

SENIORS' ROUNDUP

Local and Worldwide Items of Interest

December (1) 2024 Issue No. 85

Editor: Garry Thompson - seniorsroundup2020@gmail.com

Editorial: Helping others to help ourselves - International National Volunteers Day

Every year *International Volunteers Day* is celebrated on 5 December. It has been said that volunteering is the backbone of New Zealand. While this may sound a little dramatic, the fact is that many community services rely heavily on the contribution of volunteers. Without the input of volunteering, many of these services would fade into the annals of history and the demise of many social clubs, sports bodies and groups fighting to improve the plight of others is testimony to this.

The success or failure of community organisation's is often dependent on the efforts of a few, but without the support of the total membership, their efforts and dedication can often be in vain.

In New Zealand, community organisations have to adjust and evolve to meet the changing needs of our modern society.

To achieve this, it is necessary to have a structure in the form of a management team to take responsibility for planning and development along with financial capability. These good folk who volunteer for these (not so sought after) positions work hard to ensure the survival of the organisation and the growth required to sustain the needs and expectations of members.

While the word 'committee' means different things to different people, it is, as some would proclaim, "a necessary evil" to achieve the aforementioned functions. There are those who 'head for the hills' at the mere mention of the word which is simply evading their responsibilities as members enjoying the benefits the organisation provides. While it is accepted that not all have the ability, drive and enthusiasm to fulfill roles in a management capacity, the need for their support still remains and the basic measure of this can be seen in the financial membership of the organisation.

Most, if not all voluntary organizations require funds whether by subscription, sponsorship or donation to ensure their ultimate survival.

Whatever the outcome, the success achieved by the volunteer management team in any organisation through their diligence, commitment and sheer hard work will be enjoyed by the total membership, the logic of which sadly escapes many.,



"My teachers voted me the most likely to succeed in getting my Mum to volunteer for stuff."

"As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others."
- Audrey Hepburn

Garry Thompson - UNIVERSITY OF LIFE





Male International Airport (Maldives) -

This airport was constructed in 1960 and has a high risk factor because of its size. The Maldives Islands airport is located on the island of Hulhule. Its runway occupies the entire length of the island. Without a doubt, any miscalculation can easily lead to a plane landing in the sea.



Juancho E. Yrausquin Airport (Saba Island) -

The airport of Saba Island was constructed in 1963 and has the shortest runway in the world at just 1,300 feet making it extremely dangerous and made more difficult by being located at the edge of a cliff.

Not Wishing to Be Negative, But...



The Heroic Achievements of Jean Batten:

Famous New Zealand pioneer aviator

Jean Gardner Batten CBE. OSC, commonly known as Jean Batten was a New Zealand aviator who made several record-breaking flights - including the first solo flight from England to New Zealand in 1936.

In November 1935 Batten became the first woman to fly solo across the South Atlantic. She flew from England to West Africa and then to Brazil. The following year she flew solo from England to New Zealand in a cabin monoplane, a Percival Gull 6, which she had purchased for two thousand pounds. This was considered by all in the aviation world to be a brilliant feat of navigation.



Jean Batten 1909-1982



Jean Batten's Percival Gull 6

Jean Batten's last long-distance flight was from Australia to England in 1937, which she flew in the record time of 14 days, 23 hours and 25 minutes.

She was the first person to hold at the same time the solo record for both directions of the England-Australia flight .

During the 1930s Jean Batten was arguably the most famous woman in New Zealand. By the end of the decade she had received many honours and was an international celebrity. She was made a Commander of the Order of the British Empire (CBE) and was also awarded the French Legion of Honour, the highest award given by France.

Her autobiography, *My Life* was published in 1938 .

She died on November 22, 1982, in Majorca, Spain.



Jean Batten moved from Rotorua to Auckland with her parents when she was five years old and after attending a number of schools in and around Auckland she developed an interest in flying. In 1929 she travelled to Sydney where she flew with Australian pilot Charles Kingsford-Smith.

In 1930 she travelled to England by ship and enrolled in the London Aeroplane Club where she gained her private pilots licence and in 1932 she gained he commercial pilots licence.



"In flying, I found the two things that meant everything to me; the intoxicating drug of speed and the freedom to roam the earth; I knew I was destined to be a wanderer."

- Jean Batten



Every flyer who ventures across oceans to distant lands is a potential explorer; in his or her breast burns the same fire that urged adventurers of old to set forth in their sailing-ships for foreign lands.

— Jean Batten —



The Craziest Things Cars Have Ever Hauled:



Freight is so expensive these days



I can only guess they are on their way to the dump!



When your trailer has no warrant of fitness



This is what happens when you have lots of mates

Why do Fingers Prune in Water?

Fingers prune in water as a response to prolonged wet conditions. It was believed that this wrinkling was simply the result of the outer layer of skin absorbing and causing it to swell in water. However, scientists tell us that pruney fingers are actually caused by shrinking blood vessels.

When you soak in water, your nervous system sends a message to your blood vessels to shrink. Your body responds by sending blood away from the area, and the loss of blood volume makes your vessels thinner. The skin folds in over them and this causes wrinkles.



"Believe me sweetie, if I thought the 'Wrinkle Out' setting on the clothes dryer would work..."



