

ASIA

SINCE 1922

Reader's Digest

**RD
TALKS**
OUR STORIES
AS PODCASTS

JANE FONDA

The Road To Wisdom

PAGE 24

**HOW TO BEAT
DIABETES**
New Strategies,
New Science &
New Hope

PAGE 32

MOON QUIZ
Test Your Lunar
Knowledge

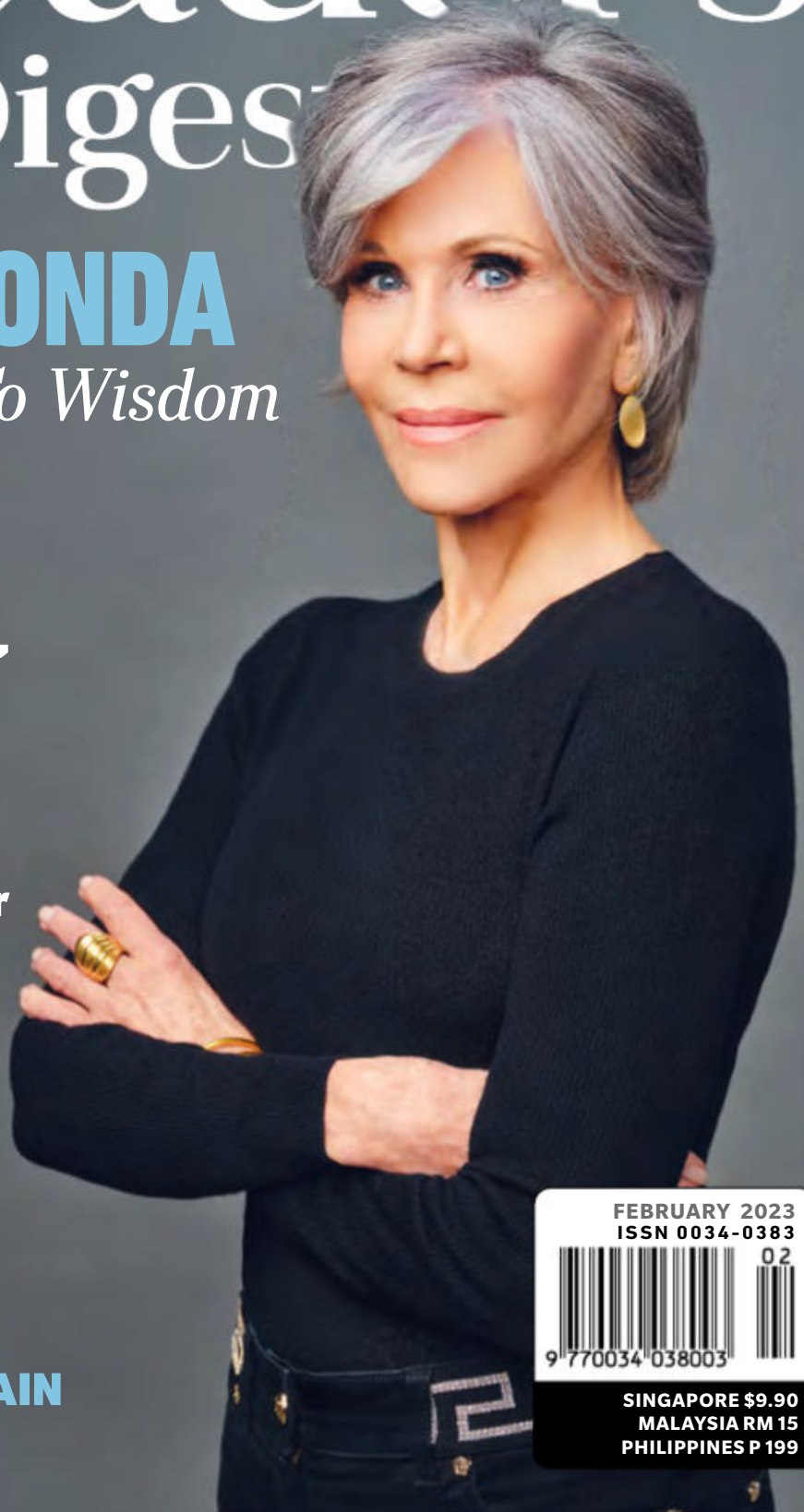
PAGE 86

I Survived!
Six Days
LOST AT SEA

PAGE 40

Weird Science
Couples With
EMPATHETIC PAIN

PAGE 118



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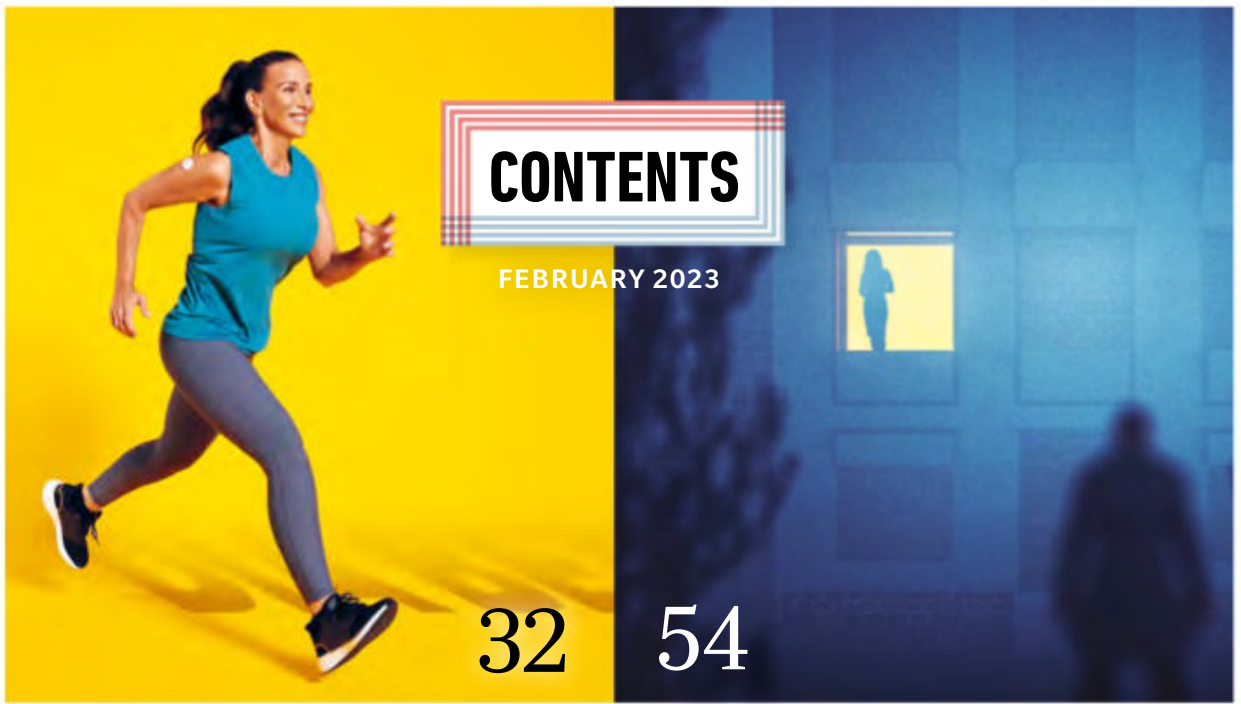
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Website



Whatsapp



CONTENTS

FEBRUARY 2023

32

54

Features

24

ENTERTAINMENT

Jane Fonda

The iconic actress and activist is a great believer in the role of luck in life success.

JAMES MOTTRAM

32

HEALTH

How To Beat Diabetes

The latest science treatments and medications helping to prevent and control the condition.

SYDNEY LONEY

40

DRAMA IN REAL LIFE

Adrift

With no choice but to abandon his sinking yacht, Don Cavers was at the mercy of the ocean currents in a tiny life raft.

GARY STEPHEN ROSS



54

FIRST PERSON

Stalked By An Airtag

An electronic device designed to keep track of lost things is being used to monitor and stalk people.

MAGGIE KIM

64

PHOTO FEATURE

Photo Bombed

Perfect Kodak moments until a cute or curious animal pops up on the scene.

DORIS KOCHANEK

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ON THE COVER: JANE FONDA – PAGE 24

90

CONTENTS

FEBRUARY 2023



70

HUMOUR

The Perfect Salon? A Barber Shop

Barbers don't need to be a male preserve, and the conversation is just as good.

PATRICIA PEARSON

74

HEALTH

Take Up A Healthy Hobby

Energetic and restful leisure activities that'll boost your mood, and improve your physical wellbeing.

SUSANNAH HICKLING

78

INSPIRATION

Extreme Medicine

Meet the medics who work in the world's harshest conditions and step in when there is a crisis.

PARISA HASHEMPOUR

86

QUIZ

The Moon Has Risen

A constant companion as it orbits the Earth, how much do you know about the moon? Hint: It's not made of cheese.

