

Life's Journey:

LOOK FOR THE BEAUTY
TO GIVE THANKS EACH DAY.
TO RENEW YOUR INNER GLOW
AS YOU JOURNEY ALONG YOUR WAY.

THE POWER OF YOUR THOUGHTS
CAN OPEN UP NEW DOORS.
LOOK INSIDE YOUR HEART.
OPEN WIDE YOUR HEART FOR MORE.

CONFIDENCE, STRENGTH,
LAUGHTER FROM WITHIN.
THIS IS WHAT I WISH YOU
FOR YOU WILL GROW AND WIN.

YOUR BEAUTY IS LIKE A FLOWER
WHICH HAS SEASONS TO REST.
FROM STILLNESS COMES INSIGHT,
THEN YOU GROW AND DO YOUR BEST.

MAY THIS NEW PERSONAL YEAR
OPEN MANY GOLDEN OPPORTUNITIES FOR YOU.
WHICH WILL START CREATIVE OUTCOMES
FOR YOUR TALENTS TO SHINE THROUGH.



Does the rhubarb sauce need more sugar?"

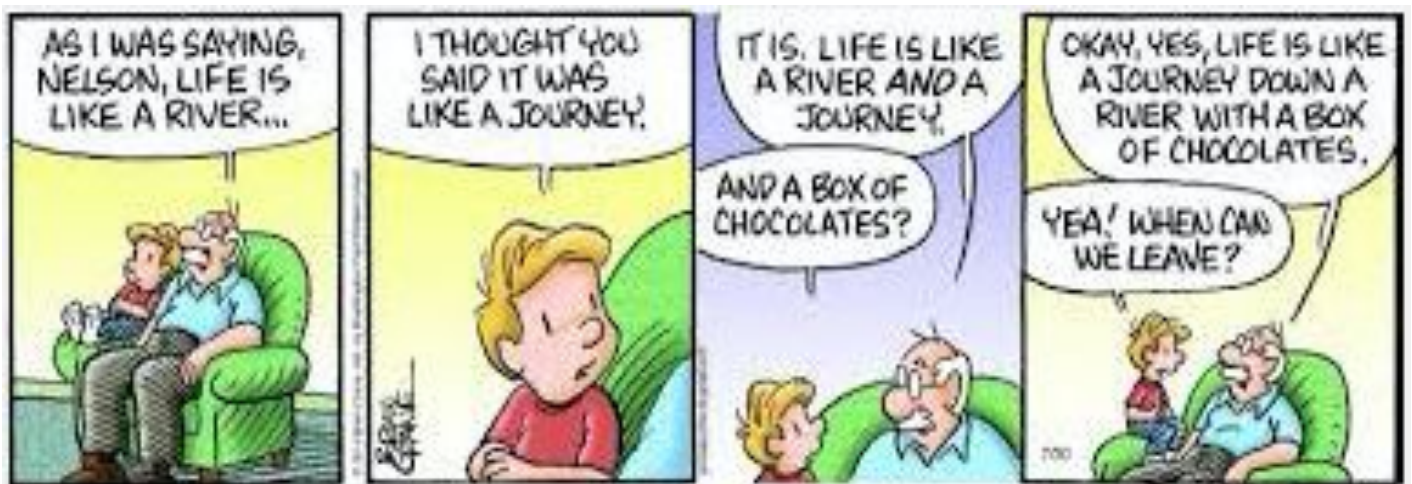


The two things you cook best are meatloaf and apple pie!... Which one is this?



*It's not having seconds that's the problem.
It's having fifths and sixths!"*

Looking Ahead!



The Life And Times of Barry Humphries:

aka Dame Edna Everage

Barry Humphries was an Australian actor best known for his character Dame Edna Everage, a sharp-tongued housewife and talk show host.

Humphries initially attended Melbourne University but left early to pursue an acting career. His London stage debut was in *The Demon Barber* (1959), and he later appeared in various productions of the musical *Oliver* as well as in several one-man stage shows.

In 1955 he created the character Edna Everage for a skit he was performing. His character arose out of his desire to lampoon the people and standards of his parent's generation.



Barry Humphries 1934-2023



Dame Edna Everage

Humphries debuted Edna to a wider audience on the first evening of television broadcasting in Australia in 1956. The Edna character was made a Dame on television in the 1970s in a spontaneous gesture by Australian Prime Minister Gough Whitlam.

Edna was at times condescending, insulting and intrusive but still likeable and sincere. Edna's greeting to her fans was always "Hello Possums" and her consistently loveable nature endeared her to a high fan base around the world.

In addition to Edna, Humphries created several other comic characters that attracted attention, such as Sir Les Patterson, a vulgar, drunken Australian politician.