"Rub this anti-wrinkle cream on all of your mirrors. It won't remove the wrinkles but it will make them harder to see."



In The Kitchen:

Christmas Meringue Roulade

(Go on, spoil yourself!)

Prep time - 25 minutes - Serves 6-8

Cooking time - 25 minutes

Ingredients:

1 tsp cornflour 1 tsp vanilla essence\
 1 tsp white wine vinegar 4 egg whites
 ¾ cup castor sugar ¾ cup cream lightly whipped
 ½ x 410g Watties peaches in light syrup,
 drained and diced

Method:

1. Preheat oven to 160 C fan bake or 180 C conventional. Line a 23cm x 32cm Swiss roll tin with baking paper.
2. Mix together cornflower, vanilla essence and white wine vinegar
3. Beat egg whites in a clean bowl until stiff peaks form. Continue beating, adding sugar a little at a time, alternately with the cornflour, Continue beating until meringue is stiff and glossy. The meringue will hold its shape when the beaters are lifted out of the bowl.
4. Spoon the meringue into the prepared tin and roughly spread out to fill the container. Bake for 20-25 minutes. The meringue should be a pale golden colour and the top should feel crisp and dry to the touch. The centre will still be soft. Remove from the oven. Place a clean dry tea towel over the meringue and leave to cool in the tin.



5. Lay a piece of baking paper on your work surface and turn the meringue onto it with the short side closest to you. Spread with whipped cream to within 10 cm of the top of the meringue. Top with the diced peaches. Carefully roll the meringue away from you to enclose the filling using the baking paper to help you. The meringue may crack slightly as you roll. Transfer to a serving platter and dust with icing sugar. Serve with raspberry and maple coulis.

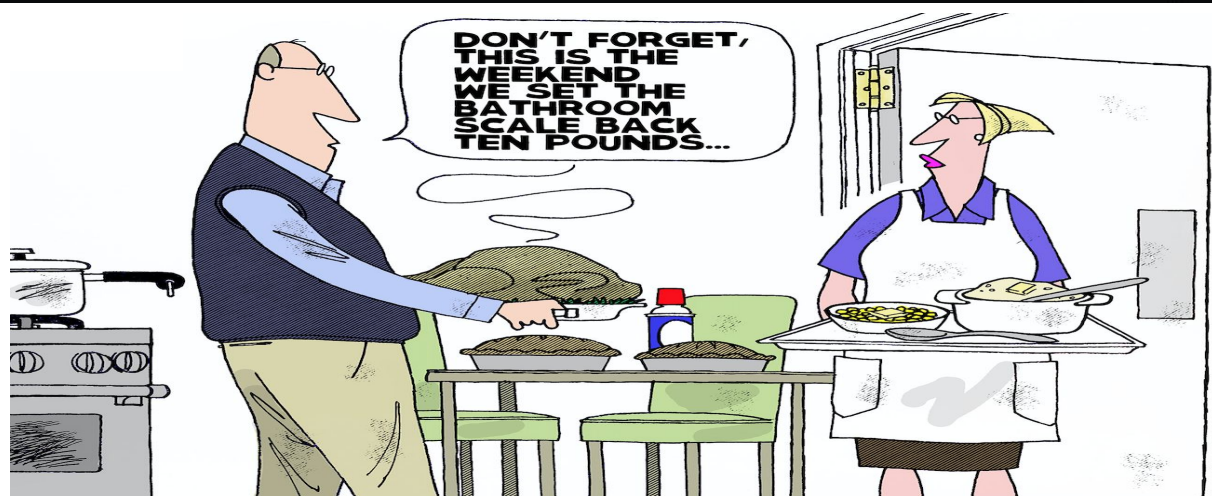


Toppings may vary according to taste



I wouldn't say that processed food, ready meals and even takeaways aren't relevant to modern life, it's just that over the past 40 years there are three generations of people who have come out of school and gone through their home life without ever being shown how to cook properly.

(Jamie Oliver)



The Saddest Story of All:

Three writers, Sam, Pete and Chuck who were attending a writer's convention, booked a room on the 28th floor of the convention hotel.

When they left the convention to go to their hotel room, the receptionist told them "I'm terribly sorry but the lift is out of order. We are waiting for the technician to come but in the meantime you will have to use the stairs.

It turned out that Sam was a writer of funny stories, Pete was a writer of scary stories and Chuck was a writer of sad stories. The three of them agreed that to make the walk up to the 28th floor less boring, Sam would tell the other two his funniest story, while they climbed from the ground floor to number 9, Pete would tell his scariest story, while they climbed from floors 9 to 18, and Chuck would tell his saddest story from floors 18 to 27.

They started to climb the stairs and Sam began his funniest story. Then Pete began telling his scariest story which took them all the way up to floor 18.

At the 18th floor it was Chuck's turn to tell his sad story. He stuck his hands in his pockets, thinking.

"Ah, I'll tell my saddest story of all first." he said as he coughed nervously.

"There once was a man named Chuck, who left the hotel room key in the car. . . "



"I eat plenty of fast foods but I just seem to be getting slower and slower."



"This is not an automatic lift Sir!"