CAROLINE FRIEDMANN

90

TRAVEL

If These Cliffs Could Talk

Fossils, smugglers and cheese-makers all have their stories to share about Devon's southeast coast.

BEN LERWELL

FROM NATIONAL
GEOGRAPHIC TRAVELLER

98



98

BONUS READ

Portugal's Schindler

The diplomat who followed his conscience to save thousands of people from the Nazi regime.

CHANAN TIGAY FROM
SMITHSONIAN MAGAZINE

PHOTOS: (CATHEDRAL) P.A. THOMPSON/GETTY IMAGES;
(SOUSA MENDES) COURTESY OF SOUSA MENDES FOUNDATION

73

Departments

THE DIGEST

- 16 **Pets Corner**
- 18 **Health**
- 22 **News From The World Of Medicine**
- 115 **RD Recommends**

REGULARS

- 4 **Editor's Note**
- 6 **Letters**
- 10 **My Story**
- 14 **Smart Animals**
- 50 **Look Twice**
- 73 **Quotable Quotes**

HUMOUR

- 48 **Life's Like That**
- 62 **Laughter**
- 76 **All In A Day's Work**

THE GENIUS SECTION

- 118 **Empathetic Pain**
- 122 **Puzzles**
- 125 **Trivia**
- 126 **Puzzle Answers**
- 127 **Word Power**



16



62



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EDITOR'S NOTE

A Certain Synchronicity

SOMETHING WEIRD OCCURS when one of my family members is feeling unwell. I've noticed that a flatness descends over the house, as we all react in sympathy. So I was very keen to read the article by Lisa Kadane about empathetic pain (page 118). While my family's sympathetic response doesn't extend to experiencing the illness or pain of the family member, it seems that this potential does exist between some long-term couples.

Their health actually falls into sync over time. Experts now think that a better ageing environment can be created by recognising these health similarities and working together on the commonalities with better exercise, diet and medication treatments.

We also have a lunar quiz ('The Moon Has Risen', page 86), advice on how to stop grinding your teeth while you sleep (Health, page 20), plus an uplifting historical story of Portugal's very own Oscar Schindler, who helped save thousands of Jews during the holocaust (page 98). We also enjoy an interview with Jane Fonda (page 24) and explore the beauty of the Devon Coast in 'If These Cliffs Could Talk' (page 90).

There's something to interest and entertain every member of the household.

Louise

LOUISE WATERSON
Editor-in-Chief



PHOTO: GETTY IMAGES

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LETTERS

Reader's Comments And Opinions

Holding On To Hope

Stacey May Fowles's 'A Bunny At My Door' (October) was a very touching story. I was teary reading about her struggles to conceive and at the same time had tears of joy when a cute bunny made her forget all her worries about infertility and just focus on her everyday life. Thank you for this story about hope.

KAVITHA SUKIRTHALINGAM



730 Issues ... And Counting

I'd like to acknowledge my dad, William, a long-time reader of your magazine. He has subscribed to Reader's Digest and read every issue from front to back since he was 19 years old. He has recently turned 80, so has read 730 magazines! He often announces, "I wonder when they're going to send me a letter for subscribing for so long?"

When us kids were younger we had to endure many re-tellings of Digest stories around the dinner table. Being older we now regularly read the magazines ourselves and have come to appreciate the great life lessons held within their pages. Thank you for providing ongoing entertainment and education over a long period of time.

SIMON COX

Let us know if you are moved – or provoked – by any item in the magazine, share your thoughts. See page 8 for how to join the discussion.

Enjoying The Silly Season

The December issue of Reader's Digest jumped out at me at the supermarket. The blue cover with silver and gold snowflakes is very sophisticated and stands out against the typical red and green colours we usually associate with this time of year.

The contents are just as classy. Reading 'Christmas Cakes' (Food For Thought), 'A Season Of Sweetness And Joy', 'The Christmas That Changed Me' (My Story) and doing the 'Festive Traditions' quiz put me in a wonderful mood and got me excited to tackle what I usually refer to as the silly season. **SARA ADAMS**

History In The Baking

I found the piece on 'Christmas Cakes' (Food For Thought,



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SUIT UP

We asked you to think up a clever caption to this photo.

I'm a big believer in power dressing.

ROBIN HOLMES

Oh good, the diet's working.

MARJORIE NORTH

The ad said, 'One Size Fits All.'

MERRAN TOONE

Mum says I'll grow into it.

JOAN GATES

I'm head and shoulders above the rest.

MICHELLE FOLEY

Congratulations to this month's winner, Joan Gates.



WIN!

CAPTION CONTEST

Come up with the funniest caption for the above photo and you could win

\$100. To enter, email

asiaeditor@readersdigest.com

or see details on page 8.

READER'S DIGEST

December) fascinating, but it didn't go into the origin of cakes. The word cake is derived from the Norse word *kaka*. And although the specifics are unclear, historians believe the Ancient Egyptians were the world's first cake makers. RIFAQUAT ALI

Letting Go

Thank you for your article 'Fade Away' (December), it was a great help to me. My husband and I had been friends with another couple for years. We went on holidays together and were godparents to each other's children. When my husband passed away they were so good to me and the friendship continued. Then, the lady lost her husband and out of the blue, her son informed me she no longer wanted to be friends with me.

She has passed away now and I never found out why she stopped the friendship, so reading your article has been a great help and made me realise I just have to forget the past and enjoy what time I have left. SHEILA MCINTOSH

Learning From Our Differences

News Worth Sharing (December) is a great way to celebrate humanity. The Human Library (stocked with 'human books' and volunteers recruited from often-stigmatised backgrounds) makes us realise how much we really have in common. MICHAEL WOUTERS

CONTRIBUTE



READERSDIGESTASIA

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Share antics of unique pets or wildlife in up to 300 words.

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Do you have an inspiring or life-changing tale to tell? Submissions must be true, unpublished, original and 800-1000 words.

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MY STORY

Like A Dino In The Sky

Misheard song lyrics – and our own alarming versions!

BY Indu Balachandran

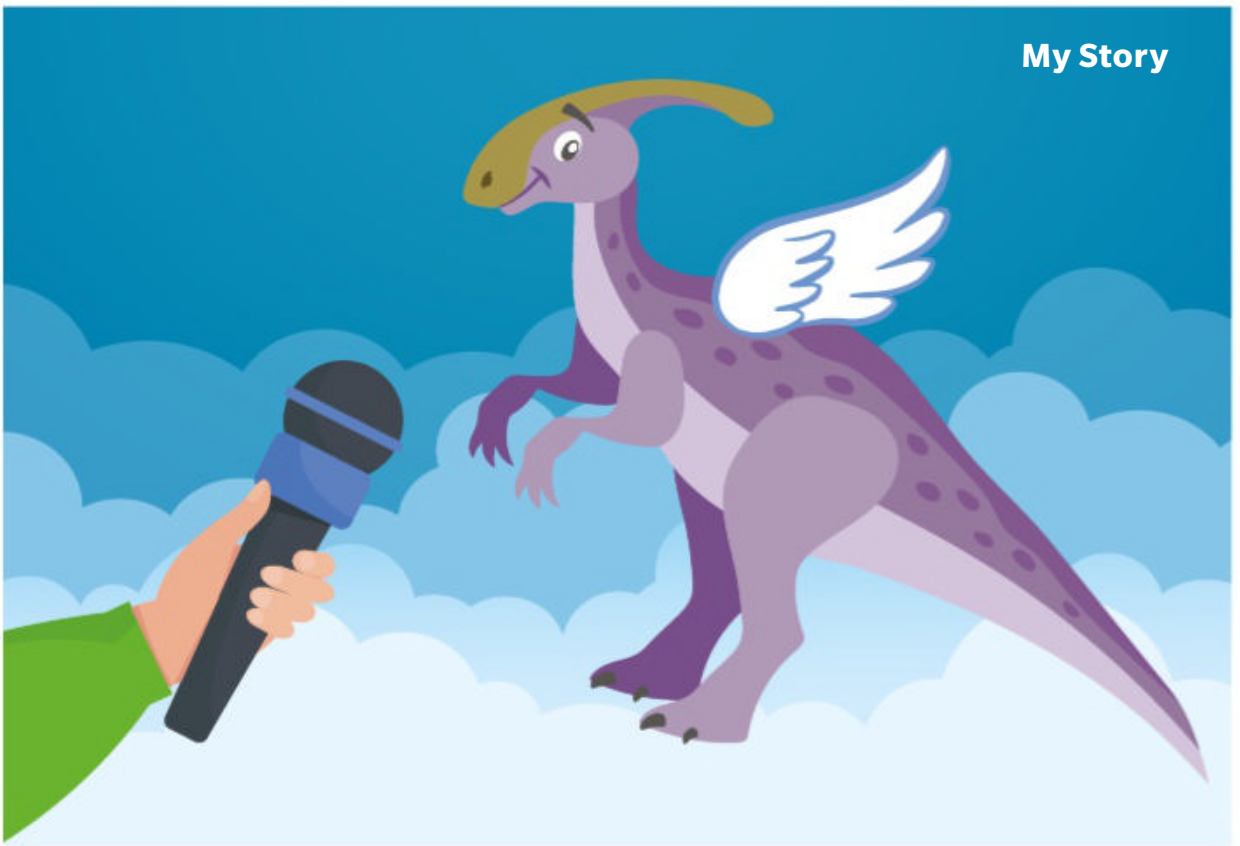
Some of my fondest childhood memories include my years at a convent school, where I learnt Christmas carols for the first time. My kindergarten classmates and I would surround the biggest doll to ever have been called Baby Jesus, cheerfully blaring out those Yuletide songs many of us know and love. Standing next to me would be my best friend Boli, a cool, smart five year old who I adored without question. So, as she confidently sang out, *'White shepherds washed their socks by night'*, I blindly followed suit, verbatim. It wasn't until much later when I learnt to read, that my songbook revealed that the carol was not quite about the nocturnal laundry habits of sheep-rearing men.

