of the defendant's argument was that he should be discharged without conviction because of "the effect a conviction would have on his 'mana' in the community". Of course, many of us would probably say that he should have thought about likely repercussions before offending, but the thing that really gets to me is that the Appeal Judge took into account "the effect a conviction would have on his mana in the community".

Could such reasoning not apply to all who break the law? What sort of precedent will this set? Could not all persons charged with an offence reasonably claim that a conviction would affect their mana in the community?

Why not?

The Appeal Judge said in his summing up "A discharge without conviction can serve to restore or prevent the loss of the defendant's mana".

The TeAka Maori Dictionary gives the definition of 'mana' as - **"Mana - (verb) prestige, authority, control, power, influence, status, spiritual power, charisma - mana is a supernatural force in a person place or object. The more prestigious the event, a person or object, the more it is surrounded by tapu and mana"**.

- In simple English terms we would interpret mana as 'standing', 'reputation', 'status' and even 'rank'.

We often hear of similar reasoning by the Court when a person of perceived standing in the community or a prominent sports person appears before them. That the sentence imposed has taken into account the effect of prison time or whatever punishment the offence warrants will be detrimental to the offender's ability to live life to the full as before or inhibit their employment or future employment.

"No man is above the law and no man is below it."

- Theodore Roosevelt



Such consideration by the Courts also tends to come into play when considering name suppression. Would or do the Courts apply the same consideration to all persons convicted of an offence or once again, is it just for the entitled few? For those who do not have 'mana in the community' in the eyes of the Court, the process appears pretty straight forward as indicated in that old adage -

"do the crime, do the time'.

Isn't this what crime and punishment is all about? The fear of consequences is a mighty deterrent to most of us and the law-abiding public rightly expect that all offenders will be dealt with in a level handed way in relation to the laws of the land.

"Every citizen should be entitled to the same treatment. Every citizen should have the same rights, no matter how famous they are or what their station in life is in our community."

**- Brooke van Velden
Minister of Internal Affairs
March 2024**

This situation brings to mind another old adage - *"What is good for the goose, is good for the gander."*

Are we all equal under the law?
It would appear not!

Garry Thompson - UNIVERSITY OF LIFE

Useless Products Many of Us Buy: We have all fallen victim to marketing ploys



Chicken stock -

Cooking takes time and energy and companies that produce and sell packaged chicken or beef stock are banking on your laziness. Most store-bought stocks actually taste nothing like the real thing and are pumped full of MSG and preservatives. The best and most flavoursome stock is made from the chicken breast. Aromatics can be achieved by the addition of carrot, onion, celery and potato to your own personal taste. The results are worth the effort.



Bottled water -

Why would you pay for stuff that you can get for free? Marketing companies that sell bottled water have promoted the vague promise that it has superior quality and health benefits. The truth is that most bottled water comes from the same source as your tap water and actually undergoes a less stringent screening for contamination than what comes from your tap.

Travel Tales:

Tips to frustrate Thieves and pickpockets

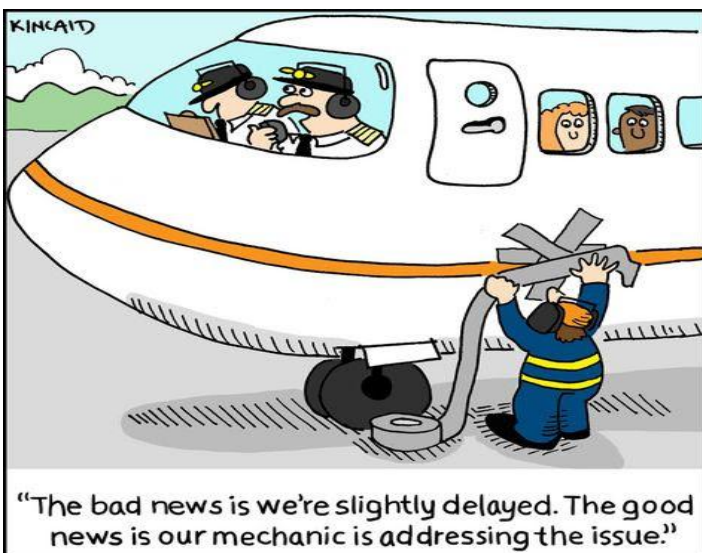
Pickpockets are a problem no matter where you go, whether in East Asia, South America or Western Europe.

The more touristy the spot, the more popular it is among swindlers and thieves. This should not deter you from travelling if you follow some simple steps.

Never keep your phone, passport or wallet in your back pocket while travelling. Despite this common sense approach to keeping your valuables safe, you see this all the time even in local supermarkets and shops.

Keep them in your pants front pocket or in an inner pocket of your jacket. Another option is to keep your money and credit card inside a money belt tucked under your upper garment.

If you are carrying a wallet in one of your pockets, tight-fitting clothes may deter pickpockets as those are harder to steal from.



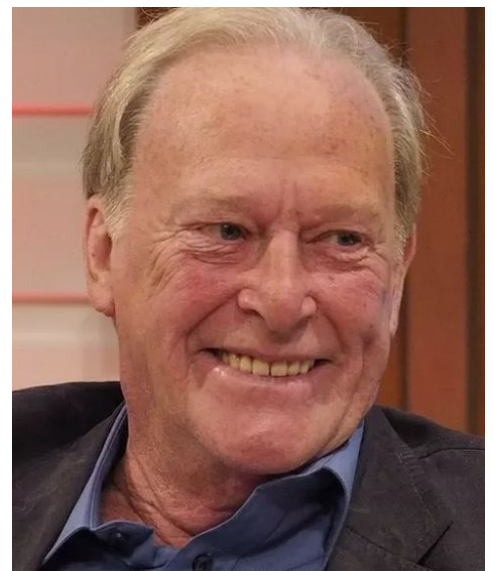
"Did you at least remember to wash your hands?"