Amazing Objects:



You are looking at the world's oldest soccer ball. This leather ball was found behind oak panelling of a bedroom that once belonged to Mary, Queen of Scots. The 16th-century ball was discovered during an evacuation at Stirling Castle in Scotland in the 1970s.



This is the world's largest leaf ever found in the Amazon Rainforest. It belongs to the plant *Coccoloba* which is one of the Polygonaceae family. It measures up to 250 cm long by 153 cm wide when fully grown. 6

Pam Ayres on Teeth:

Oh, I Wish I'd Looked After My Teeth!

Oh, I wish I'd looked after my teeth
and spotted the perils beneath.
All the toffees I chewed
and the sweet sticky food,
Oh, I wish I'd looked after me teeth.

I wish I'd been that much more willin'
when I had more teeth there than fillin'.
To pass up gobstoppers,
from respect to me choppers
and to buy something else with me shillin'.

My mother, she told me no end,
if you got a tooth, you got a friend.
I was young then and careless,
my toothbrush was hairless,
I never had much time to spend.

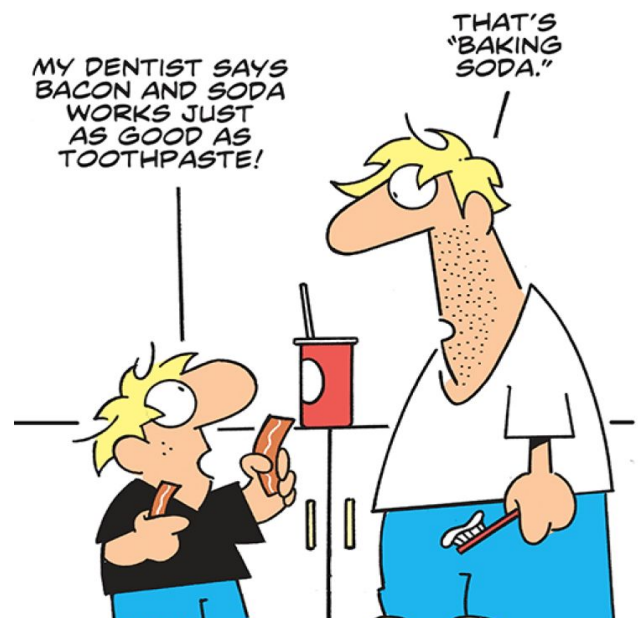
Oh, I showed them the toothpaste all right,
I flashed it about late at night.
But up-and-down brushin',
and pokin' and fussin'
didn't seem worth the time... I could bite!

If I'd known I was paving the way,
to cavities, caps and decay.
The murder of fillins'
injections and drillins'
I'd have thrown all my sherbet away.

So I lay in the old dentist's chair,
and I gaze up his nose in despair.
And his drill it do whine,
in those molars of mine
"Two amalgam" he'll say, "for in there."

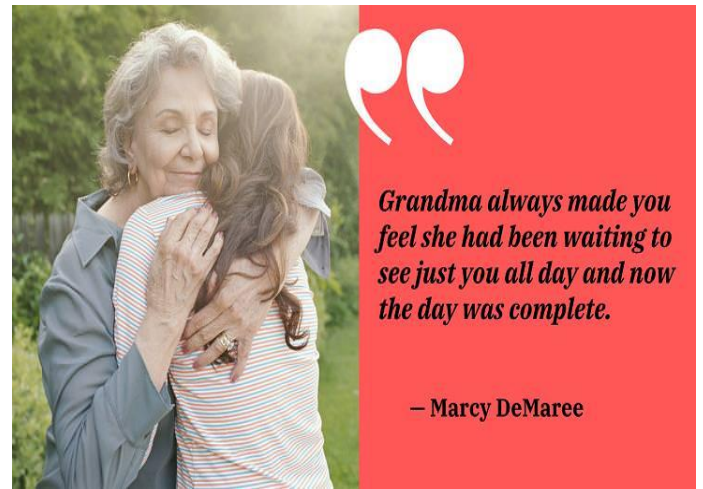
How I laughed at my mother's false teeth,
as they foamed in the waters beneath.
But now comes the reckonin'
it's me they are beckonin'
Oh, I wish I'd looked after me teeth!"

- Pam Ayres



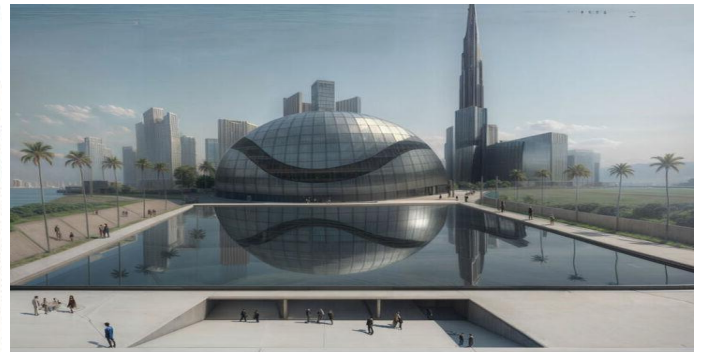
"From now on, just take a picture of the tooth
and upload it to my Facebook page,
then I'll send you the money via PayPal."