The words actually go, *'While shepherds watched their flocks by night'*. When I shared the story

with colleagues, I discovered I was far from the only one to have made that mistake, on this song and many others. Blame audio distortions, foreign accents, dodgy pronunciations or vocal flourishes, but we've all been guilty of singing along with what we think we heard, however absurd or improbable.

For me and my friends, the shock of discovering the real lyrics happened in a karaoke bar. With microphones in hand, a group of us, semi-tipsy, were crooning to the theme song from the film *Titanic*, when my friend Mohan confessed that for years he'd thought the song went: *'Near, far, wherever you are/ I believe that the hot dogs go on'*. The actual lyrics on the screen read, *'... I believe that the heart does go on'* and alarmed him no end.

For us Beatles fans, it was a thrill that not only did we know the entire lyrics to 'Michelle', but we also knew enough French to translate the line,



'Michelle, ma belle, sont des mots qui vont très bien ensemble, très bien ensemble'. However, only my sister was brave enough to admit at a party that she'd only ever known the words to be *'Soonle monkey won't try piano song ...'*!

The Beatles' *'Lucy in the Sky with Diamonds'* became infamous as it alluded to their use of the drug LSD in code, but I remember it more as the song in which the words *'the girl with kaleidoscope eyes'* was thought by many to be *'the girl with colitis goes by'*.

Certainly, it is hard to imagine

After a long career in advertising, Indu Balachandran now writes short stories, travel and humour articles.

ever misunderstanding the words to the ever-popular Abba track *'Dancing Queen'*, but I have to admit that I've sung the iconic line as *'young and sweet, only seven teeth'* instead of *'seventeen'*!

And it wasn't just western music that got twisted in our ears. As fans of Aamir Khan, my cousins in America love his Bollywood movies, but they're not too familiar with romantic hotspots around Mumbai. So when cousin Raju heard *'Haati ka anda la'* (Bring me the egg of an elephant) in the popular song from the film *Ghulam*, he was perplexed. That is, until we told him that Aamir was, in fact, headed for a popular hill station with the line *'Aati kya Khandala?'* (Want to join me at Khandala?).

Quick to cash in, memes based on the hilarious imagery created by these distorted lyrics became a viral Twitter trend in 2016, with literal illustrations of misheard songs sending many a snicker down the charts. Popular among these are cartoons of Bob Dylan's *'the ants are my friend, blowin' in the wind'* (original: *'the answer, my friend'*) and Annie Lennox's *'Sweet dreams are made of cheese'*

(original: *'sweet dreams are made of these'*). Carly Simon's song *'You're So Vain'*, was visualised as memes with *'clowns in my coffee'* (original: *'clouds in my coffee'*). There's also a meme of an unusual beverage from the misheard line in *'Bohemian Rhapsody'* by Queen: *'Sparing his life from his warm sausage tea'* (original: *'Spare him his life from this monstrosity'*).

Many pop singers have been so amused by what their fans hear, that there have been instances of singers incorporating misheard lyrics into live shows, just for laughs. The most talked about of these was the 1970s cult hero Jimi Hendrix and his song *'Purple Haze'*. When it came to the dramatic line *'Excuse me, while I kiss the sky'*, Hendrix, instead of pointing upwards, pointed instead to a fellow band member and sang:

'Excuse me, while I kiss this guy!'

Similarly, during Creedence Clearwater Revival's song *'Bad Moon Rising'* at a live concert, lead singer John Fogerty switched *'There's a bad moon on the rise'* to the often distorted line *'There's a bathroom on the right'*, purposely pointing at the closest toilet near the stage!

Now it seems the trend is seeping into the next generation, too. The

other day, I was both amazed and amused that my grandson, who's just joined kindergarten, is making up his own hilarious lyrics at school – much like I did – only for a very different reason.

In this post-pandemic world, where even three year olds have become used to wearing masks

to school, it's no surprise that kids are mishearing nursery rhymes sung by a masked teacher at the piano. The other day I heard him singing:

*'Twinko Twinko little star
Howie, Wanda, what you are?
Appa bow, you are so high
Like a Dino in the sky!'*

Dare I say I like his version better?

AMUSED POP SINGERS HAVE EVEN INCORPORATED MISHEARD LYRICS INTO THEIR LIVE SHOWS

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SMART ANIMALS

Are quick to learn new concepts



Feeling Peckish

LOUISE MILLER

Over Christmas in 2012, a young peewee (magpie lark) was lodging in my spare room for a few days. The little bird had been found on the ground, with no parents in sight, and brought to me – a volunteer wildlife carer – until longer-term care could be arranged. As it was not yet fully grown into its adult plumage, the peewee had a crown of fuzz on top of its head, the last vestige of its chick stage of development.

This fledgling bird was away from its parents and its natural

environment, and found itself in alien surroundings in the middle of the city, where everything was new.

On the second day, I heard the peewee chirping insistently from inside as I let myself through the gate on my way home after having done some shopping. I went inside and made some small meatballs, which I fed to it on the end of a toothpick.

You could earn cash by telling us about the antics of unique pets or wildlife. Turn to page 8 for details on how to contribute.

The next afternoon, I noticed the same loud chirping as I came inside. It had been silent the moment before as I stood at the mailbox looking through my mail, and only started up with the squeak of the gate. This time I stopped and thought about it. I realised that this bird had noticed a pattern and remembered it: squeaky gate = carer coming home = carer making meatballs = carer feeding me meatballs = full stomach. Or, in shorthand, squeaky gate = full stomach.

The little peewee had made a big leap in logic, and after just one day. Of course, this behaviour was essential for its survival. Stuck in a small cage in a foreign environment, it had nothing more to do than listen out for anything that signalled mealtime – the best time of the day.

Pancho's Rule

NATHAN (SURNAME WITHHELD)

In March 2017, very soon after I sustained a severe leg injury, I found a cute Chihuahua-cross on a pet rescue website. Pancho is albino with a pink nose, red eyes, and an inquisitive personality. He fast became the perfect pet, although he is known to be bossy. He insists on joining in everything.

He kept me company for the next nine months while my leg healed. He snuggled next to me on the couch to binge on Netflix series and growled at the villains. He would



even bring my phone when it rang.

Pancho joined me for my daily rides on my disability scooter, running in front and pulling me by his leash through suburban streets, as though he was a giant husky running through the snow of Alaska.

When we arrived at my local shopping centre, he would jump up onto my lap and put his paws on the handlebars and steer the scooter, to the amusement of the shoppers.

One day we arrived at a new pharmacy and I noted the sign, 'No Dogs Allowed'. I climbed off the scooter, grabbed my walking stick and limped into the store, leaving Pancho tied to the scooter. When I reached the counter, there was a commotion behind me. I turned to witness Pancho driving the scooter down the centre aisle of the pharmacy.

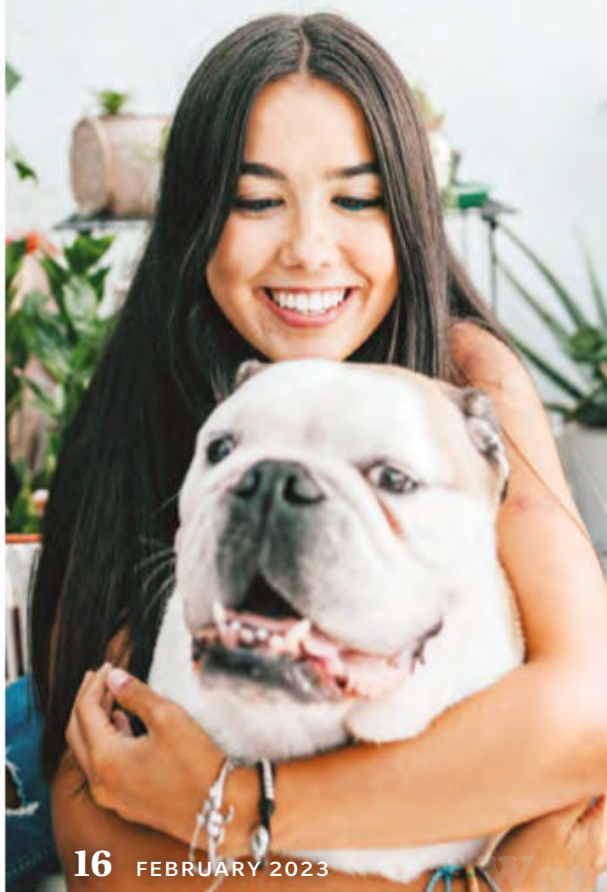
Now the rule on the pharmacy sign is 'No Dogs Allowed – Unless They Are Driving A Scooter!'