The Life and Times of Dennis Waterman:

Dennis Waterman was born February 14 1948 in Clapham, London, UK. He was an actor known for *New Tricks* (2003), *Sweeney 2* (1978) and *Minder* (1979). He was also a singer but was best known for his tough-guy leading roles in television series including *The Sweeney* and *Minder* when he also sang the theme tunes for both series.

Waterman began his career in a role for the Children's Film Foundation, after which at the age of 12, he was invited to join Stratford Royal Shakespeare Company. He became one of the best-known faces on British television in the 1970s when he played Detective Sergeant George Carter opposite John Thaw in ITV's police drama *The Sweeney*.

Throughout his acting career, he continued to pursue his interest in music and had number one hits in Australia and New Zealand. He got to number three in the UK charts with 'I Could be So Good For You', the theme song from *Minder*.

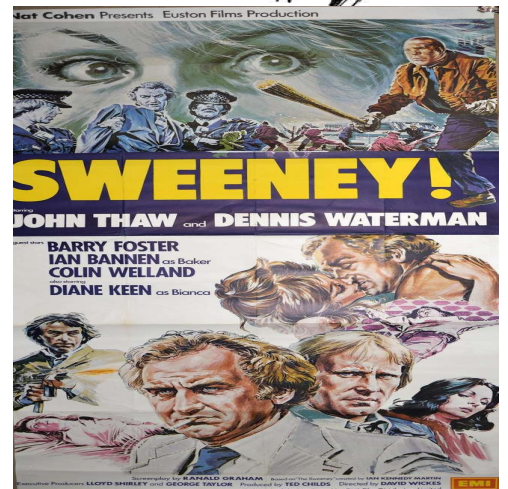


Dennis Waterman 1948-2022

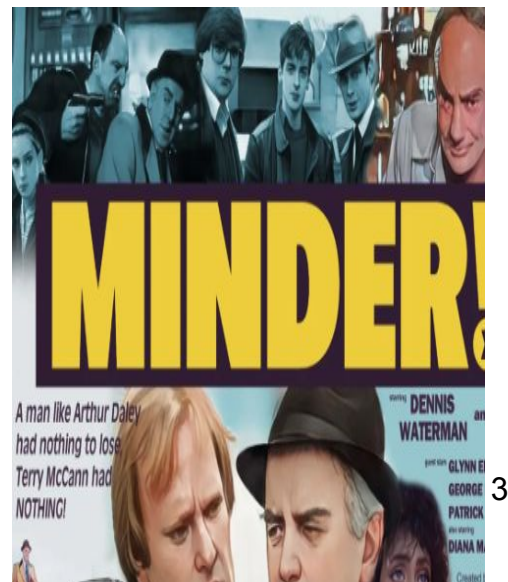


George Cole and Dennis Waterman in 'Minder'

He enjoyed more success in *Minder* from 1979 to 1989 as Terry McCann, the bodyguard and partner to George Cole's wheeler dealer Arthur Daley. Waterman went on to star in the comedies *On The Up* and *Stay Lucky* before another popular and long-running role as another Cockney detective in *New Tricks*, which ran from 2003 to 2015. As Gerry Standing, he starred alongside James Bolam. His last film role was *Never Too Late* in 2020 which was filmed in Australia. Dennis Waterman died in 2022 at the age of 74.



Dennis Waterman in action



Crime And Punishment: Are we all equal under the law? (reference the editorial on page one)



"As we are running late for lunch, I am going to dispense with the case for the defence, and go straight to sentencing."



"... and you will serve two years in a male voice choir as a baritone."

The Inventive Japanese:

Creative inventions to help the elderly and disabled



Drivers in Japan who are 70 years old or older are requested to use the elderly car mark (or Koreisha mark). This way, other drivers on the streets can be aware and more compassionate to the elderly driver. This symbol also gives the driver the right to park in designated parking spots.



Car stickers for the disabled in Japan show a four-leaf clover instead of a person in a wheelchair like most other countries. The reason is that they don't want to promote the idea that all disabled people use a wheelchair. The symbol on the sticker gives the idea of being lucky rather than lacking ability.

Hey! That's a Bit Rough!



"Leroy doesn't believe in learning from his mistakes. . . . If he did, he'd be a genius."



"Peeling onions or just sampling your cooking?"

In The Laundry:

Two items that can be cleaned in the washing machine



Pillows -

While many of us wash our pillow cases regularly, how often do we wash the actual pillow? We are told the recommendation is twice a year. Unless they have a 'dry-clean only' label, there is nothing wrong with sticking them in the washing machine. Washing two pillows at a time will help to balance the load and ensure that water and detergent circulate more effectively.

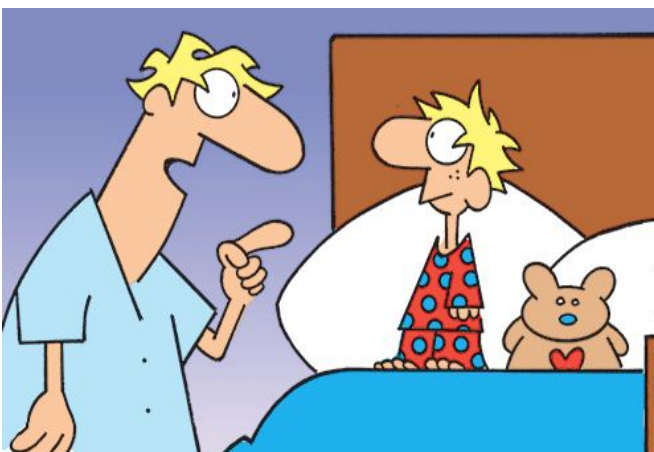
* *Down and feather pillows* - wash with a small amount of powder detergent and avoid the liquid kind as it may cause the pillows to clump.

* *Polyester pillows* - wash with warm water using a gentle cycle and add one tablespoon of liquid soap. Add a rinse of cold water at the end to make sure the soap is washed out.

Quotable Quote:



In The Bedroom:



"It's a time machine. You get in tonight and when you wake up, it's tomorrow!"