The alter egos of Barry Humphries

His novel about an Australian television star *My Life as Me* (2004) in many ways mirrored his own life. He also produced a number of books ostensibly by Dame Edna Everage.

Following a fall in the same year, Barry Humphries died after complications from his hip surgery in 2023.

Garry Thompson - UNIVERSITY OF LIFE



"I was only expecting a Mr Barry Humphries"

Unforgettable Speeches:

Harvard Commencement Speech, JK Rowling 2008

In 2008, The Harry Potter author delivered a powerful graduation speech at Harvard University.

It was so compelling it went on to become the most-viewed commencement speech on Harvard's website and was later printed and distributed as a booklet.

Rowling shared with the recent graduates her experience from working at Amnesty. She told them about the nightmares that would haunt her after reading letters and testimonials of people living in fear under totalitarian regimes.

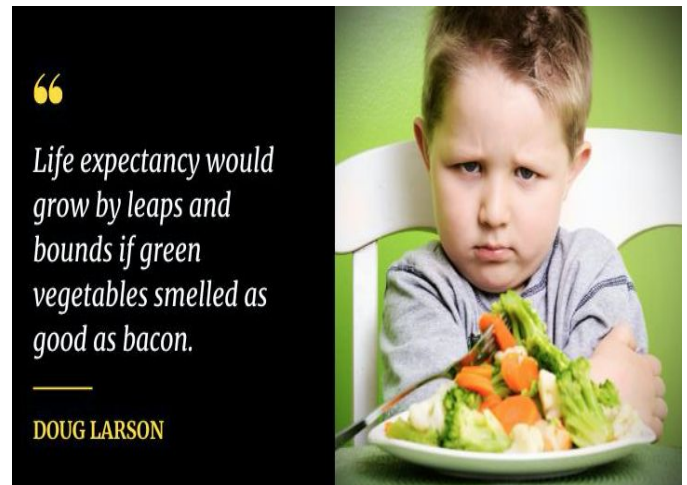
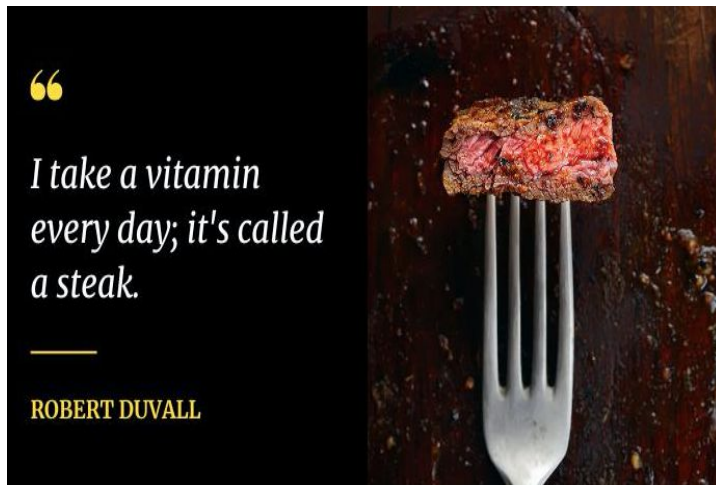
The novelist urged the crowd to use their imagination for compassion by putting themselves in the shoes of the less fortunate and to use their influence to bring forth positive change for those who need it the most.



"If you choose to use your status and influence to raise your voice on behalf of those who have no voice; if you chose to identify not only with the powerful, but with the powerless; if you retain the ability to imagine yourself into the lives of those who do not have your advantages, then it will not only be your proud families who celebrate your existence, but thousands and millions of people whose reality you have helped change. We do not need magic to change the world, we carry all the power we need inside ourselves already; we have the power to imagine better."

- J.K. Rowling

Funny Gourmet Quotes That Will Make You Laugh:



Quotable Quote:

"People who talk about what life has taught them never fail to keep the attention of their listeners."

- Dale Carnegie 1888-1955



The Beauty of Antarctica:

The scale is enormous and beautiful like no other on earth



Icy cliffs like this line Antarctica's coastline



Crabeater seals actually feed on krill not crabs

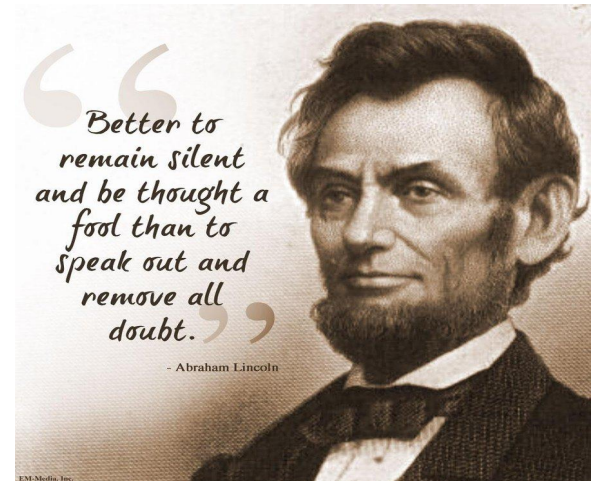
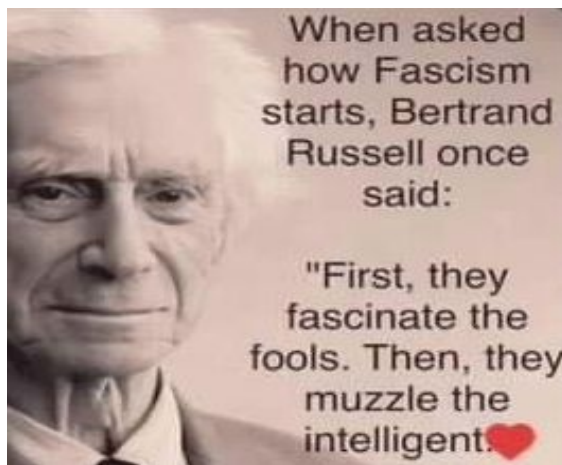


King penguins can be told apart from the larger emperors by their pronounced orange ears



Mount Erebus is the most southernmost active volcano on earth

Thoughts On Life:



Such is Life!



"Honey, it's for you."



Early Man

Late Again Woman



Shanghai Maglev - The journey from Shanghai to Shanghai Airport takes only 7 minutes and 20 seconds thanks to the incredible maglev trains. This train uses magnets to levitate above the tracks which reduce friction allowing the train to reach speeds of 430 km/h. Following a serious accident in Germany in 2012, the Chinese authorities have reduced the speed at which the train runs to 298 km.



Harmony CRH 380E - The Harmony is an electric high speed train which travels between Shanghai and Beijing. It took four and a half years to build the tracks which cost in excess of \$17 billion. It is the world's second fastest train cutting down the travel time from 10 hours to less than 3 hours travelling at speeds of 380 km/h. The design uses a greatly improved vibration system and improved air tightness for passenger comfort. Advanced sound absorbing materials and insulation are used for the carriages.

Only in Africa:

A country that never ceases to surprise



This Day May Very Well Come!

What would our grandparents have thought?



In the Kitchen:



To help cut up bacon, dip it into cold water first



To keep cauliflower white, add milk to the water

Attitudes do Change!



When I was young I was scared of the dark. Now when I see my electric bill I am scared of the lights.



The Nestle Food Company:

Henri Nestle, born in 1814 was a chemist and inventor who later became a world renowned confectioner. In many ways he was a man ahead of his time. Working in his own chemistry laboratory in Vevey, Switzerland he developed and produced a large range of products. The year was 1867 and at a time of high infant mortality which provided Henti with the incentive and drive to turn his attention to food products.

With the help of his wife, he developed food for babies that were unable to be breastfed.

He proclaimed it was based on "wholesome Swiss milk and a cereal component baked by a special process" which he had invented. Before his product could be tested, a friend came to him with her sickly baby who had been born a month premature. Unable to tolerate his mother's milk and weak after persistent vomiting, the child was dying.

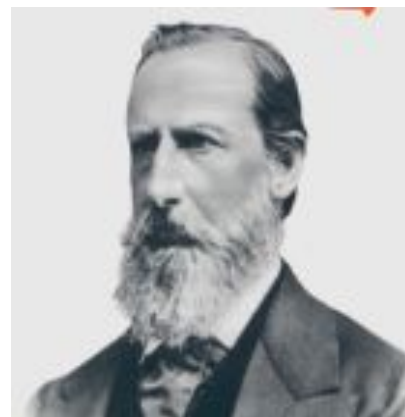
This led Nestle to feed the baby with a diluted version of his formula which to everyone's relief had almost instant results. The news that NESTE's formula had saved the baby's life quickly spread among local mothers, midwives and doctors.



The life-saving product led to widespread success and its use quickly extended to the elderly and those unwell. Safety and quality control have always been priorities for the Nestle brand creating food and beverages that all consumers can trust without reservation.

The Nestle company relies heavily on nutrition science and scientific knowledge and has established the world's largest private nutrition and food research organization, employing over 5,000 people across 34 worldwide research and development facilities.

A real Kiwi icon



Henri Nestle' 1814-1890

In 1874, Nestle developed its first condensed milk product which eventually made its way to New Zealand in the luggage of European immigrants. In 1885 production commenced in New Zealand at Invercargill in the South Island and in 1901 the product was renamed *Highlander Milk* to reflect the area in which it was being produced.