PETS CORNER

Strengthen Bonds With Your New Pet

It takes time for you to develop a relationship with your pet

—
THE Editors



Welcoming a new pet can be a magical moment for a lot of people. Unfortunately, many new pet owners can take a while to adjust to their pets and struggle to bond with them. According to celebrity dog trainer Nicole Ellis, following certain steps will help you to become closer to your pet.

This should go without saying but spending time with your pets can greatly help you form a relationship with them. Cats, dogs and other animals love to be included in the activities of their humans. Whether it is going on errands or just chilling at home watching a movie, make sure your furry friends are with you and enjoying themselves.

Another thing to bear in mind is that playtime between an owner and their pets is a good way to bond and share fun moments together. Cats love playing with balls of yarn and fishing pole toys. Dogs, on the other hand, are more social and usually love playing games with tennis balls such as fetch. It is important to learn what type of play your pet enjoys. Just like individual humans are different, animals are different from each other, too.

Most people forget that training pets and teaching them tricks is a healthy outlet for you and for your furry friends. Whether you're teaching them a simple command

like 'sit' or something more complex, your pet is sure to enjoy your company and will love you all the more for the attention and rewards. Training will also ease frustrations as your pets grow to be more obedient and well behaved.

COMMUNICATION ALIGNS EVERYTHING

Animals more often than not communicate through body language and behaviour. At first, it can be quite confusing for you to understand what your pet is trying to tell you but it is vital to communicate with them effectively. The internet or a book on pet behaviour is a good place to start to figure out your pet's language. When you begin to understand one another, you will grow closer.

Animals understand the language of touch better than humans. If they snuggle up to you when you're sleeping or sitting on the couch, then that means that they yearn for your presence and attention.

Communication also means having an established routine, and that can work wonders. Having your dog understand the time for food, the time for a nap and when it is time for a bath helps to ease any irritations between owner and pet. A routine helps a pet stay connected

with its owner. Animals like having a predictable routine and following one will go a long way to strengthen the bond between you and your pet.

Pets love receiving treats and being rewarded. Giving them an extra piece of chicken or a belly rub for a job well done is essential for a strong relationship between you and your furry friend. Moreover, when they begin to anticipate treats for good behaviour, they are more likely to be on their best behaviour, further making you and your pets grow closer and more respectful of each other.

Taking care of a pet can be a wonderful experience and also sometimes quite frustrating. For new pet owners, it can be confusing, especially if you don't understand

ANIMALS UNDERSTAND THE LANGUAGE OF TOUCH BETTER THAN HUMANS

what your pet needs or wants at any given time. It takes time for a bond to form and even more so to truly strengthen it.

To make sure that you and your pet become the best of friends, you have to be patient, and keep learning as much as you can about them. It is important for new pet owners not to become frustrated but rather to accept that there will be a period of adjustment. It might take a day or two, or it might take months - each animal comes with their own personality and experiences.



Easy Ways To Improve **HEART HEALTH**

*Keep your ticker on track
with these simple changes
to your diet and lifestyle*

BY *Susannah Hickling*

1 EAT NUTS Just a handful of nuts a day can reduce your risk of cardiovascular disease. In fact, research suggests that they help your heart in a number of ways, including lowering 'bad' LDL (low-density lipoprotein) cholesterol and triglycerides and the risk of blood clots. So, ditch the crisps and biscuits and reach for the unsalted nuts instead. But beware, they're high in kilojoules.

2 KEEP A CAT A study of more than 4000 people based on data from the American National Health and Nutrition Examination Study found that those who'd never owned a cat were 40 per cent more likely to die of a heart attack and 30 per cent more likely to die from any cardiovascular event, such as stroke or heart failure. It's probable that stroking Tiddles lowers levels of anxiety and stress, which can have a protective effect against heart disease.

3 GO GREEN Fill your diet with antioxidants, fibre and good fats - found aplenty in green foods. Dark leafy greens and cruciferous veg (think broccoli, Brussels sprouts and cauliflower) and green tea contain antioxidants, which protect against cell damage. Avocado and extra virgin olive oils are high in heart-healthy monounsaturated fats. Meanwhile,

peas are not only high in fibre but research has also found that people who eat peas and other legumes four times a week cut their risk of heart disease by 22 per cent.

4 MEDITATE Opt for a mindfulness app that you can use whenever you have a spare moment. One study found that people who meditated regularly to reduce stress were 48 per cent less likely to have a heart attack, stroke or to die from all causes.

5 ANSWER THE CALL OF NATURE A full bladder makes your heart beat faster and puts extra strain on the coronary arteries, which makes them contract, research from Taiwan University found. This could result in a heart attack in people who are vulnerable.

6 MOVE DIFFERENTLY We all know that exercise is good for heart health, but you don't have to go to the gym. Making regular physical activity of other kinds a priority can boost cardiovascular health. Whether it's walking meetings, squats while you clean your teeth, or cleaning the house, it all adds up.

7 SAY YES TO VITAMIN K This powerful nutrient is thought to reduce calcium build-up around the arteries. Vitamin K, in

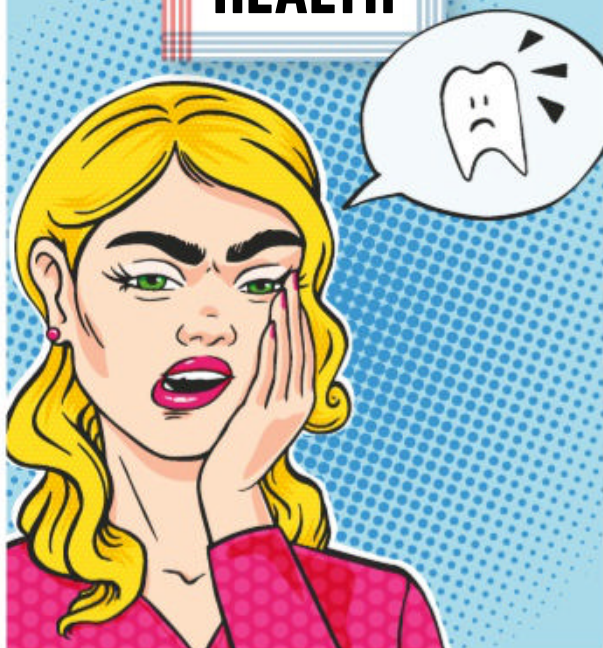


**PEOPLE WHO
MEDITATED
REGULARLY TO
REDUCE STRESS
WERE 48% LESS
LIKELY TO HAVE A
HEART ATTACK**

particular vitamin K2, has been shown to reduce deaths from coronary heart disease. It can be found in sardines, dairy, chicken, egg yolks and sauerkraut.

8 RIDE YOUR BIKE Cycling to the shops or across town to see a friend, or riding a stationary bike at home, will improve fitness. It might even help if you already have heart trouble. A German study found that men with angina (mild chest pain) who rode a stationary bike for 20 minutes a day were less likely to have a heart attack or other cardiovascular problem than other men who had an angioplasty to clear their arteries.

HEALTH



Teeth Grinding

This common condition damages your dental health

BY Jemma Patton

Up to 50 per cent of people suffer from teeth grinding (also known as bruxism), a condition that means they involuntarily grind and clench their teeth and jaw. The consequences are painful and can include flattening, chipping and fracturing teeth. Tooth enamel can wear away, causing pain and sensitivity. Jaw muscles can

be painful, and sufferers may also experience pain in the face and neck, headaches and disrupted sleep.

The reason why we might grind our teeth is not fully understood, though studies show that 70 per cent of cases are likely to be the result of stress. Other causes include side effects of medications and conditions such as reflux, epilepsy, sleep apnoea and ADHD.

According to dentist Dr Katie Perkins, our upper and lower teeth shouldn't naturally have much contact. "Teeth should only touch each other for two to three minutes a day, each time you bite down when chewing," she says. "For the rest of the time they are apart."

SO, DOES WEARING A MOUTH GUARD HELP STOP TEETH GRINDING?

"Treatment depends entirely on each case," says Dr Perkins. "Usually a combination of treatments is required. Non-surgical management such as physiotherapy and relaxation techniques can be helpful, as can therapies like acupuncture."

Pharmacological management includes pain relief, muscle relaxants and Botox.