For The Love of Grandmothers:



Everyday Items Reimagined as Architectural Marvels:

These are the ingenious creations of Felipe de Castro, a visionary architect from Rio de Janeiro who has the ability to transform the most ordinary object into stunning architectural concepts.



The Past And The Future:

Remember the days when we used to talk face to face?



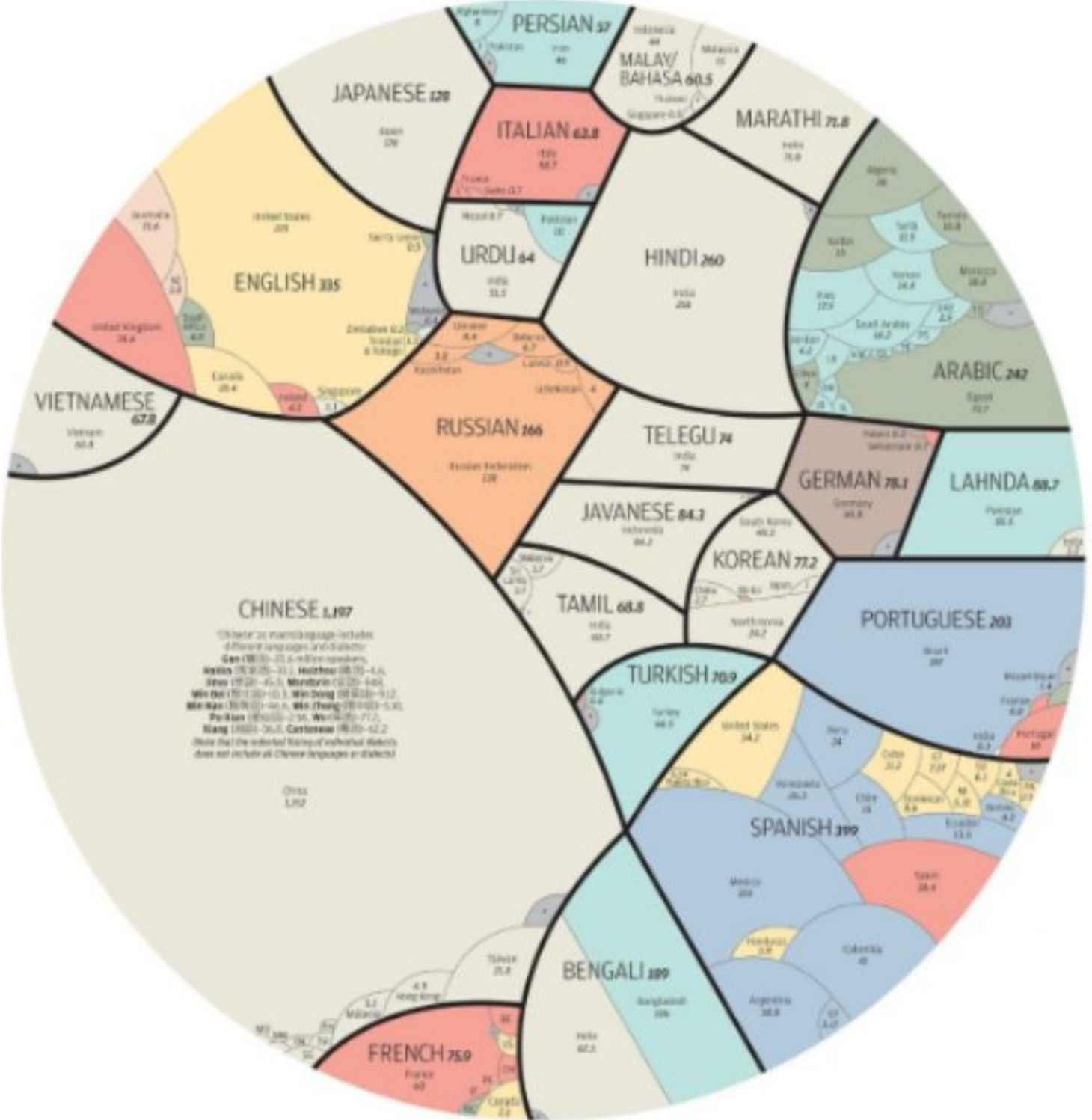
Quotable Quote:

George Bernard Shaw 1856-1950

"The single biggest problem with communication is the illusion that it has taken place."

A World of Languages:

About 7,000 different languages are spoken around the world



"So, you want to speak Swahili so you can talk to your African violets?"



From Our World Fact File:



There have been studies to show that goats have accents. The study showed that pygmy goats develop bleats unique to their social group. They can distinguish outsiders from their different accents but do not have a language of their own.



Depending on which is more advantageous for mating, oysters can change their biological gender. In the wild, oysters release their eggs and sperm into the water column where fertilization occurs. It is known as sequential hermaphroditism.

The Least Densely Populated Places on The Planet:



Greenland with a population density of 0.03 -

Most of Greenland's territory is covered in ice but the rocky land on the west coast of the country has been inhabited for over 4,500 years. Greenland is part of Denmark but only 56,000 people inhabit the country. If you feel the need for more personal space, this is the place to go!