Mop heads -

Most mop heads are very effective collecting all the dirt and crud on the floor. When a mop head becomes too dirty to do its job, maintain its cleanliness by simply sticking it in the washing machine.

Just remember to add half a cup of bleach and wash it by itself on a normal cycle. Once the cycle is finished, rinse it well to get rid of excess water and let it dry before reusing.

If the mop head is not removable, add dish detergent into a bucket and lather the mop head in soapy water then let it soak for at least three minutes before rinsing and wringing out as much water as possible.

"There is a fountain of youth:
it is your mind, your talents
and the creativity you bring to your life
and the lives of people you love.
When you learn to tap this source,
you will truly have defeated age."

- Sophia Loren
b. 1934



"I don't wake up at night to check my email. I automatically have it forwarded to the people in my dreams and they read it to me."

A Brief Chronicle of The Great Depression:

1930 to 1939

The Great Depression occurred as result of the stock market crash in New York city not long after World War 1. The collapse of the stock market was appropriately titled *Black Tuesday* and left the entire country in disarray.

Nearly one out of every four Americans remained unemployed during one of the most difficult times in the country's history and resulted in a worldwide economic downturn that began in 1929 and lasted until 1939.

It was the longest and most severe depression ever experienced in the industrialized Western world changing attitudes to economic institutions, policy and theory.

When the Great Depression was at its lowest in 1933, the unemployment rate exceeded 20% and America's gross domestic product plummeted by 30%. However, not everyone lost money during this financial downturn.

Business giants such as William Boeing and Walter Chrysler actually grew their fortunes. The aviation industry took off in the 1930s with the advent of regular passenger services resulting in Boeing building a vast empire. Carmaker Chrysler responded to the economic downturn by cutting costs, boosting efficiency and improving passenger comfort. Their sales of less expensive models soared and their share price rose from 9% in 1929 to 24% in 1933 as it overtook Ford as America's second-largest manufacturer of automobiles.



Many people lost everything they had



People desperately tried to withdraw their savings



Bread Lines and Soup Kitchens

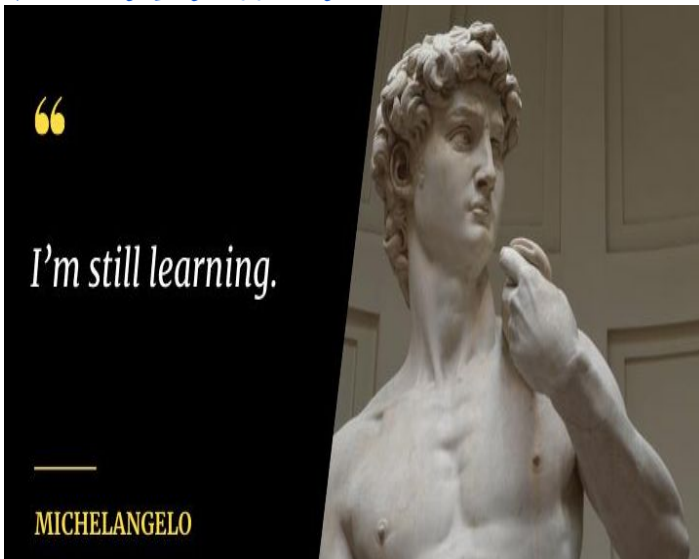
- Mostly funded by private charities
- Gave relief to homeless and unemployed
- Fed hundreds of people at a time



Hundreds of men applied for just a single job on offer

Famous Last Words:

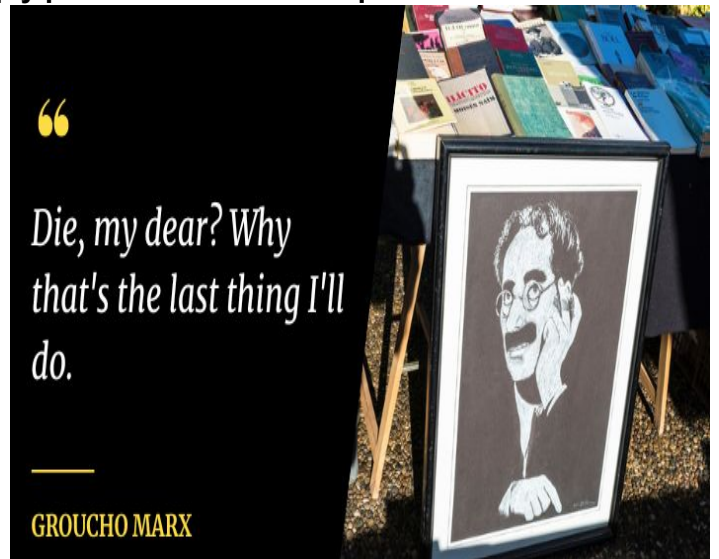
Sometimes deeply profound - Sometime quite humorous



“
I'm still learning.

MICHELANGELO

Michelangelo (1475-1564)



“
Die, my dear? Why
that's the last thing I'll
do.

GROUCHO MARX

Groucho Marx (1890-1977)

The Origin of Some Classic Playground Games:

Timeless memories



Hopscotch -

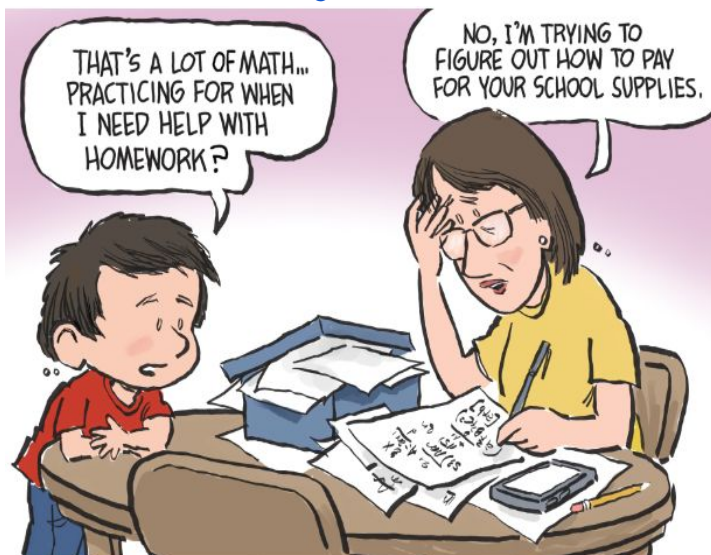
Some historical sources suggest that hopscotch has its roots in Roman occupied England. These early courses which stretched 100 feet, were used by Roman troops to improve their agility whilst wearing full armor. The addition of "scotch" to hopscotch came later, most likely derived from the English term "scratch", as players would hop over the ground markings without rubbing them out.