"Splints and mouth guards work well in some cases," adds Dr Perkins. "These are constructed by a dentist and worn at night and designed to place the jaw in the most relaxed position to prevent clenching."

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WORLD OF MEDICINE

A GENTLER WAY TO TREAT AN ACHILLES TENDON INJURY

A common treatment for a ruptured Achilles tendon is surgical reattachment. However, this may not be the best option. A study in *The New England Journal of Medicine* found that patients who skipped surgery in favour of rehabilitation therapy had regained similar amounts of strength and jumping ability. The difference between the two treatments is their risks.

The researchers showed that patients who underwent surgery were more likely to sustain nerve injuries related to the procedure. On the other hand, rehab patients had a higher chance of re-rupture.

CRANBERRIES HELP THE HEART

A new British study, published in *Food & Function*, found that people who ate the equivalent of 100 grams of cranberries (nine grams of whole cranberry freeze-dried powder) every day for one month increased their blood flow and prevented stiffening of the arteries.

HOME COOKING BOOSTS MENTAL HEALTH

Cooking meals can sometimes feel like a chore, but it comes with benefits that carry on long after you've cleaned the dishes. A study of 657 healthy Australians published in *Frontiers in Nutrition* found that people who took a weekly cooking class for two months improved not only their confidence in the kitchen but also their self-esteem in general.

Before taking the classes, most participants knew little about how to make meals using fresh food. After the classes, they reported enjoying their food more, better general health and a greater satisfaction in cooking.

HOLOGRAMS 'TRAIN' DOCTORS

Medical students at Addenbrooke's Hospital in Cambridge, UK, are learning how to treat patients without worrying about making a mistake that could have serious repercussions. The training system, called HoloScenarios, allows the students to interact with life-like holograms via mixed-reality headsets.



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Jane Fonda

The Road To Wisdom

The legendary actress talks about the vital role that luck has played in her career

BY James Mottram

“**R**eader’s Digest has been around longer than I have!” guffaws Jane Fonda. At 85 the iconic actress and activist has clearly not let the passing years dim her self-deprecating sense of humour. The one-time fitness guru, who almost single-handedly created an empire from her Jane Fonda Workout videos, still looks utterly fabulous.

Ostensibly, we’re here to talk about her project *Luck*, an animated film available on Apple TV+, which gave her a rare opportunity to take on a voice-over role (as a pink-suited dragon, no less). “I was very happy because I want to do more voice over,” she says. “First of all, it interests me. I like animated films. Also, I’m old! It’s a great way for an old person to stay involved because it doesn’t matter how you

PHOTO: GETTY IMAGES



look. It doesn't matter if you can't walk. It doesn't matter if your hair is bad. Any of that doesn't matter. It's just being able to understand an animated character and figure out how to bring her to life. And I like that challenge."

It's interesting to hear Fonda speak so pragmatically about the business, and so enthusiastically about a career that she once left behind.

Put simply, it's in her bones. Her father was Henry Fonda, famed for classics like *The Grapes of Wrath* and *12 Angry Men*. Her brother was Peter Fonda, who starred in *Easy Rider*.

Fonda herself starred in a string of classics, from kitsch space romp *Barbarella* to 1970s dramas *Klute* and *Coming Home*, both of which roles won her Best Actress Oscars.

I wonder if *Luck*, one of her first real forays into animation, was a way of making something that her grandchildren could enjoy. "Well, I just spent seven years doing *Grace and Frankie*, and that's something my grandkids could see," she says, of the Netflix show about two ageing women who discover their respective husbands are in love with each other. Spanning seven seasons, and earning Fonda an Emmy nomination, it paired her up with her old friend Lily Tomlin, co-star of the 1980 workplace comedy *9 to 5*.

She has two grandchildren, Malcolm and Viva, by way of Vanessa, her eldest child, whom she shares with the late French director Roger Vadim. (With her second husband, Tom Hayden, she gave birth to Troy Garity, who later became an actor, and adopted a daughter, Mary Williams.) Clearly, she cherishes their opinion. When I ask if her previous animation experience – voicing a character on *The Simpsons* – was a career highlight, she pauses, then bluntly says: "No. I mean, it was fun. My grandkids got excited about it!"

IN LUCK, which has been produced by former Pixar maestro John Lasseter, a young girl named Sam is whisked to the Land of Luck by a black cat (voiced by Simon Pegg) and into the realm of Fonda's fire-breathing dragon. One of the more amusing moments sees the characters pass a place

"I used to want to be perfect, and that'll kill you"

where lucky moments are doled out, like 'Jam Side Up' for your toast.

Luck is random, the film tells us. So what does Fonda think? "I do think it's something that comes to some people and not to others," she muses. "And it's complicated."

Warming to the theme, it's one she's clearly thought about. "It's like love," she says. "I know people who are surrounded by love, but they can't metabolise it, they can't bring



Alongside Lily Tomlin in Netflix's *Grace and Frankie*

it inside their body and experience it, because they have issues that they've never really explored and dealt with and worked on. And in a way, luck is the same. I don't know who said this, but I believe in this sentence: luck is preparation meeting opportunity."

The way Fonda sees it, you must be prepared to grasp those precious few opportunities. "It means working on yourself as an individual," she adds. "How can I be a more stable individual? How can I be a person capable

of forgiveness? How do I forgive? How can I be a person who knows how to relax and not judge? How do I turn myself into somebody who is more curious and more desiring to learn? All of these kinds of things you don't necessarily start off with, but you can develop them as you go through life."

LISTENING TO HER, you could imagine Fonda making an excellent life coach. She's been through it all – illness, divorce, grief – and survived.

READER'S DIGEST

Fonda's own upbringing had seen her father raise her a certain way. "I was taught by my father that how I looked was all that mattered," she once said. "I've spent so much time in my life trying to be better," she says now. "Not perfect. I used to want to be perfect, and that'll kill you. Because we're not meant to be perfect. But it's not an issue of being perfect. It's an issue of being everything you can be. Be the fullest you possibly can be. And that's what I've tried to do in life, and it involves paying attention. It involves being intentional. For me it involves meditation. And staying curious."

As I point out to Fonda, *Luck* has a strong message about putting good back into the world, something she's repeatedly tried to do. Famed in the 1970s for protesting the Vietnam War, when she was dubbed 'Hanoi Jane', she's supported causes ranging from LGBTQ+ rights to the

plight of Native Americans to teen pregnancy prevention. In 2001, she founded the Jane Fonda Centre for Adolescent Reproductive Health.

Recently, she's ploughed her energy into environmentalism. Inspired by eco-activist Greta Thunberg, in 2019 she founded Fire Drill Fridays, weekly protests in Washington DC. She was arrested three times in consecutive weeks, with her grandchildren Malcom and Viva joining her for a bout of civil disobedience.

A year later she published the book, *What Can I Do?: The Truth About Climate Change and How to Fix It*, and in March 2022, she founded a political action committee designed to pinpoint politicians supporting the fossil fuel industry.

**Starring alongside Jennifer Lopez in
Monster-In-Law, 2005**



PART OF THIS overwhelming desire to put something good back into the world is, she says, a self-help mechanism. "You're lucky if at a certain point in your life, you realise that if you do something good, and put it out into the world, that it will come back to you and make you feel better. You know, it's like when I get depressed, I turn to activism. The



Jane Fonda and her *Luck* character, Babe the Dragon

minute I become an activist again, my depression goes away, because I know that I'm doing everything I possibly can to make things better."

No doubt the fact that she pulled herself out of retirement also helped. In 1991, after three decades of working in film, Fonda stepped away from Hollywood, just at the point when she married her third husband, media mogul Ted Turner.

While she and Turner divorced a decade later, Fonda returned to acting with 2005's rom-com *Monster-in-Law*, co-starring with Jennifer Lopez. She has since sought out acclaimed directors like Lee Daniels

(playing Nancy Reagan in *The Butler*) and Paolo Sorrentino (whom she worked with in *Youth*).

Fonda clearly is revelling in this late career bloom. She's just completed another two films with Lily Tomlin. *Moving On* sees her and Tomlin play old friends who reconnect at a funeral and decide to take revenge on the widower (played by Malcolm McDowell) who crossed them in the past. The second is *Eighty for Brady*, which brings Fonda, Tomlin, Rita Moreno and Sally Field together portraying four older women in their 80s who are obsessed with [NFL star] Tom Brady.



Jane Fonda visiting Hanoi in July 1972

Since fortune is the theme of the day, towards the end of our chat I ask Fonda to pinpoint a lucky moment in her career.

“I have many, many, many, many, many. Very often they come through books. Chance encounters. You know, meeting a person who will give you a bit of wisdom at exactly the moment that you need it. Or meeting someone who gives you a book that’s exactly the book that you need to read right at that time. That has happened to me all my life. And I guess that’s luck, isn’t it?”

Except that, Fonda now has the

“The minute I become an activist again, my depression goes away”

wisdom to realise it isn’t really about luck – it’s about being open to new ideas.