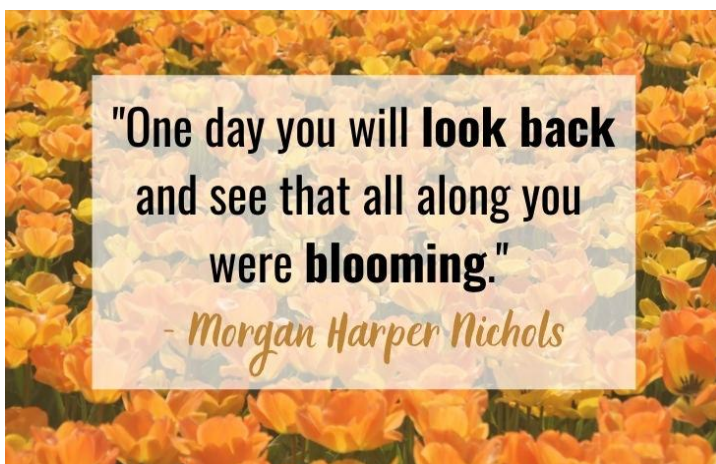
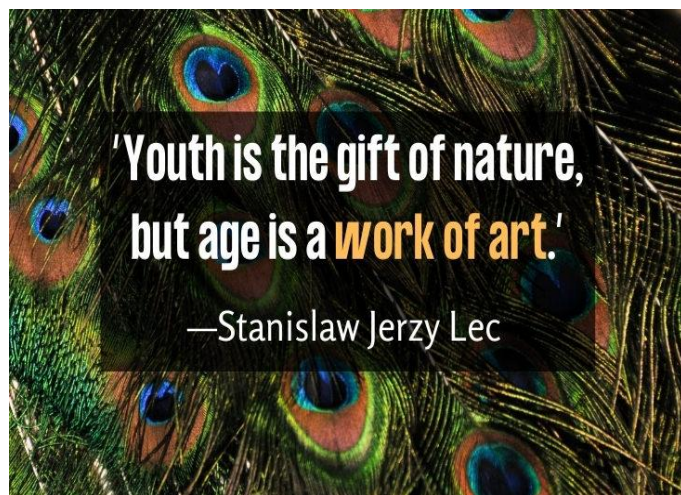
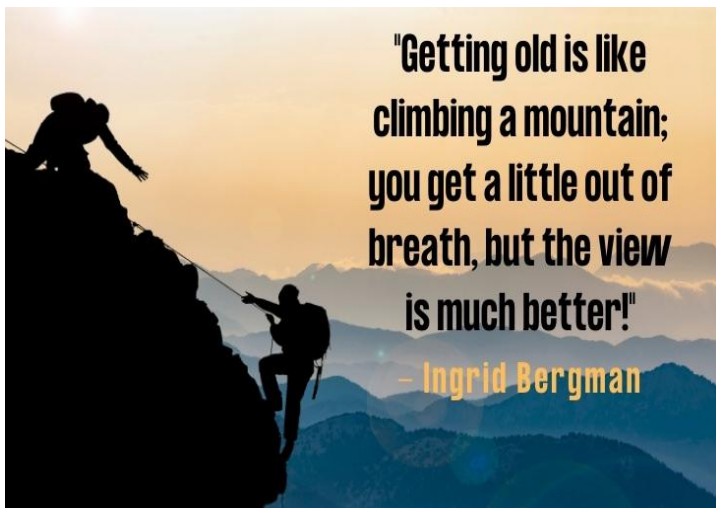


The Falkland Islands only have a population density of 0.21 - The islands are technically consist of over 700 smaller islands which have an abundant bird life, notably penguins. The territory belongs to the UK but only has about 3,000 inhabitants mostly sheep farmers of British descent.

Travel Tales:



Things We All Need to Remember:



Now, Here's a Story For You: The rich man, the young man and the apples...

A young man asked an old rich man how he made his money.

The old guy played with the buttons on his expensive satin vest and said, "Well son, it was 1932 and we were in the depth of the Great Depression.

I was down to my last 5 cents.

I invested that 5 cents in an apple and spent the entire day polishing the apple and at the end of the day, I sold the apple for ten cents.

The next morning, I invested the ten cents in buying two apples which I then spent the rest of the day polishing. At the end of the day, round about 5pm I sold both apples for twenty cents.

I continued to follow this system for a month at the end of which time I had accumulated a fortune of \$9.80.

"After that," the old rich man continued, "I invested the \$9.80 by buying into a market stall to enable me to polish and display a lot more apples. This was highly successful and I soon began making about \$50 a month from then on.

"Then my wife's father died and left us two million dollars!"



"... and I leave my whole estate to my one true companion, public radio."



The Life And Times of Gregory Peck:

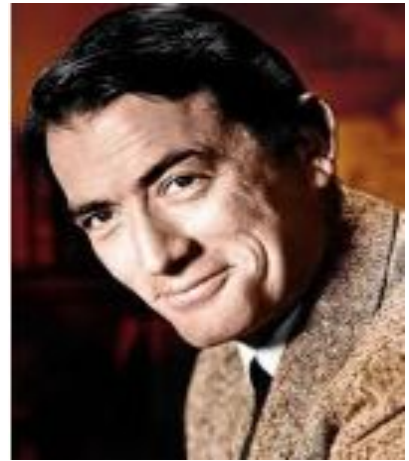
Every girl's heartthrob in the fifties and sixties!