In 1920 a newly built factory in Auckland started producing milk chocolate and by 1929 the factory in Parnell was producing close to 42 tons of chocolate each month. Nescafe' was initially imported from the USA and repacked for New Zealand consumption but in 1962 a factory was opened in Wiri, Auckland. Nescafe was included in ration kits issued to American soldiers during WW2 and Sir Edmund Hillary packed the product for his Mt Everest climb in 1953. It is reported the astronauts also enjoyed Nescafe whilst on the moon.



Milo was originally created in Australia in 1934 to help children who were undernourished gain more vitamins and minerals during the Great Depression. It is still made from the same key ingredients as in 1935.

Garry Thompson - UNIVERSITY OF LIFE



Unsolved Mysteries of The Universe:

Despite technology becoming more and more advanced, the world is still filled with unsolved mysteries, From historical head-scratchers to chilling murder mysteries, many strange yet true stories remain unsolved.



Around 1am on the night before Christmas in 1945, George and Jennie Sodder and nine of their ten children (one was away in the army), woke up to a terrible fire that broke out in their home. Four of the children escaped, but the other five were never seen again. Physical evidence showed that there was no sign of the missing children in the house which is virtually impossible from a scientific standpoint.

There were a few other things that seemed strange about the happenings that night. Marion the oldest girl ran to a neighbour to call the Fire Department but could not get a response from the operator. Further calls were also unsuccessful and eventually a neighbour drove to the Fire Station which was only two and a half miles away.

The Fire Crew didn't arrive until 8 am.

George recalled that a few months earlier, a man tried to sell his family insurance and became irritated when George refused. "Your family house is going up in smoke" the salesman warned. "And all your children are going to be destroyed!"

The family theorized that the missing children had been kidnapped, maybe in an attempt to extort money or perhaps even coerce George in to joining the local mafia.

The last known survivor of the Sodder family, Sylvia aged 69, does not believe that her siblings perished in the fire. A reward remains in place.



Neil Armstrong 1930-2012

**"Mystery creates wonder and wonder is the basis of man's desire to understand."
- Neil Armstrong
First man to walk on the moon**



"I don't know what bothers me more: the nonstop comparisons to your first husband or your reminders that his body has never been found."





This ancient Roman doll is made of coloured ivory and was found in the stone coffin of an 8-year old boy who lived more than 1,800 years ago.



Common in ancient Greece and Rome, this ancient tunic belonged to a child and is believed to be about 1,400 years old. It looks like an older version of a modern-day hoodie!

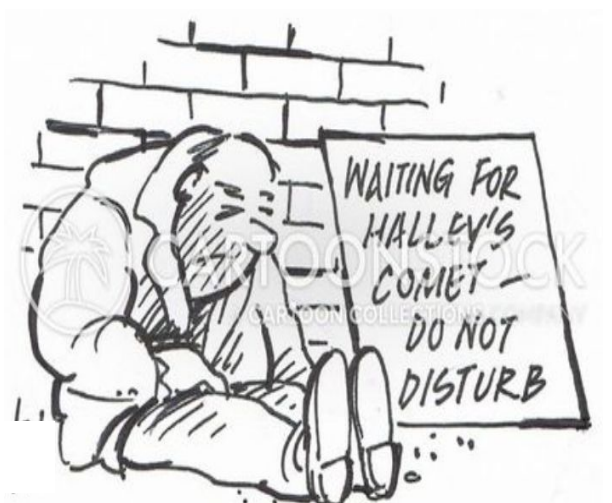
How Big is Comet 67P Churyumov-Gerasimenko?



Superimposed on Los Angeles



"Oh No! Not that bloody Halley's Comet again?"



Talking to My Mirror!

Mirror, mirror on the wall,
You're not playing fair at all.
I'm really quite upset with you,
For giving your distorted view.

You show my hair is turning grey,
it's just the way the shadows play.
I know that you're not hanging straight,
to make me look so overweight.

The way you show a double chin,
is just the way the light comes in.
I think I'm fine but you're so wise
to put such accent on my thighs.

I wish you'd try to be my friend
and tell me I'm a little thin,
Just tell me I look good in jeans
and frilly shirts and pretty things.

Please don't let the wrinkles show,
I'd like to have a pretty glow.
I see you won't respond at all
so I'll just tear you off the wall.

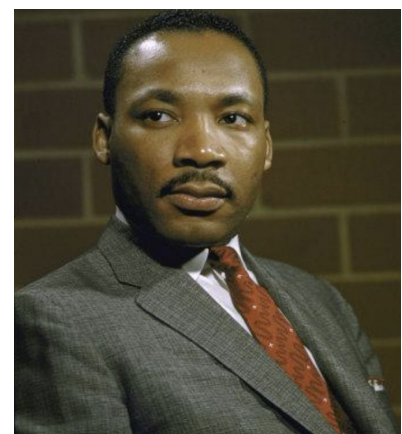
Quotes That Speak of Peace:

"Darkness cannot drive out darkness.
only light can do that;
Hate cannot drive out hate;
Only love can do that."