“You see, if I wasn’t wanting to get better, and grow, I wouldn’t have read the book. Or I wouldn’t have really listened to what the person said to me,” she says. “And so I think being lucky requires a little bit of courage, a lot of curiosity, and a lot of

humility.”

Update: Fonda announced last September that she had been diagnosed with Non-Hodgkin lymphoma and had begun chemotherapy treatments.

PHOTO: CPA MEDIA PTE LTD / ALAMY STOCK PHOTO. LUCK IS AVAILABLE ON APPLE TV+



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HOW — TO

BY *Sydney Loney*

PHOTOGRAPH BY
NIKKI ORMEROD

Scientific breakthroughs are now helping to **PREVENT** the disease, and even put it into remission

BREAT

BETES

In 2005, IT technician Sujay Nazareth suddenly felt thirsty all the time. The 25 year old began losing weight without trying, and he was tired no matter how much sleep he got. Nazareth described his issues to his GP, who ordered a blood test. The test revealed he had type 2 diabetes.

But it wasn't a diagnosis he wanted to deal with, so he didn't. "I felt a lot of fear and confusion, so for the first nine years I just hid from it," he says. "I took my medication and tried to give up sugary things, like soft drinks, but I wasn't as careful as I should have been. It wasn't until his daughter was born in 2016 that he decided it was finally time to tackle his disease. "It just struck me that I need to smarten up now and start taking care of myself," he says. He only wishes he'd started sooner.

A type 2 diabetes diagnosis means your body isn't producing enough insulin (the hormone that controls the amount of sugar in your blood) or isn't able to use the insulin that it produces. Too much sugar in your bloodstream puts your organs, nerves and blood vessels at risk and, left untreated, can lead to everything from heart and kidney disease to blindness and nerve damage that can result in limb amputation. Diabetes can reduce your lifespan by anywhere from five to 15 years. According to diabetes authorities, the disease is a global problem. Southeast Asians now make

up 20 per cent of the 450 million diabetes sufferers globally; many live in Indonesia, Malaysia, Singapore and Thailand. More sobering, one in two adults (46.5 per cent) with diabetes is yet to be diagnosed. These numbers are due to the fact that we're living longer and are increasingly more sedentary. "The primary cause of type 2 diabetes is the natural ageing process," says Dr Tom Elliott, an endocrinologist and medical director at BCDiabetes in Vancouver. "As you get older, your hair goes grey, your skin wrinkles and your cells don't reproduce as quickly, including the beta cells that make your insulin."

Still, a diabetes diagnosis isn't as dire as it was even five years ago. Thanks to new treatments and technology, not to mention the promise of additional breakthroughs, many specialists believe we may soon have the science to beat diabetes.

WHO GETS DIABETES?

You have a higher risk of developing diabetes before you reach retirement age if you are more than 40 years old, are overweight, smoke, aren't physically active, have high blood pressure or have a family history of the disease (especially a parent or sibling). "Once you know your risk, then you can make changes, control your blood sugar levels and avoid the dreaded long-term complications that come with diabetes," Dr Elliott says. In

addition to lifestyle changes, there are several new medications that can help control weight and keep your blood sugar in check.

The most common symptoms of diabetes include increased thirst, feeling weak and tired, blurry vision, frequent urination, sudden unexplained weight loss and slow-healing sores. After following over 27,000 people for up to 11 years, Japanese researchers published a study in 2018 that found you might show early warning signs, including a high BMI and insulin resistance, up to ten years before receiving a diabetes diagnosis – all the more reason not to skip routine checkups.

PREVENTION POSSIBILITIES

Pre-diabetes means that your blood sugar levels are higher than normal, just not high enough to give you a full-blown diabetes diagnosis.

Not every patient with prediabetes progresses to type 2, although most will if no intervention is made, says endocrinologist Dr Tamara Spaic. “We know that through diet, exercise and weight loss, you can actually prevent diabetes from developing.” Studies show that two and a half hours of exercise each week divided over five days can reduce your risk by as much as 60 per cent. Even though it isn’t easy, the fact you can have that much control over your health and change the outcome is good news, Dr Spaic adds.



Low-kilojoule, low-carb and high-protein foods help reduce the risk

Peter Lang, a retired maths teacher, was diagnosed with prediabetes four years ago. Lang has learned which foods to avoid – including white rice, cheese (with the exception of cottage cheese) and bananas, which get higher in sugar the more they ripen. He’s also learned how to keep his stress levels down by taking walks and getting exercise. “It hasn’t been that hard to make changes. You just get into a routine,” he says. “My wife started doing it with me. After breakfast we do weights for half an hour, and now I walk for about two hours a day.”

LIFESTYLE CHANGES

Once Nazareth decided to do something about his diabetes, he began seeing an endocrinologist. But by then, even dramatically adjusting his lifestyle wasn’t going to be enough to

get his blood sugar under control. Not only did he need insulin injections, he had also developed diabetic retinopathy, caused by damage to blood vessels in the retina. That required monthly injections of corticosteroids into his eyes to prevent serious vision problems, including blindness.

Still, in addition to his medication, he worked hard at shutting down his sugar intake and increasing his physical activity. He cut down on empty carbs, like white bread, reduced his consumption of junk food and began walking every day.

Weight loss has always played a major role in controlling diabetes, and new research suggests it may be even more important than controlling blood sugar. Last year, an international panel of diabetes experts published a paper in *The Lancet* recommending that doctors shift their focus to weight first, blood sugar second. In fact, the researchers found that dropping 15 per cent of a person's body weight was more beneficial than lowering their glucose.

While there are medications that can help patients with diabetes lose weight, researchers have also been exploring how diet change might help put the disease into remission. In 2021, Canadian researchers found that after just 12 weeks of following a meal plan of low-kilojoule, low-carb and high-protein foods, about one third of the 188 participants with type 2 diabetes no longer needed medication.

"For the longest time, diabetes was considered a chronic inevitability, a disease that would progress and cause serious complications no matter what we did," says Dr Spaic. "Now we think we can put people into remission, akin to what is done in cancer care."

NEW DRUGS

Some of the latest diabetes remission research involves treating the disease aggressively from the outset, as opposed to the conventional approach of starting patients off with a few lifestyle changes – less sugar, more exercise, reduced stress – and waiting to see what happens to their blood sugar as a result. These so-called REMIT studies are designed to propel people with type 2 diabetes into remission.

Patients are treated with glucose-lowering medications, or the same medications combined with insulin, on top of intensive lifestyle changes, such as adopting a strict low-kilojoule diet. "We hope that after this intensive intervention, for at least three months patients will have completely normal blood sugar levels without any need for medication," Dr Spaic says.

Although a combination of weight loss, diet and exercise will always be at the core of diabetes care, Dr Spaic says that some of the newer classes of drugs that have been approved in the last five years are having a major

impact on treatment because they do more than just lower glucose. One class – called GLP 1 receptor agonists – helps with weight loss, while another – SGLT2 inhibitors – reduces the risk of heart and kidney disease.

“People with diabetes don’t die from high sugar levels. They die from cardiovascular diseases,” Dr Spaic says, explaining that about two out of every three patients in coronary units have diabetes, while two out of five patients in dialysis units have it. “To be able to give patients a medication that will decrease their risk of heart and kidney disease by 20 to 30 per cent is huge.”

ADVANCED TECH

Thanks to these new classes of diabetes medications, Nazareth no longer takes insulin and is down to a weekly injection of a GLP 1 receptor agonist that lowers his blood sugar and helps with weight control by suppressing his appetite. He also tracks his blood sugar GLP 1 receptor agonists with a continuous glucose monitor (CGM), another relatively recent development in the world of diabetes management that is still evolving.

A CGM is a small wearable device with a coin-sized sensor attached to a tiny needle that penetrates the top layer of your skin and tests your blood sugar levels every few minutes, then sends the reading to a separate receiving device, like a smartphone.



“CGMs are something I would never have dreamed possible when I was first diagnosed,” Nazareth says. The readings let him know if he needs to adjust his medications, activity level or food intake – all in real time.

Dr Elliott says CGMs have, thankfully, almost made the old ‘finger poke’ method for testing blood glucose a thing of the past. CGM devices are accurate and reliable, although the sensors last only ten to 14 days, and they are expensive.

“All of a sudden, you’ve got a device that tells you immediately if you made a good dietary choice. It shows you what happens if you exercise, and it shows you what happens if you get into a fight with your partner,” he says. “Just like that, we’ve got the key to the kinds of behaviour modification that each person with diabetes needs to do.”