Eldred Gregory Peck was an American actor and one of the most popular film stars from the 1940s to the 1970s.

In 1999, the American Film Institute named Peck the 12th greatest male star of classic Hollywood films of all time.

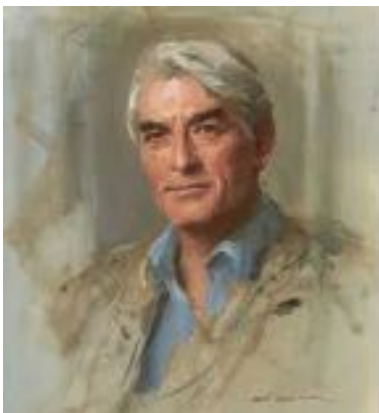
The son of a pharmacist, Peck attended military school and State College before enrolling at the University of California. There he developed a taste for acting and made his first appearance as a Russian guerrilla fighter in *Days of Glory* in 1944. As the result of a spinal injury, Gregory Peck was unable to serve in World War II which enabled him to continue with his movie career and become one of the most popular leading men of the 1940s. He starred in over fifty movies during his career.

His first Academy Award nomination was for his performance as a missionary in *Keys of The Kingdom* in 1944. Throughout his career, Peck received the most praise for his portrayals of men of quality and substance. He went on to receive a further three Oscar nominations for *The Yearling*, *Gentlemen's Agreement* and *Twelve O'Clock High*. In 1962 Gregory Peck starred in arguably one of the best-loved films of all time, *To Kill a Mockingbird*, for which he received an Oscar award.



Gregory Peck 1916-2003

Gregory Peck was a tall imposing man with a deep mellow voice, known for portraying characters of honesty and integrity. Liza Minnelli simply called him "The ultimate movie star". In 1989 Peck received the American Film Institute's Life Achievement Award. He died in 2003 with his wife at his side. She later said, "He had just been getting older and more fragile. He wasn't really ill. He just sort of ran his course and died of old age". Gregory Peck was 87 years old.



Faith gives you an inner strength
and a sense of balance and
perspective in life.
— Gregory Peck —

Gregory Peck was widely admired and respected as one of the motion picture industry's most cooperative and least self centered stars. Outside of his career he was active in civic, charitable and political causes and served for three years as president of the Academy of Motion Pictures Arts and Science.



Gregory Peck as he appeared in films L-R: 'MacArthur' (1977), 'The Gunfighter' (1950) and 'To Kill a Mockingbird' (1962)

Garry Thompson - UNIVERSITY OF LIFE

Guess Whose Parents Jumped The Fence?



Corgitian -
A cross between a corgi and a dalmatian!



Bulldog Shepherd - as the name suggests, an English Bulldog & a German Shepherd

Anger Isn't Necessarily a Bad Thing:

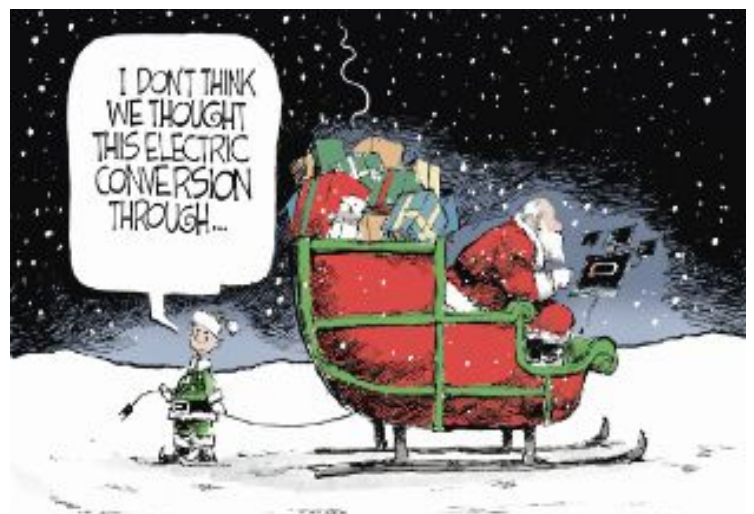


We are told that feeling anger is bad. Researchers tell us that anger is an important emotion that something is wrong. Adults and children experience anger differently. For children it is mainly a show of frustration. For adults it is when they feel out of control. Anger in itself isn't a bad or even dangerous emotion as long as you can address the underlying issues



Anger is an emotion that manifests itself through strong physical sensations: tensed muscles, clenched teeth, rapid heartbeat and sweaty palms. These physical reactions can make us feel as though anger is controlling us. According to mental health experts, trying to resist them will make matters worse. Allowing yourself to feel them will calm your nervous system more quickly..

Christmas Issues!



The Memorable Words of Abraham Lincoln:

A letter to his son's school teacher

"He will have to learn, I know, that all men are not just,
and all men are not true.

But teach him also that for every scoundrel there is a hero.
That for every selfish politician, there is a dedicated leader.

Teach him that for every enemy there is a friend.

Steer him away from envy, if you can.

Teach him the secret of quiet laughter.

Let him learn that the bullies are the easiest to lick.

Teach him, if you can, the wonder of books.