Jump rope or skipping -

This is a popular activity which is found in many cultures around the world. Its exact origin is hard to pinpoint but it is believed to have been a play exercise in many ancient civilisations. Painting on tomb walls in ancient Egypt depict individuals jumping over a rope, dating back as far as 1600 BC. Greeks and Romans used rope jumping as a training exercise for their athletes to great effect.

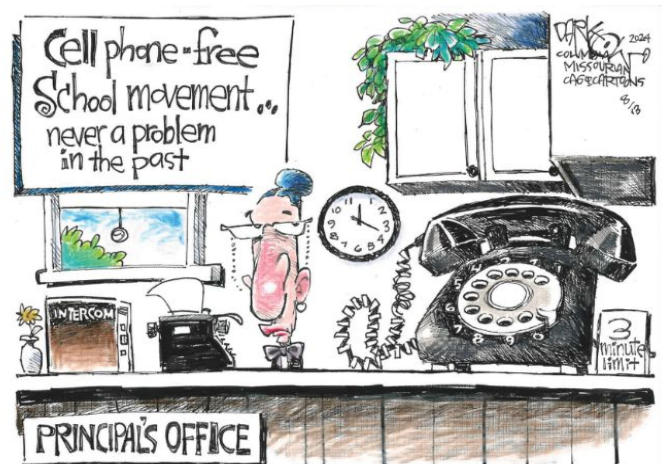
New Zealand Today:



THAT'S A LOT OF MATH...
PRACTICING FOR WHEN
I NEED HELP WITH
HOMEWORK?

NO, I'M TRYING TO
FIGURE OUT HOW TO PAY
FOR YOUR SCHOOL SUPPLIES.

PHONE-FREE SCHOOLS



PRINCIPAL'S OFFICE



Either she is brave or incredibly dumb



Australian scientists have discovered a new spider that can swim and catch fish

Proof That English is Quite Bizarre:

There is a two-letter word that perhaps has more meaning than any other two letter word, and that is 'UP'. It is easy to understand UP, meaning toward the sky or at the top of the list, but when we wake up in the morning, why do we say wake UP? At a meeting, why does a topic come UP? Why do we speak UP and why are the officers UP for election and why is it up to the secretary to write UP a report? We call UP our friends. We do things to brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen.

We lock UP the house and we fix UP the old car.

There are times though when this little word has a special meaning - People stir UP trouble, line UP for tickets, work UP an appetite and think UP excuses.

To be dressed is one thing, but to be dressed UP is special. A drain must be opened UP because it is blocked UP. We open UP a shop in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP. IF you are UP to it, you might try building UP a list of the many ways UP is used. When it threatens to rain we say it is clouding UP. When the sun comes out we say it is clearing UP.. When it doesn't rain for a while, things dry UP. One could go on and on, but I'll wrap UP for now because my time is UP! And now it's time to shut UP.

It is now UP to you to do what you wish with this knowledge.

That "Up" word

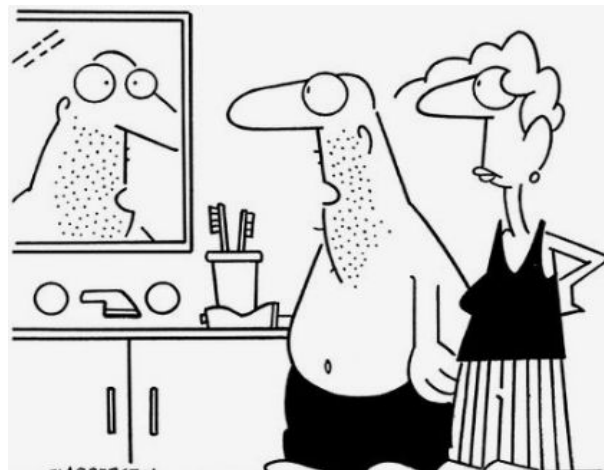


Kids, Don't You Just Love Them?



A Senior's Rhyme:

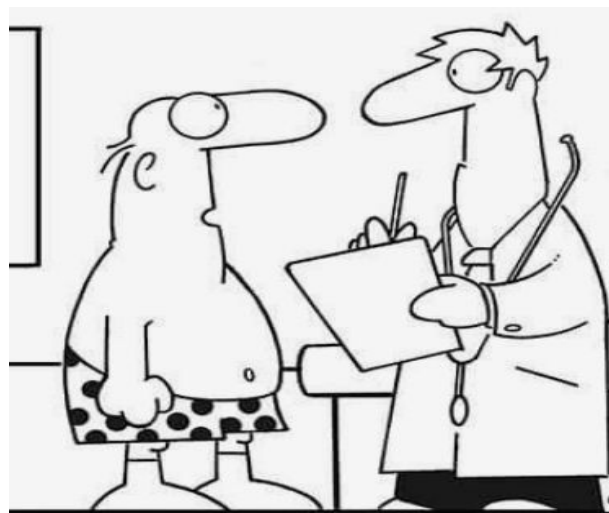
Today at the Chemist, the staff were great,
From my purchase they took off 10 percent
I asked the cause of the lesser amount;
And she answered, "Because of the Senior's discount."
I went to McDonald's for a burger and fries;
And there once again got quite a surprise,
The girl poured some coffee which she handed to me,
She said, "For you Seniors, the coffee is free."
Understand - I am not old - I'm merely mature;
But some things are changing, temporarily, I'm sure.
The newspaper print gets smaller each day,
And people speak softer - can't hear what they say.
My teeth are my own (I have the receipt).
And my glasses identify the people I meet.
Oh, I've slowed down a bit. . . not a lot, I am sure.
You see, I'm not old. . . I'm only mature.
The gold in my hair has been bleached by the sun.
You should see the damage chlorine had done.
Washing my hair has turned it all white,
But don't call it grey. . . saying "blond" is just right.
My car is all paid for. . . not a cent is owed.
Yet a kid yells. "Old Duffer. . . get off the road!"
My car has no scratches. . . not even a dent,
Still, I get heaps from youngsters "hell bent."
My friends all get older. . . much faster than me,
They seem a lot more wrinkled, from what I can see.
I've got "character lines", not wrinkles. . . for sure,
But don't call me old. . . just call me mature.
The steps in the houses they're building today,
Are so high that they take. . . your breath away.
And the streets are much steeper than 10 years ago,
That should explain why my walking is slow.
But I'm keeping up with what's hip and what's new,
And I think I can still dance a mean step or two.
I'm still in the running. . . in this I'm secure,
I'm not really old. . . I'm only mature!



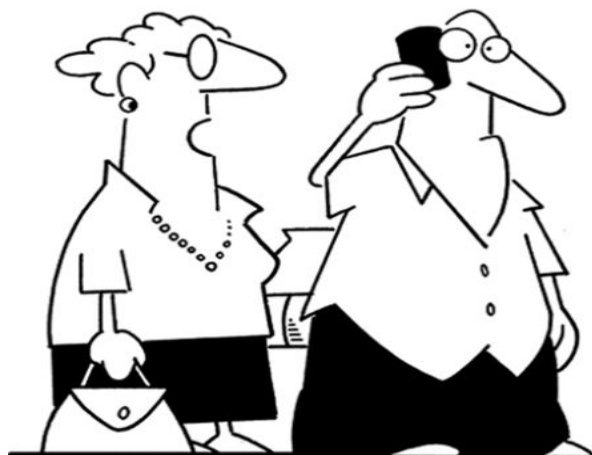
"Have you noticed that my reflection is aging a lot faster than I am?"



"High blood pressure, high cholesterol, high anxiety. . . getting high is no fun anymore!"



"My bones are getting softer, but my arteries are getting harder, so it balances out."



"You're talking to your wallet again!"

Conspiracy Theories That May Actually Be True: A secret story behind everything

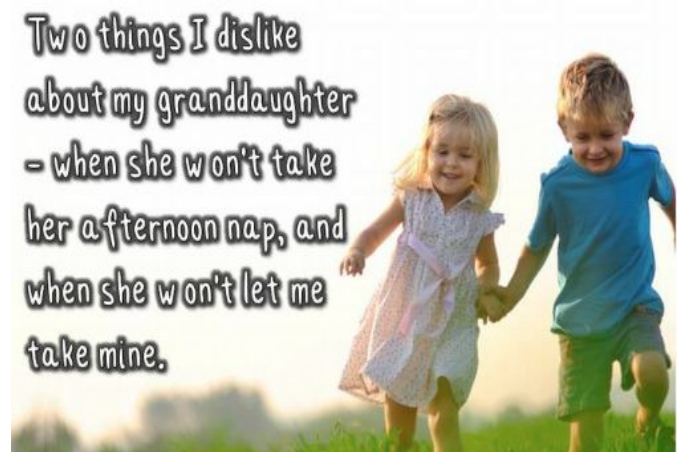


The US Government manipulated the weather -
In 1993, the Defence Advanced Research Projects Agency, created the High-Frequency Active Auroral Research Program. Except no one really knows what it's all about. Some people believe that it was created for weather manipulation, mind control and environmental warfare. While nothing has yet been confirmed, the Airforce has stated "weather manipulation and modification will be part of domestic and international security... with the ability to generate fog and storms as well as modify space weather. It seems that using weather as a weapon may just exist.

The Realities of Being Grandparents:



Project Sunshine stole babies -
This secret project was commissioned by the US Atomic Energy Committee and the UK Atomic Energy Authority to test the effects of radiation on human beings during atomic testing. They actually took samples from over 1,500 babies and kids from all over Australia and Europe without the permission of their parents. During the fifties, scientists were convinced that it was for the good of all mankind. In 1994, President Clinton declassified the documents which led to an enormous scandal but to date, no one has been held accountable for it.



Travel Tales:

"Not all those who wander are lost." J.R.R. Tolkien



The Wonder Years: "The important thing to remember is that I'm probably going to forget"

The 7 Wonders of Getting Older



Wonder why I walked into this room?

Wonder how I hurt myself sleeping?

Wonder where that muffin top came from?

Wonder when everyone got so young?

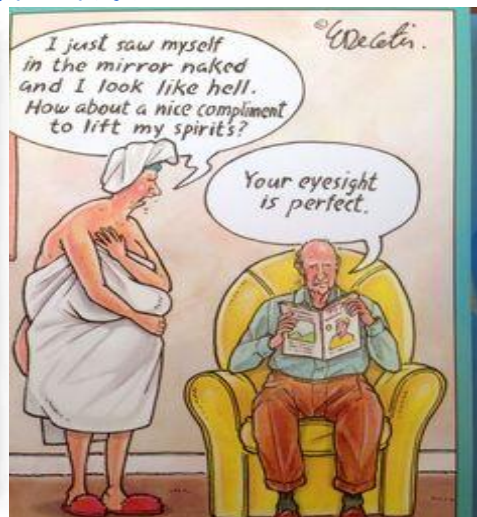
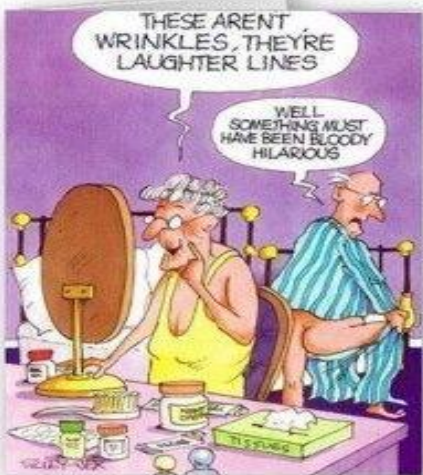
Wonder where I left my teeth?