NEXT STEPS

It costs health care systems billions of dollars a year to treat people with diabetes. But all the new research into treatments and tools won't make a difference if diabetes patients can't access or afford them. Laura Syron, who was diagnosed with type 2 diabetes in 2017, wants to change the conversation around the disease. Syron is tired of how diabetes is portrayed in the media, such as when the disease is mentioned on

NEW HOPE FOR TYPE 1 DIABETES

Type 1 diabetes is an autoimmune disease in which the pancreas is unable to produce insulin. Once called juvenile diabetes, because it usually develops in children and teens, the disease can surface at any age. As with type 2 diabetes, studies identifying new genes and research experimenting with stem cells show promise when it comes to treating, and maybe one day curing, type 1 diabetes. The most exciting recent development for people with type 1 diabetes is the arrival of the artificial pancreas, which combines a continuous glucose monitoring (CGM) device with an insulin pump that automatically delivers insulin to a patient based on their blood sugar levels.

the news the camera inevitably cuts to a shot of an overweight person eating ice cream. There is a persistent, misguided perception that if you have diabetes, it's your fault, she says. Syron would like to see greater compassion for people with the disease and more widespread understanding that there are multiple factors that cause it.

"When I was diagnosed, I felt like I'd failed, like I'd eaten too many french fries," Syron says. "I stigmatised myself."

She says that diabetes is an exhausting disease and a constant worry because you can never stop monitoring yourself. "But just 100 years ago, a diabetes diagnosis was a death sentence," she says. "When insulin was discovered, it was a huge leap forward, but since then we've seen only incremental changes - until now."

Lately it seems as though every month a new diabetes study is released. All of this momentum in the area, from investment to groundbreaking research, gives diabetes doctors hope that someday there will be a cure.

"That's something that we have to continue to strive for," Dr Spaic says. "Every generation likes to say we will have one in ten to 15 years, but considering how today's diabetes research is expanding our understanding so exponentially, I'm sure that cure will come." R

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DRAMA IN REAL LIFE

*When his boat struck a reef and
sank in the Caribbean, Don Covers
jumped on a life raft and watched
as the ocean carried him away*

BY *Gary Stephen Ross*

ILLUSTRATION BY **STEVEN P. HUGHES**

A D R



I F T

At first glance it seemed like a good deal: a 12-metre yacht for US\$45,000. The boat, *Starlight II*, was moored at the Puerto Velero marina near Barranquilla on the Colombian coast. Don Cavers, 76, bought it in early 2021, intending to fly from his home in Canada and test it out. The pandemic made that impossible, so he didn't actually see the boat until he arrived in Colombia in November. It was more weathered and rusted than he'd imagined, but his life of adventure, sailing and farming had made him able to fix almost anything.

Cavers and his stepson, Omar Gaitan-Burns, planned to sail *Starlight II* 1200 kilometres to Puerto Rico. There, they would meet up with other family members and they'd all sail around the British Virgin Islands for a couple of weeks before the others returned home, and Cavers continued on to Miami. If he chose not to keep the boat, he thought he could probably sell it in Florida for more than he'd paid for it.

Cavers and Gaitan-Burns set sail from Colombia in late November. Things went smoothly for two days, then, halfway to Puerto Rico, *Starlight II's* electrical system failed: no light, no GPS, no auto-navigation, no way to charge devices. Cavers was unperturbed but Gaitan-Burns

was alarmed. His phone was almost out of juice and he sent emergency emails to Cavers's daughter, Annelise Grube-Cavers, back in Canada. She contacted the Colombian coast guard and gave them *Starlight II's* coordinates. A vessel soon found the boat and accompanied it back to the marina for repairs.

At the marina, it took Cavers a week to find and install a new alternator (which turns mechanical energy into electricity). Gaitan-Burns had to leave, so this time Cavers set sail on his own. The next day, changing course to the east, he noticed that the boat was moving sluggishly through the heavy rolling four-metre seas.

Donning his headlamp and checking below, he saw why: salt water was sloshing on the floor. Each time a wave broke across the deck, water sprayed down through the closed hatches - the seals needed replacing. The maps he'd laid out were a sodden mess. The bilge pump had failed, so the sea water had nowhere to drain.

This wasn't going to be much fun. Bucket in hand, Cavers braced his lower back against the hull and began to bail. Waves pummelled the boat as it headed north on autopilot. It was like trying to stay on a bucking bronco. By the time the water was mostly bailed, he'd badly scraped his lower back and buttocks.

The next day, the electrical system failed again. Frustrated and exhausted, he suddenly felt a surge of

adrenaline. Without auto-navigation, he had to hand-steer through the wind and cresting seas. The problem was how to keep his hands on the wheel as the boat rolled and pitched. Some 16 or 18 hours passed when exhaustion overtook him. He set the foresail and mainsail in opposition to each other in an effort to stall the boat. That let him doze off for a time before something jerked him awake. *Steer the boat! If it capsizes, game over.*

As the waves subsided to two metres, Cavers realised his mainsail was damaged. He went below deck and managed to get the autopilot working again. Everything was covered in salt, including Cavers himself. Every surface was conductive, and as he tinkered he kept getting jolted by the 12-volt battery system.

On day four aboard the disabled yacht, the weather was calmer and Cavers passed within sight of a fishing boat. He waved and hailed it on his handheld VHF radio. He had enough Spanish to make his plight known – “No power, I need a location!” Maritime law obliges every captain to help any boat or seaman in distress, but the crew ignored him – likely fishing illegally and worried about revealing their location. Half an hour later, it happened again with another boat. Disheartened, he went below and fell into an exhausted sleep.

Sometime that night, Cavers was startled awake when *Starlight II* struck a reef. He did a quick inspection as the boat rocked and rose and crashed down again. Could he break free of the reef? Using an auxiliary battery, he got the motor started. He turned the bow into the surf, but when he put the engine in gear the boat’s rudder, hung up on the reef, tore a hole in the stern. Water flooded in.

NO CHOICE: ABANDON SHIP. Wearing his life jacket, Cavers found his handheld VHF radio, emergency locator beacon, computer, a rain coat, flare gun and a bit of food – nacho chips and crackers. He stuffed everything into his dry bag and loaded it, along with a precious 20 litres of water, into the dinghy he’d brought along for an emergency. He also had a life raft in a clamshell case

**THAT NIGHT,
HE WAS
STARTLED
AWAKE WHEN
STARLIGHT II
STRUCK
A REEF**

as a last resort. He set it to inflate – it was no bigger than a coffin – then tied it to the dinghy.

In the distance, he could make out a lighthouse, perhaps on a small island. Ten kilometres distant? Fifteen? Impossible to tell. He wanted to stay with the yacht and wait through the night for help, but the boat crashed about unpredictably and the anchor, loose on deck, threatened to damage the dinghy. It was too dangerous. When the dinghy line snagged on

the reef, he had to transfer himself and his provisions to the life raft and cut it free. He was now at the mercy of wind and current.

In the raft, rocked by the waves, Cavers thought of what he should have done – stored his electronics in the dry bag, grabbed some canned food and put the oars in the dinghy so he could have rowed towards the lighthouse. At least he'd got hold of a boat bumper from the wreck, which helped him get more comfortable.

Cavers was completely played out. His shorts and T-shirt were sodden and rank. His back and buttock were badly grazed, but he was safe. When he looked back to where he'd spotted the lighthouse, he could see only dark, rolling waves.

The raft was drifting in the opposite direction.

ON AN ORGANIC FARM in Canada, Annelise Grube-Cavers raises livestock with her partner. Her dad had promised he'd check in each morning at 9am. On his first day solo he had done so. Since then, however: nothing. She knew he had a device that enabled global voice and data, but she wasn't sure it was working properly and he'd never been a reliable communicator.

Now, after four days of silence, she was worried. Her dad was in good shape for his age, but he'd had a hip replacement, needed his knee replaced and was alone on an unfamiliar yacht that had previously had problems. He'd always been good at getting out of emergency situations, true, but he was also good at getting into them.

Annelise contacted an organisation called Boatwatch.org, which is run by Glenn and Eddie Tuttle in Florida. The Tuttles are retired FBI agents who use their investigative skills to find overdue, missing and stolen boats. The Tuttles instructed Annelise to call the coast guard in Puerto Rico right away.

Eddie Tuttle was unequivocal: "You have to have him declared missing," she said. "Alert every possible authority" – meaning the US Coast Guard in Miami, Canadian embassies in the Caribbean, emergency consular services in nearby countries, anyone who could help.

Guided by the Tuttles, Annelise became the point person for concerned family and friends. Over the following days she spent hours at her computer and on her phone, navigating the territorial complexities that arise when someone from Canada – presumed to be sailing from Colombia,

**IN THE RAFT,
ROCKED BY
THE WAVES,
HE THOUGHT
ABOUT WHAT
HE SHOULD
HAVE DONE**

a sovereign nation, to Puerto Rico, a US protectorate, on a yacht registered in Canada – goes missing, perhaps in Cuban waters.

Six days after setting sail from Colombia, now adrift on the Caribbean, the weather was clear and sunny – and Cavers had ample time to reflect. He reminded himself that he'd been in tight spots before; he'd once suffered a compression fracture of a cervical vertebra falling off a ladder; he'd sailed up from Mexico and narrowly avoided hurricane-force winds; he'd run into problems flying his little monoplane and ended up in a ditch during an emergency landing.