But also give him quiet time to ponder the eternal mysteries of life,
bees in the sun, and the flowers on a green hillside.

In the school teach him it is far more honourable to fail than to cheat.

Teach him to have faith in his own ideas even if he is told they are wrong.

Teach him to be gentle with gentle people and tough with the tough.

Try to give my son the strength not to follow the crowd
when everyone is getting on the bandwagon.

Teach him to listen to all men.

But teach him also to filter all he hears on a screen of truth
and take only the good that comes through.

Teach him if you can, how to laugh when he is sad.

Teach him there is no shame in tears.

Teach him to scoff at cynics and to beware of too much sweetness.

Teach him to sell his brawn and brain to the highest bidders
but never put a price-tag on his heart and soul.

Teach him to close his ears to a howling mob
and to stand a fight if he thinks he is right.

Treat him gently, but do not cuddle him
because only the test of fire makes fine steel.

Let him have the courage to be impatient.

Let him have the patience to be brave.

Teach him always to have sublime faith in himself
because he will then have sublime faith in all mankind.

This is a big order, but do what best you can do.

He is such a fine fellow, my son!" *A. Lincoln*

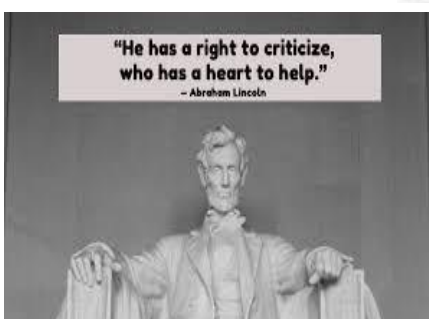


Abraham Lincoln 1809-1865

Abraham Lincoln



Abraham Lincoln statue
Leavenworth, Kansas, USA



The Lincoln Memorial in Washington D. C.

Ain't Life Grand!

Growing Old Together...



Frank: (after a Zoom meeting)
Zoom is great for seniors!

Ethel: Why do you say that?

Frank: At in-person meetings, I always forget peoples' names. But with Zoom, their names are right there under their pictures! 😊

Ethel: True.

Frank: So, now people don't think I'm old and senile!

Ethel: ...Well,... I wouldn't go *that* far. 😊

Frank: 😞



Quotable Quote:

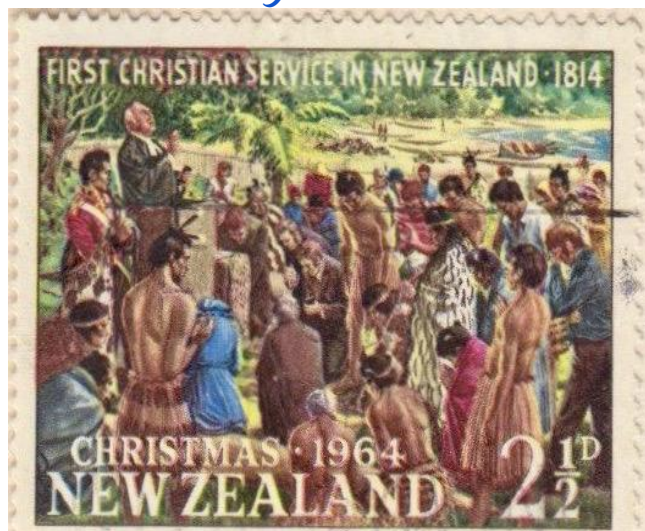
"Each of us has the same rights before law to overcome the challenges we face today. Not based on what happened 200 years ago but based on what we can do to make a difference in our own lives and flourish. That is the only way you can make the world a better place. The people of New Zealand need the rights in the Treaty of Waitangi articulated to unite us all.

- David Seymour
New Zealand Politician

Just a Friendly Reminder:

Only 18 days until Christmas!





How Did The Colours Blue And Pink Get Assigned to Boys And Girls?

The assignment of blue to boys and pink to girls is apparently a relatively new development in Western society. Initially there were many options in the colours used for infants. But historical accounts suggest that pink, as a lighter version of red which was associated with strength was deemed more suitable for boys, while blue, perceived as delicate and dainty, was often preferred for girls.

The shift towards the current colour association involved several factors including changing fashion trends. In the early 20th century fashion began to favour blue for boys and pink for girls, largely influenced by the preferences of European aristocracy.

Retailers and manufacturers played a crucial role with department stores starting to promote specific colours for each gender. They saw an opportunity to increase sales through gender-specific marketing. Following World War II, social and cultural shifts started to emphasise clear gender roles from an early age.



The media also significantly contributed to the idea that boys were blue and girls were pink through influential publication and later on through television and movies. It is important to note that these associations are not universal across different cultures and societies.

In recent times there has been a growing trend to challenge and rethink these colour-gender norms, saying they can be limiting and not reflective of individual preferences or identities.