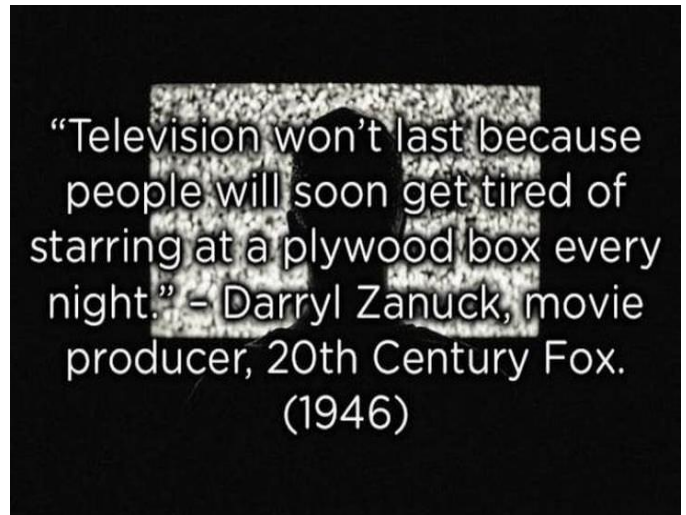
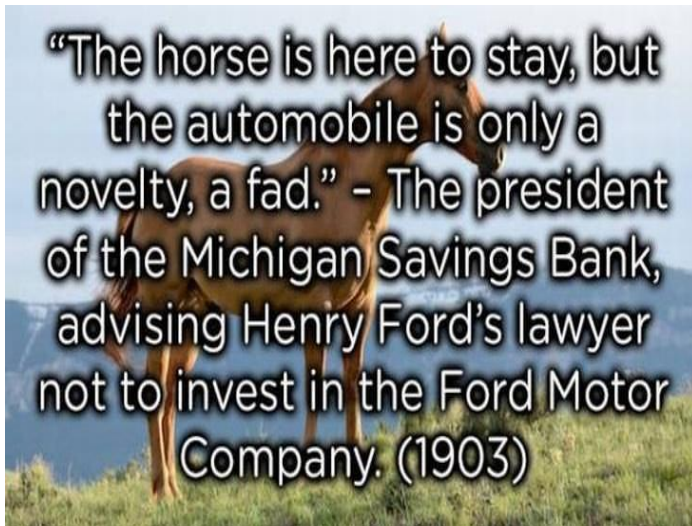
- Martin Luther King Jr.



"What are you laughing at? We haven't gone in yet.
That's just a normal mirror!"



Bold Predictions That Were Proven to Be False:



The Most Amazing Fountains in The World:



The Mustangs of Las Colinas, Texas, USA -
This bronze sculpture, which adorns Williams Square in Las Colinas, Texas is said to be the largest equestrian sculpture in the world. It is in tribute to the wild mustangs that have a deep historical significance in Texas. The Mustangs represent the drive and initiative to live successfully during the days of the American pioneers.

Wishful Thinking:



“I’m not surprised your insurance is a joke. Isn’t laughter the best medicine?”

A focal point in an outdoor space

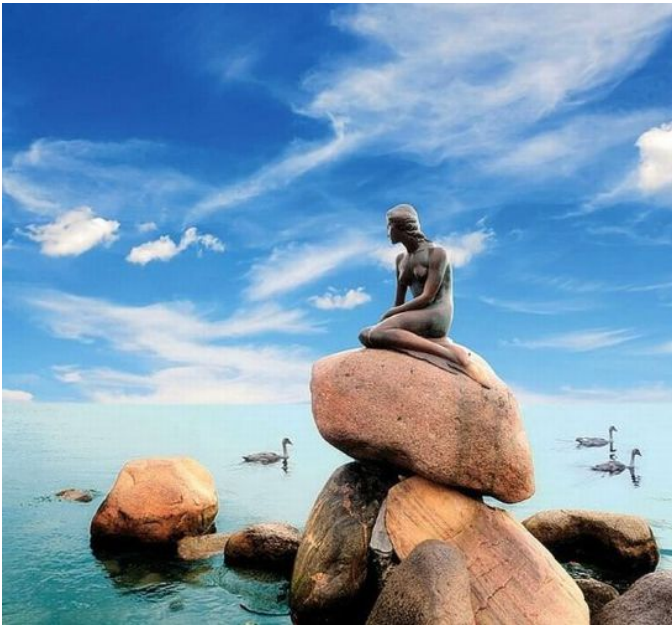


The Magic Tap, Cadiz, Spain -
This fountain is absolutely baffling at first glance and most people are at a loss to know how the effect is achieved. It is actually supported by a strong support that runs through the middle of the fountain’s stream of water. It is located at the Aqualand theme park in the Spanish city of Cadiz.