Wonder where my glasses are?

Wonder who put my glasses on my head?



And Then The Fight Started:



The Life And Times of Walt Disney:

Walter Elias Disney born in 1901 was an American animator, film producer and entrepreneur.

He became famous as a pioneer of animated cartoon films and the creator of such characters as Mickey Mouse and Donald Duck and a host of others which have since become household names.

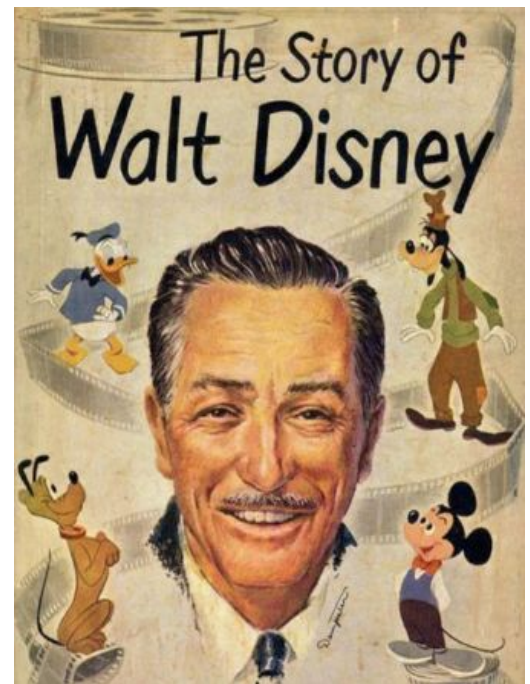
In 1919 while working part time in a commercial art studio, Disney became dissatisfied with the way things were run and with his close friend Iwerks, they started a small studio of their own in 1922. They acquired a second hand movie camera with which they made two-minute animated advertising films for local movie theatre distribution. Then followed a series of animated cartoons which proved very popular. It was at this time Walt Disney invented the cartoon character *Mickey Mouse* and following hard on this success, the invention of other animal characters, such as Minnie Mouse, Donald Duck and the dogs *Pluto* and *Goofy*.

He was a man of dreams and a man of action and in 1955 he built a huge amusement park near Los Angeles.

The Disney Company, one of the world's largest entertainment organizations, was founded in 1928 by Walt Disney and his brother Roy as Walt Disney Productions. It produced short and full-length animated cartoons in the 1930s and 1940s and then expanded in the 1950s to make documentaries and live-action films as well as television programmes.

In 1937 he produced a version of the classic fairy tale *Snow White and the Seven Dwarfs* which was acclaimed by critics and audiences alike. Disney's imagination and energy, his appealing and amusing humour inspired him to develop well-loved amusements for children of all ages.

His achievements as a creator of entertainment for an almost unlimited audience and his skill as a merchandiser, made him one of the most successful entertainment icons in history.



Walt Disney 1901-1966

The opening of *Disneyland* in 1955 and *Walt Disney World* in 1971 gave the company dominance in the entertainment industry. Following Walt Disney's death in 1966, the company was revitalised and expanded to include Touchstone Pictures and Miramax making films for more mature audiences and producing world-wide hits such as *The Little Mermaid* (1989) and *Toy Story* (1995) which was the first full-length computer-animated film. In 1994 the company had another hit with *The Lion King*.

The Disney Company is currently valued at around \$214 billion US.



The statue of Walt Disney and Mickey Mouse at Disney World in Florida

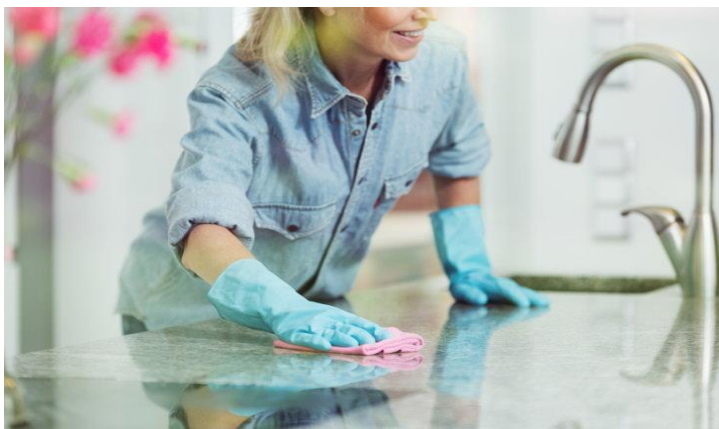


Wise Words of Queen Elizabeth 11:



In The Kitchen:

Vinegar should never be used to clean these items



Stone surfaces on bench tops, floors and stairs are valued for their looks and durability but can be quite pricey. While the last thing you want to do is damage them, unfortunately all the above stone surfaces have a weakness, and that is acid such as vinegar.

Over time vinegar can etch these natural stone surfaces creating pitting and scarring. Even some highly acidic foods such as citrus fruit and tomatoes can wear away the surface so make sure you use a cutting board. Dish soap and warm water will always suffice.

Many of us add vinegar to refresh the dishwasher or simply make glass sparkling clean but not all dishwashers can handle the vinegar. The rubber seals can be damaged overtime causing leaks. Other home appliances such as washing machines and refrigerators can also be damaged by introducing vinegar to your cleaning regime. Vinegar can literally melt hoses causing leaks creating additional damage. Some types of rubber are not so susceptible so it pays to check first.