The baby boomers in the 1940s were the first to be dressed in the sex-specific clothing that we are familiar with today. Boys and girls were dressed like miniature men and women



Bridge Over Troubled Water:

"When you're weary, feeling small
When tears are in your eyes, I will dry them all

I'm on your side, oh when times get rough,
and friends just can't be found

Like a bridge over troubled water, I will lay me down
Like a bridge over troubled water, I will lay me down

When you're down and out, on the street
when evening falls so hard, I will comfort you

I'll take your part, oh, when darkness comes
and pain is all around

Like a bridge over troubled water, I will lay me down
Like a bridge over troubled water, I will lay me down

Sail on silver girl, sail on by
your time has come to shine

All your dreams are on their way
See how they shine

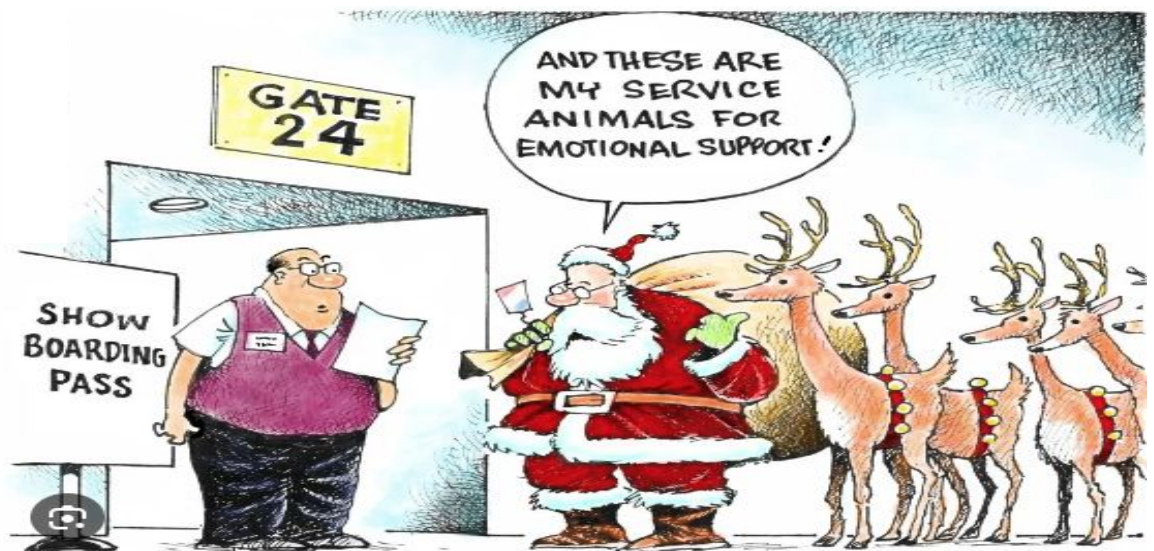
Oh, If you need a friend, I am sailing right behind

Like a bridge over troubled waters, I will ease your mind
Like a bridge over troubled waters, I will ease your mind"



Simon and Garfunkel
performing as 'Tom and Jerry' (1956-58)

*Never Fear,
Santa Claus
is on
His Way!*



Memories of Simon and Garfunkel



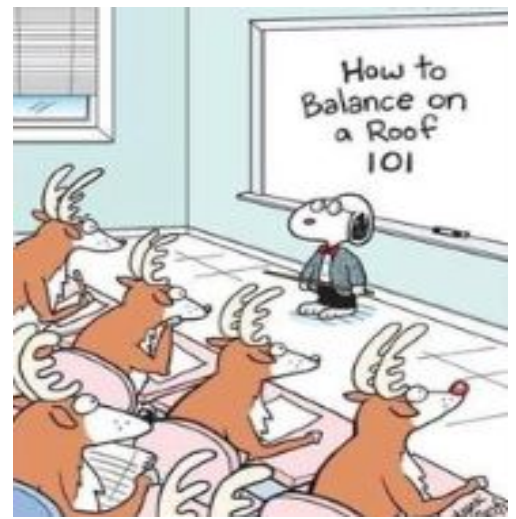
Simon and Garfunkel's much loved classic *Bridge Over Troubled Water* captured the emotions portrayed perfectly. It was released in 1970 and features one of Art Garfunkel's best vocals.

The American folk rock duo consisted of singer-songwriter Paul Simon and singer Art Garfunkel. They were one of the best-selling music groups of the 1960s with songs that included, *The Sound of Silence* (1965), *Mrs Robinson* (1968), *The Boxer* (1969) and *Bridge Over Troubled Water* in 1970 which reached number one on singles charts worldwide.

Simon and Garfunkel had a troubled relationship leading to artistic disagreements and their breakup in 1970. The duo won 7 Grammy Awards and were inducted into the Rock and Roll Hall of Fame in 1960. They were one of the most popular artists of the decade and among the best-selling music artists, having sold more than 100 million records. They have been ranked by the *Rolling Stones* magazine third on its list of the greatest duos of all time.

In 2003, Simon and Garfunkel received a Lifetime Achievement Award at the 45th Grammy Awards which they opened with their hit song *The Sound of Silence*.

Garry Thompson - UNIVERSITY OF LIFE



Seniors' Roundup Magazine:

The fortnightly editions of *Seniors' Roundup* are available free of charge to anyone interested.

Seniors' Roundup is emailed direct to your mailbox.

If interested, just send an email to the editor -

seniorsroundup2020@gmail.com

and put **Subscribe** in the subject line.

Seniors' Roundup goes out to seniors all over New Zealand and a number overseas.

You may unsubscribe at any time.