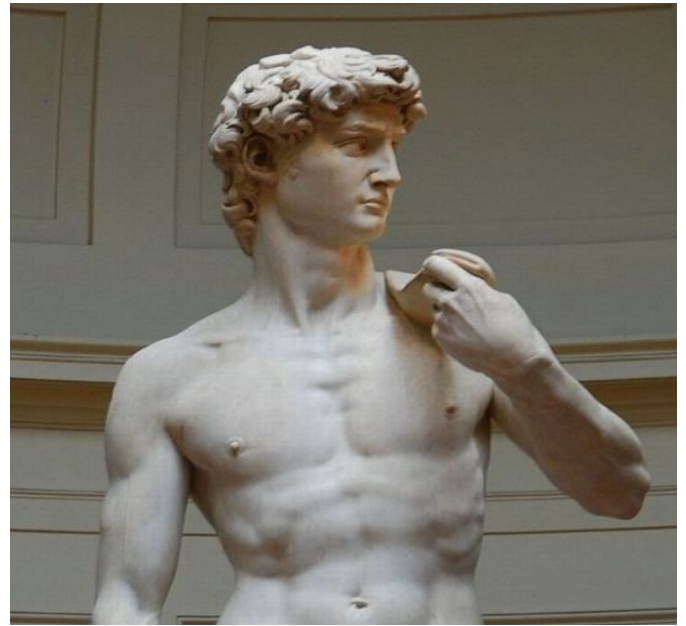
“When will I be healthy enough to stop exercising?”

Two of the World's Most Famous Statues:



The suffering of the Little Mermaid -

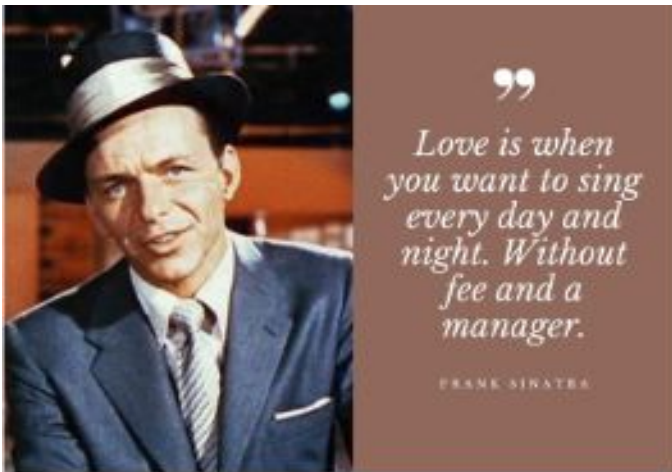
Copenhagen's Little Mermaid statue is one of the world's most famous despite it being a magnet for vandals. It has been broken and cut into pieces on a number of occasions and the mermaid still bears the scars around her neck where her head has been replaced. Following vandalism incidents for over 40 years, the authorities have moved the Little Mermaid further into the harbour to prevent further vandalism and to stop tourists from climbing over her.



The perfect David made of corrupt marble -

Although Michelangelo's statue of David is often regarded as the Western ideal of male beauty, it turns out that David is actually cross-eyed. This was discovered by a professor at Stanford University who scanned David with laser computer technology. It is thought that David's defect has been made deliberate on Michelangelo's part so that he would look impeccable from either side.

The Quotes of Frank Sinatra:



Sadly, a Sign of The Times in Many Families



The Tallest Statue in The World:

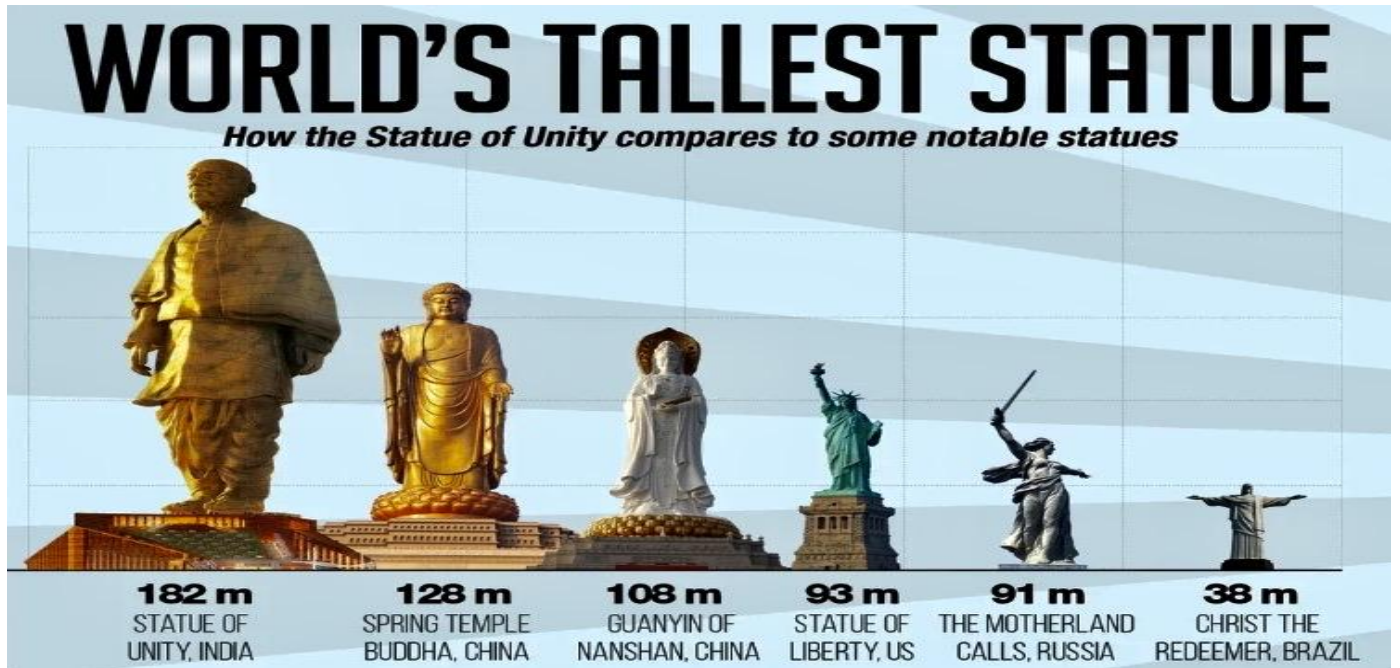
The definition of a statue is a free-standing sculpture representing one or more people or animals in their entirety or partially such as a bust. The height of the statue includes the structure that the monument is standing on.

Standing at 182 metres - or nearly 600 feet tall - the biggest statue in the world is the *Statue of Unity* in Gujarat, India.

The statue was unveiled on October 31, 2018 and replaced the Spring Temple Buddha in Pingdingshan, China which stands at approximately 420 feet in height.

The *Statue of Unity* is twice the height of Big Ben and three times the height of the Statue of Liberty. It is a colossal statue of Indian statesman and independent activist Sardar Vallabhbhai Patel (1875-1950). He was the first Home Minister of India and adhered to Mahatma Gandhi's independence movement.

The Statue of Unity is located on a river island facing the Sardar Sarovar Dam on the river Narmada, 100 kilometres southeast of the city of Vadodara, Gujarat, India.



Remove statues campaign cartoon

Please do not use without permission

Garry Thompson - UNIVERSITY OF LIFE



"He's a middle-aged white man. What other reason do you need?"



"That's a statue of my rich uncle."

Would-be gas thief gets a real mouthful

A man who tried to siphon gas from a motor home got a mouthful of sewage instead, Seattle police said.

Police got an early morning call last week from the owners of the vehicle parked on a Seattle street, police spokeswoman Vinette Tishi said.

When officers arrived, they found sewage and what looked like vomit on the ground. Nearby they found a man curled up ill next to a car.

Tishi said the man admitted he was trying to siphon some gas and plugged his hose into the motor home's sewage tank by mistake.

The motor home owner, from Bellingham, declined to press charges, calling it the best laugh he's ever had, Tishi said.

Police solve case of the missing bacon

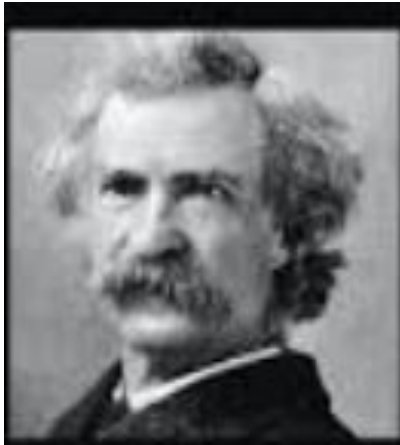
A Grand Rapids resident told police last week that someone had entered his home during the night and taken five pounds of bacon from the refrigerator.

Upon further investigation, police discovered his wife had gotten up for a late night snack, but was afraid to admit it.

Gold chain taken

A 21-year-old woman in the 1600 block of Vogt Drive reported Saturday that her gold rope chain with a diamond pendant was missing from her home. The woman suspects that her ex-roommate took the chain and also took the woman's husband, who also is missing.