How's Your Memory?

Can you name these TV series and the main characters?



🔍 How walking affects the body



The Tale of The Golden Lotus:

An epic adventure by four young men

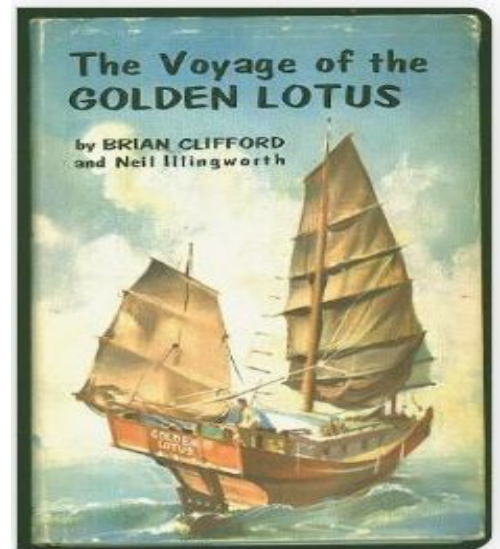
In 1962 four young men sailed a Chinese junk, the *Golden Lotus*, 8,000 direct miles from Hong Kong to New Zealand.

Two of these four ordinary young men from Kaitaia, the northernmost town in New Zealand were farmers who had sailed only in small boats in sheltered waters. The third, Graham Clifford, had foreign sailing experience as an able seaman and the fourth, his brother Brian, skipper of the *Golden Lotus*, was the only one on board with extensive seagoing experience. He was a merchant marine deck officer, but he too, had no experience in small-boat cruising.

Brian Clifford's ambition to sail a long sea voyage in a small craft developed into the determination to do so in an unusual vessel. The voyage of the *Golden Lotus* was a remarkable ocean adventure at a time when cruising the seas of the world was the preserve of only a very few famously spirited explorers. It was an 8,500 nautical mile adventure of exploration and discovery made in an era when young people knew very little of the wide world beyond their immediate horizons.

Brian commissioned the building of a junk in Hong Kong and then returned to New Zealand to organise his crew. Once back in China they supervised the completion of their ship, fitting her out and provisioning etc in preparation for the first leg of the voyage to Singapore. They encountered a vicious storm in the China Sea which was a case of sailing the junk well or losing her altogether.

Navigating with a second hand sextant, and a wrist watch, which was all they could afford, they sailed the *Golden Lotus* to Christmas Island in the Indian Ocean, then through Indonesian waters to Rindja Island, to Portuguese Timor, across the Arafura Sea to Thursday Island to Sydney. The final leg was to Mangonui in the Far North, their home port in New Zealand where they received a rapturous welcome from local mayors, dignitaries as well as Customs, Health and Biosecurity officials.



In response to a great deal of public interest, the crew took the *Golden Lotus* on tour to Auckland, Tauranga and Whakatane. There were television interviews both on board and in the studio. They received telegrams from the Prime Minister, the Governor General, the Bishop of New Zealand and an invitation from the Chief of Navy to address the navel recruits.

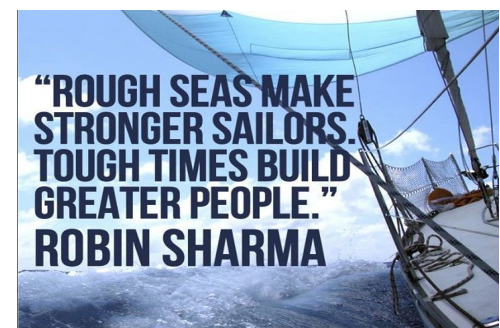
A Mayoral reception in Auckland's town hall followed with invitations to speak at a wide range of clubs and organizations.



The Golden Lotus under full sail



It was on all levels an epic adventure by four young men from the Far North of New Zealand.



Garry Thompson
- UNIVERSITY OF LIFE

The Reality of Mistakes:



"If we learn from our mistakes, shouldn't I try to make as many mistakes as possible?"



The Incomparable Charlie Chaplin:

In the Spotlight:

CHARLIE CHAPLIN

1 "FAILURE IS UNIMPORTANT. IT TAKES COURAGE TO MAKE A FOOL OF YOURSELF"



2 IN 1919, CHAPLIN CO-FOUNDED UNITED ARTISTS

3 ON JULY 6, 1925, HE WAS THE FIRST ACTOR TO BE ON THE COVER OF TIME MAGAZINE

4 HE ONCE LOST A CHARLIE CHAPLIN LOOK-ALIKE CONTEST

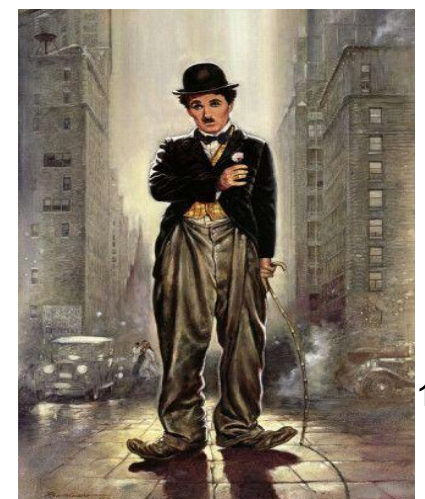
5 HE RECEIVED AN HONORARY OSCAR ON APRIL 10, 1972 AFTER A 20-YEAR EXILE IN EUROPE

