



**THE POSITIVE POINTS** are acupuncture points specifically known for diffusing the fight-or-flight reflex, thus releasing emotional distress. They are located above the centre of each eyebrow and halfway to the hairline. You might find a slight bulge at each point. Lightly place 3 fingers of each hand on these points. You might prefer to cross your hands so that your right hand touches the left side of your forehead. You can hold your own points or have a partner hold them for you. Close your eyes and hold the points lightly during the course of 6 to 10 slow, complete breaths. To further release stress, hold the points while reviewing the stress-producing situation and considering alternative possibilities.

### 'GREEN' GARDEN PESTICIDE GUIDE

Instead of using manufactured chemical sprays in your garden, try these more environmentally friendly sprays:

#### NON-TOXIC ALL-PURPOSE SPRAY

Combine 1 bucket of water, 1 teaspoon Condy's crystals and 1 small packet of Epsom salts.

#### CABBAGE MOTH SPRAY

Mix 50g soft soap scraps, 150g salt and 10 litres of water.

#### MILDEW

Pour 500ml boiling water over a handful of dried chives or 2 handfuls of fresh chives. Steep for 1 hour, strain and store in a sealed container. Mix 1 part spray to 2 parts water when using.

#### APHIDS, WHITEFLY & CATERPILLARS

1. Chop 100g garlic finely and soak it in 2 teaspoons kerosene (or 2 tablespoons paraffin oil) for 48 hours. Add 500ml warm water, to which 5g oil-based soap (or 30g pure soap) has been dissolved.

Store in a sealed container. Mix 25 – 30ml of spray with 1 litre water when using.

2. Crush 1 bulb garlic, 2 chillies and 2 onions and cover with water. Steep for 24 hours. Strain off solids and add enough water to make up 2 litres of spray.

Repeated use of each of these sprays is often necessary.

If purchasing manufactured sprays, choose less harmful options such as white oil, pyrethrum or derris dust. Try companion planting to reduce insect pests.



Have a sing-a-long with Chuck Mead and his Grassy Knoll Boys, who have reworked *I've Been Everywhere* into a more appropriate version for current times.

<https://www.youtube.com/watch?v=DIQvaBOuvAs>

Those of you who prefer a more cultured style of music will enjoy this version of *Amazing Grace*. It is sung in Catalan by Mónica Naranjo and was performed at Basílica de la Sagrada Família, Barcelona.

[https://www.youtube.com/watch?v=NJ3geGg\\_88k](https://www.youtube.com/watch?v=NJ3geGg_88k)

## KEEPING UP APPEARANCES ~ with Hyacinth Bucket (that's 'boo-kay', please)

Here is an easy recipe to make a small amount of very basic, pretty good, general-purpose **SKIN CREAM**.

10 tsp edible oil of choice + 2 or 3 tsp beeswax + 10 tsp distilled water or \*scented water

\* To make scented water: float lavender flowers or rose petals on top of warm water for a couple of hours before using.

Place oil and beeswax in a double boiler on LOW heat.

SLOWLY heat until melted and combined.

Place water in ANOTHER double boiler on LOW heat.

SLOWLY heat until it is the same temperature as the oil (use a thermometer).

Remove both mixtures from heat. Combine the mixtures and use an electric mixer ON LOW SPEED to whip them until they are combined. Add a few spoons of water as you mix. SLOWLY continue whipping until mixture is creamy.

Spoon the cream into sterile containers (eg boil them in water). Allow to cool before putting the lids on.

ALLERGIC REACTIONS can occur in some people, so try a test spot first.

There are no added preservatives so best to keep the cream in your fridge and use it up quickly.

Micheli, who provided this recipe, has offered to arrange a supply of beeswax (at cost) if there is a demand for it. If you are interested in this offer, please contact one of the editors (refer page 4).



## 13 COMMANDMENTS FOR SENIORS

- #1 - Talk to yourself, because there are times when you need expert advice.
- #2 - Consider "In Style" to be the clothes that still fit.
- #3 - You don't need anger management. You need people to stop p\*\*\*ing you off.
- #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
- #5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
- #6 - These days, "on time" is when you get there.
- #7 - Even duct tape can't fix stupid - but it sure does muffle the sound.
- #8 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
- #9 - Lately, you've noticed people your age are so much older than you.
- #10 - You thought growing old would take longer.
- #11 - Ageing sure has slowed you down, but it hasn't shut you up.
- #12 - You still haven't learned to act your age, and you hope you never will.
- #13 - You know you are growing old when "one for the road" means taking a pee before you leave the house.



The whole world is a classroom and we should learn something from it every day.

Here is today's lesson ...