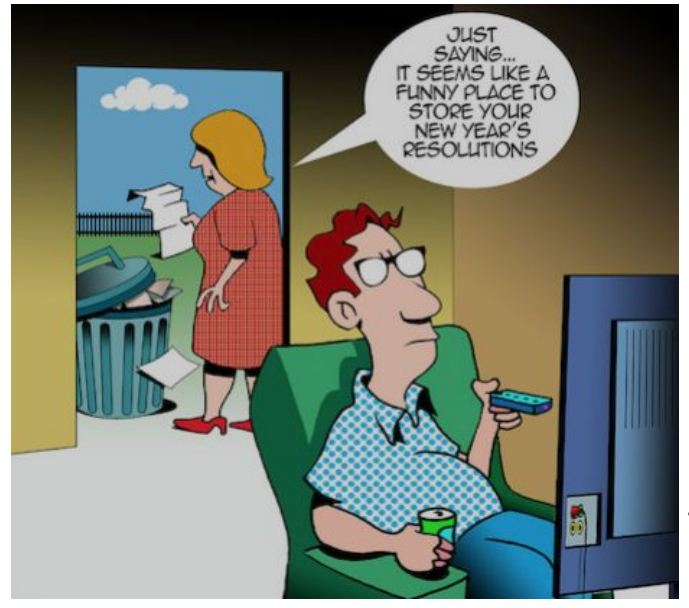
Quotable Quote"



If you don't read the newspaper, you're uninformed. If you read the newspaper, you're mis-informed.

- Mark Twain

Things To Ponder:



'Twas the Month AFTER CHRISTMAS

'Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt---

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

Author Unknown



Our Phones are wireless,
Our Cooking is Fireless,
Our Cars are Keyless,
Our Tires are Tubeless,
Our Food is Fatless,
Our Dresses are Sleeveless,

Our Relationships are Meaningless,
Our Attitudes are Careless,
Our Feelings are Heartless,
Our Babies are Fatherless,
Our Children are Mannerless.
Our Education is Valueless,
Our Youth are Jobless,

Our Country is Godless,
Our Leaders are Shameless,
Our Politicians are Worthless,
Our Government is CLUELESS!
We are speechless, and I'm scared
shitless!
And everyone is offended.

I THINK THE CLOUD'S GREAT!
IT ALLOWS ME TO WORK FROM
HOME. MY WIFE'S NOT SO
KEEN ON IT THOUGH.



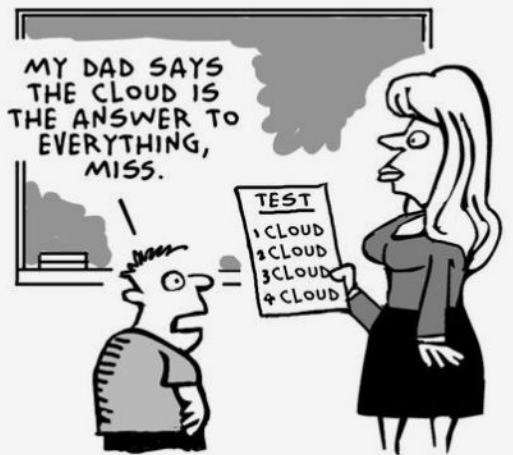
I WONDER IF SOMEDAY
SMART PHONES WILL BE
SMARTER THAN US?

WHAT DO
YOU MEAN,
SOMEDAY?



MY DAD SAYS
THE CLOUD IS
THE ANSWER TO
EVERYTHING,
MISS.

TEST
1 CLOUD
2 CLOUD
3 CLOUD
4 CLOUD



IT'S NOT BORING
UP HERE - YOU GET TO
LOOK THROUGH EVERYONE'S
DATA!



This Little Poem For The Old is Gold:

Another year has passed
and we're all a little older,
last summer felt hotter
now winter seems much colder.

There was a time not long ago
when life was quite a blast,
now I fully understand
about 'Living in the Past'.

We used to go to parties,
picnics and lunches.
Now we stay at home
preferring snacks to brunches.

We used to go out dining
and couldn't get our fill,
Now we ask for take away,
come home and take a pill.

We used to often travel
to places near and far,
now we get restless syndrome
from riding in the car.

That , my friend is how life is,
and now my tale is told.
O, enjoy each day and live it up,
before you get too old.



"Newspaper may not be as cool as the Internet, but they're still the best way to read 50-year-old comics and yesterday's news."



"Of course I've gained weight. That's why it is called 'growing' older."



"The sports car and the boat are investments for my retirement. I'm using them to attract a younger woman who can support me in my old age."

Seniors' Roundup Magazine:

The fortnightly edition of *Seniors' Roundup* is available free of charge to anyone interested.

Seniors' Roundup is emailed direct to your mailbox.

If interested, just email the editor at - 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.