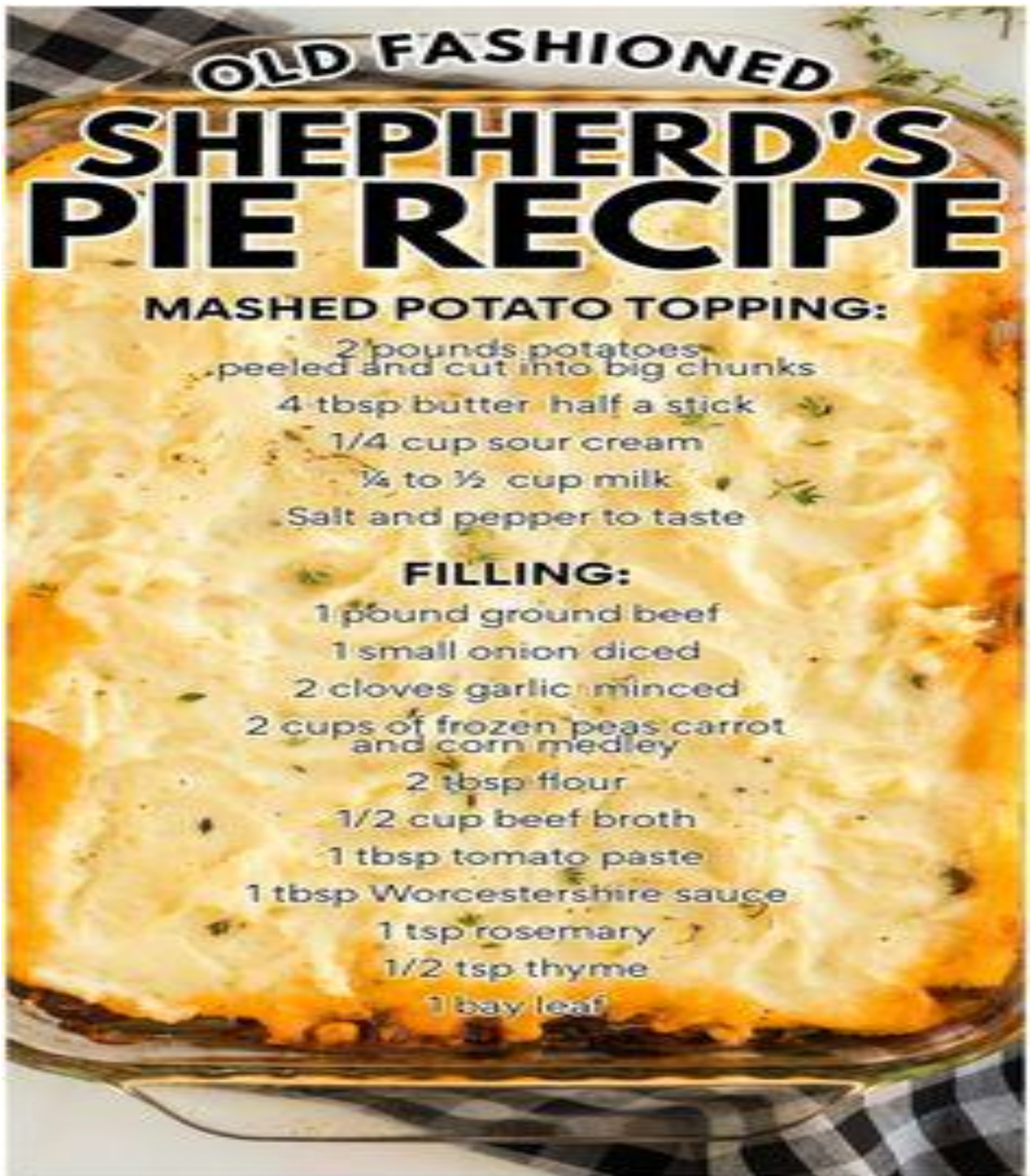
6 CHAPLIN WAS KNIGHTED IN 1975 AND BECAME SIR CHARLES

7 CHAPLIN DID IT ALL: HE ACTED, DIRECTED, WROTE, PRODUCED, EDITED, AND COMPOSED MUSICAL SCORES FOR HIS MOVIES



Charles Spencer Chaplin 1889-1977





MASHED POTATO TOPPING:

- 2 pounds potatoes, peeled and cut into big chunks
- 4 tbsp butter, half a stick
- 1/4 cup sour cream
- 1/4 to 1/2 cup milk
- Salt and pepper to taste

FILLING:

- 1 pound ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups of frozen peas, carrot and corn medley
- 2 tbsp flour
- 1/2 cup beef broth
- 1 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1 tsp rosemary
- 1/2 tsp thyme
- 1 bay leaf

Trouble Brewing Down at the local cafe



"I supposed you'll be having the Shepherds Pie?"

Are we Taking a Risk Drinking From Plastic Bottles?

Bacteria can thrive in a bottle of water -

Researchers tell us that while a one-time use of a bottle of water (as manufacturers intended it to be) won't harm you, you should not use it again and again. Studies have shown that prolonged use of the same plastic bottle causes it to scratch and crack, and it is inside these little scratches and cracks that bacteria thrive, just like your cutting board.

It is also important to remember that bacteria contained in a water bottle can be transferred so using the same bottle regularly without rinsing or washing it can accumulate a lot of harmful bacteria.

A study involving school children found that because the bottle sat at room temperature most of the day, it provided the perfect environment for bacteria to thrive.

Cleaning bottles can cause a chemical leak -

Only ever use lukewarm water. Experts believe that washing disposable bottles with hot water or in the dishwasher is a recipe for disaster because the plastic they are made from is not made to withstand such heat and there is a chance that dangerous chemicals will be released from the plastic. Reusable bottles are supposed to withstand higher temperatures but there is no safe way to remove all the dangers of using a plastic product for a long period of time.



Most Bacteria are around the opening -

Bacteria is mostly found near the opening of the bottle because our mouth itself contains bacteria and also because the cap is screwed on. In a recent study, participants were instructed to drink from the same bottle for a week without washing it. At the end of the week a sample was taken from the opening of the bottle. The bacteria found was the same kind that causes food poisoning, and in huge amounts causing nausea, diarrhoea and even vomiting.

The Joys of Rugby:

It maybe time to hang up the boots when...



Quotable Quote:

"For me to get through the toughest periods of my life, I had to look within to find the energy to do it. I don't give up. Never have. Never will."

- Jonah Lomu 1975-2015