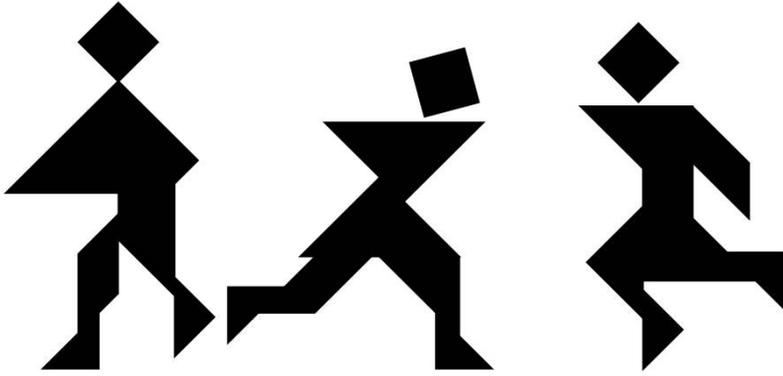
<https://www.youtube.com/watch?v=IEDDiFnyl24>

Here is a fascinating demonstration of how the Chinese managed to build palaces that could withstand earthquakes:

[https://www.youtube.com/watch?v=w78Yb\\_aotH0](https://www.youtube.com/watch?v=w78Yb_aotH0)

# The Tangram Challenge

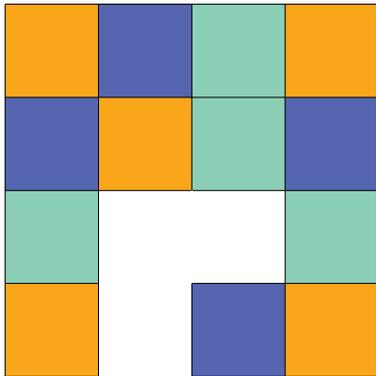
This week, try to recreate these shapes:



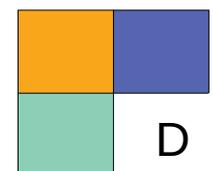
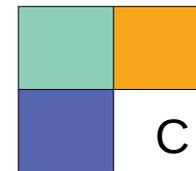
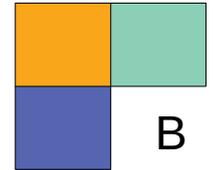
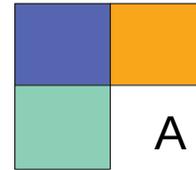
You must use all 7 tans, they must touch and they may not overlap. Note that the parallelogram  may have to be flipped over  to create some of the shapes in the various challenges.

If you need the template to make the 7 tans (pieces), please contact Cheryl via email (contact details on last page).

Solutions in the next issue of KIT.



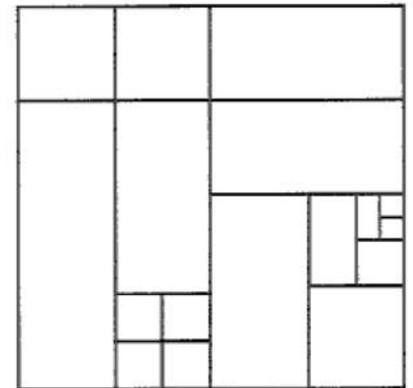
Which of the pieces on the right correctly completes the array in **THE GRID** on the left?



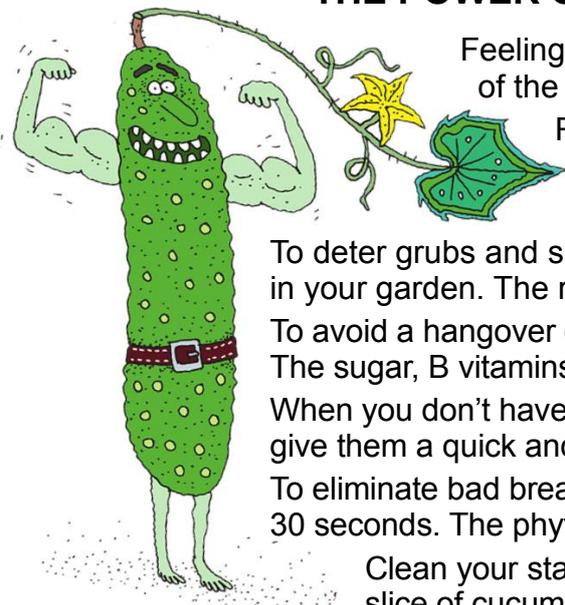
## RIDDLE

Twice six are eight of us.  
Six are but three of us.  
Nine are but four of us.  
What can we possibly be?  
Would you like to know more of us?  
I'll tell you more of us.  
Twelve are but six of us.  
Five are but four of us.  
Now do you see?  
**What are we?**

Count the number of **SQUARES** in this diagram.



## THE POWER OF CUCUMBERS – MORE THAN A SALAD VEGETABLE!



Feeling tired? Snack on cucumber for a quick pick-me-up. They contain most of the vitamins and minerals you need every day.

Rub a cucumber slice over your bathroom mirror to prevent fogging.

If a door has a squeaky hinge and you're out of WD40, rub a slice of cucumber on the hinge to silence it.

To deter grubs and slugs, place a few slices of cucumber in an aluminium tray and leave it in your garden. The reaction of chemicals will drive the pests crazy!

To avoid a hangover or terrible headache, eat a few slices of cucumber before going to bed. The sugar, B vitamins and electrolytes will replenish your body with essential nutrients.

When you don't have time to polish your shoes, rub them with a freshly-sliced cucumber to give them a quick and durable shine that also repels water.

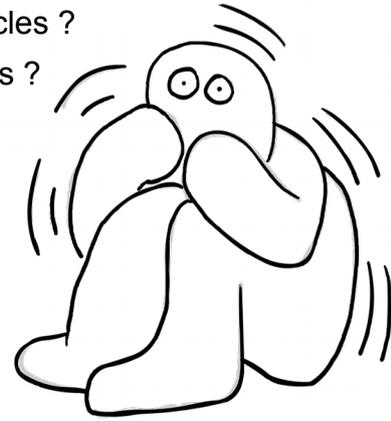
To eliminate bad breath, take a slice of cucumber and press it to the roof of your mouth for 30 seconds. The phyto-chemicals will kill the bacteria in your mouth that cause the problem.

Clean your stainless steel taps, sinks and appliances by rubbing the surface with a slice of cucumber. This will remove tarnish, bring back the shine and be streak-free.

Have you made a mistake with a pen? Have the kids decorated the walls with crayons or markers? Take the outside of the cucumber and slowly rub the marks to erase them.

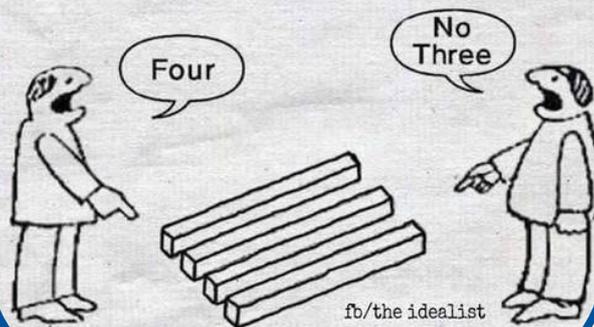
## QUIZ – PHOBIAS

1. Is Spectrophobia the fear of a) flashing lights b) mirrors c) wearing spectacles ?
2. Is Chorophobia the fear of a) dancing b) singing c) doing household chores ?
3. Is Linonophobia the fear of a) string b) walking on linoleum c) crayfish ?
4. Is Arachibutyrophobia the fear of a) having a spider crawl into one's mouth b) using the internet c) peanut butter sticking to the roof of one's mouth ?
5. Is Optophobia the fear of a) one's own reflection b) opening one's eyes c) winning a contest ?
6. Is Didaskaleinophobia the fear of a) going to school b) climbing a ladder c) eating kale ?
7. Is Nomophobia the fear of a) forgetting someone's name b) drowning in a wine cask c) being without your mobile phone ?
8. Is Globophobia the fear of a) stepping on used chewing gum b) international travel c) balloons ?
9. Is Hippopotomonstrosesquippedaliophobia the fear of a) being attacked by a hippopotamus b) long words c) falling off a horse ?
10. Is Omphalophobia the fear of a) being the centre of attention b) shadows c) belly buttons ?
11. Is Pogonophobia the fear of a) violins b) beards c) jumping ?
12. Is Cenosisophobia the fear of a) an empty glass b) centipedes c) sand between one's toes ?



"Everything we hear  
is an opinion, not a fact.  
Everything we see  
is a perspective, not the truth."

- Marcus Aurelius



### PREDICTION:

There will be a baby boom in 9 months and then, in 2033, we will see the rise of the QUARANTEENS.

The science community has figured out that the spread of Coronavirus is based solely on two things:

1. How dense the population is
2. How dense the population is

### Solutions to last week's Tangram Challenge



Goat



Bat



Raven

**We welcome U3A Wanneroo members' contributions to KIT**

Please email your submission/s to one of the editors:

Cheryl: [email address redacted] or Constance: [email address redacted]

**PUZZLE SOLUTIONS** THE GRID = D (Start at the top left-hand corner and work along the top line, then back along the next line, repeating the sequence orange, blue, green. Finish at the bottom left-hand corner square.) RIDDLE = Letters of the alphabet. SQUARES = 16  
**QUIZ ANSWERS** 1. b) mirrors 2. a) dancing 3. a) string 4. c) peanut butter sticking to the roof of one's mouth 5. b) opening one's eyes 6. a) going to school 7. c) being without your mobile phone 8. c) balloons 9. b) long words 10. c) belly buttons 11. b) beards 12. a) an empty glass (May you always find something to fill your glass. Cheers!)