The secret, he knew, was not to panic. One thing after another. Ration the chips and crackers. Adjust the flaps to protect against wind and water. When he got hungry, he took a slug of water. His posterior wounds had become infected, so he kept his shorts lowered. A small bucket served sanitary purposes.

In his dry bag he found a survival manual in French, and he began writing in the white spaces: *When you have absolutely nothing to do but wait, it makes for a long day.* Evenings passed gradually into darkness, glazed meditation into unconsciousness, night back into morning. Cavers lost track of what day it was. *Constantly playing out rescue scenarios in my mind. Not much else for it to do,* he wrote.

He was drifting southwest. When a bit of debris floated by, he timed its progress. It was moving, he reckoned, at maybe three knots. The life raft was drifting more slowly. At this rate, he estimated he might cover 45 kilometres a day. If he was more or less where he imagined, he might wash up in southern Mexico, or perhaps Honduras, in three weeks or so.

Cavers noticed that the antenna on his locator beacon was broken. Was it sending out an emergency signal? He replaced the broken antenna with the one from his hand-held radio and noticed a button that said HOLD FOR 5 SECONDS. He tried it, but the unit didn't do anything different – or so he thought.

In fact, nine days after *Starlight II* lost power, and three days after he'd taken to the raft, he'd finally activated his emergency beacon.

CAVERS'S DEVICE was sending a signal to a search and rescue satellite, which tagged the beacon's country of registration before relaying the signal to a rescue network on the ground. Since Cavers had a Canadian-tagged beacon, personnel at the Joint Rescue Coordination Centre (JRCC) in Ontario swung into action.

The JRCC deals with about 4000 emergency alerts a year, most of them maritime incidents.

They sought to establish the beacon's location and who it belonged to, and then to alert the appropriate

rescue agencies. Their task was complicated by the fact that the beacon's registration hadn't been changed over from the boat's previous owner. It took them a day to track down Cavers's family and let them know they'd received the signal - a huge relief.

Since the signal was coming from Cuban territorial waters, Trenton relayed the location to that country's coast guard. The Cubans were not especially helpful. They later claimed to have sent a vessel to the reported position but found nothing and considered the matter closed.

Trenton was also in touch with the US Coast Guard in Miami. When the next day brought no news, it was time to issue an AMVER (automated mutual-assistance vessel rescue) alert, which interrupts the radios of ships in the area of the beacon's last location.

The AMVER alert buoyed Anelise's spirits. She'd been imagining the worst. Was piracy on the open seas a possibility? Was he still alive?

Cavers's life raft was stabilised by a cone-shaped drogue - a sea anchor shaped like the windsock at an airport. Because it could destabilise the raft in heavy weather, he hauled it in each evening.

On his fifth day adrift, growing

weaker, he noticed minnows caught in the drogue's mesh. *Never been a big fan of sashimi*, he wrote. Six tiny fish on a soggy cracker made a meal, his first bit of protein in days. *Not sure I want to lose any more weight*, he thought. He took a sip of water and dozed off.

On the open sea, a ship's whistle is generally a warning to a smaller vessel to get out of the way.

Jolted awake, a groggy Cavers realised that a huge bulk carrier was bearing down on his raft. Having no way to evade the ship, he unzipped the raft's flap and fired up a flare, then another, and got on his radio.

"Cargo ship! Cargo ship! This is life raft from pleasure craft *Starlight*. I'm adrift."

"This is *Bulk Pangaea*. We see you."

"I can't get out of your way!"

"That's OK," said the crewman. "We're here to rescue you."

Overwhelmed with gratitude, Cavers admired the seamanship of the Russian captain and his Filipino crew as they brought the huge cargo ship to rest alongside his little orange raft.

The *Bulk Pangaea's* captain, Vladimir Bakhar, had answered the AMVER alert and changed course to search the location of Cavers's beacon. They'd found him between Cuba and Jamaica.

**NINE DAYS
AFTER LOSING
POWER, HE
FINALLY
ACTIVATED HIS
EMERGENCY
BEACON**

ON DECEMBER 14, the Miami Coast Guard called Annalise Grube-Cavers to report that a freighter had responded to the AMVER alert for *Starlight II*. The freighter was 16 kilometres from the beacon's last location and heading for it.

Less than two hours later, Miami called again. "Is your father named Don Cavers?"

"Yes!"

"A merchant ship has rescued him from a life raft. He's OK. He's safe."

Crew members had dropped a rope ladder from the deck. Cavers didn't realise how weak he'd become until he tried to climb it. It felt, he said later, "like climbing Mount Everest." On board he was checked over, deemed healthy, fed a bit of chicken, and given a robe and shoes. His lacerations were attended to and then he slept.

Cavers spent three days aboard the *Bulk Pangaea* en route to Jamaica, then three more days in port confined to a room as a COVID-19 quarantine precaution. Before he disembarked, the crew gave him a handmade 'Rebirth Certificate'. Finally out of quarantine, he boarded a flight home to Canada. Annalise and her brother, Tristan, met him at the airport. After an emotional reunion – their dad seven kilograms lighter but otherwise fine – his children drove him home.



Don Cavers safely aboard the *Bulk Pangaea*

ONLY LATER did it occur to Cavers how close he'd come to dying. He was lucky. During his time adrift, the Caribbean had been calm. If he hadn't happened to activate the emergency beacon and been picked up by the *Bulk Pangaea*, he could easily have become a drifting corpse.

Captain Jean House of the Joint Rescue Coordination Centre in Ontario told the CBC, "99 times out of 100 it would have gone the other way."

Don Cavers is a heroic adventurer. Today, grateful to be able to play with his grandchildren and tend to his garden, he regrets that he didn't properly test the boat's systems. He regrets that he didn't have a portable, waterproof GPS with him. He regrets inconveniencing so many people. He regrets the loss of his uninsured boat.

Mostly, he regrets the worry and grief he caused his family. "It was not a hero's journey," he says. "It was a fool's journey." **R**



Take Up A Healthy Hobby

Making time for leisure activities can have a truly positive effect on your physical and mental wellbeing

BY Susannah Hickling

Why do we need hobbies? People are more positive, less bored, less stressed and have a lower heart rate when engaged in a leisure activity, according to a 2015 study in the *Annals of Behavioral Medicine*. Numerous other studies have shown that hobbies reduce stress and boost mood, wellbeing, life satisfaction and even heart health. Scientists think they might help stave off dementia, too. Joining a class or a team gives you a chance to meet other people. Meanwhile, learning something new or improving a skill gives you a sense

of achievement. Hobbies let you switch off, forget your worries, overcome boredom – and, yes, have fun.

How do you choose the right hobby?

Start with what you enjoyed in the past. Did you once play football? Take it up again or start something else which satisfies your competitive spirit or the fun you derive from being part of a team or class.

Experts recommend a healthy mix of hobbies that give you physical, social and cognitive benefits. Try something and if you find it isn't for you, stop and take up something else.



Which leisure activities are good for physical health? It's clear that exercise is going to be good for you physically. Even regular brisk walking can bring benefits for fitness, while dancing is a great cardio workout and it's sociable, too. A review of 94 studies found that dancing three times a week improved balance in older people. And a Swedish study found both gardening and DIY could reduce the risk of a heart attack or stroke by up to 30 per cent among those aged over 60.

Which hobbies help you unwind? Getting out in nature is great for de-stressing, whether you're hiking or doing something less active. Birdwatching, for example, aids mindfulness by requiring you to be at one with your surroundings and focused on the moment. Yoga can lift mood and ease depression, as well as improve strength and cardio health.

Music, whether that's playing the piano or listening to your favourite

band, can also relieve depression and anxiety. A 2016 US study found that creating art reduced levels of the stress hormone cortisol.

Which pastimes keep your mind active? Learning a language or an instrument and reading are associated with a lower risk of dementia, along with board games, which are perhaps more sociable than screeching on a violin! Older choir singers have better verbal flexibility, indicating better cognitive flexibility, than people of a similar age who don't sing in a choir, according to a recent Finnish study.

DANCING IS A GREAT CARDIO WORKOUT AND CAN INCREASE NEURAL CONNECTIVITY

Physical activities can boost cognition, too. One study of 2805 people aged 60 or above in Australia found that daily gardening reduced the risk of dementia by 36 per cent. Dancing has also been shown to increase your neural connectivity, according to several studies. **R**





SEE THE WORLD...

Turn the page »

...DIFFERENTLY

Dome Of Light

The world's largest glass artwork, the Dome of Light, is housed in Formosa Boulevard Metro Station in Kaohsiung, on the southwestern coast of Taiwan. The panels depict the history of human life, with sections dedicated to water, earth, light and fire. Designed by Italian artist Narcissus Quagliata, the dome has 4500 glass panels, an area of 2180 square metres and measures 30 metres in diameter.

PHOTOS: GETTY IMAGES





PHOTOS: GETTY IMAGES; VECTEEZY.COM



FIRST PERSON



STALKED BY AN AIRTAG

*A gadget aimed at making our lives
easier is now the perfect stalking tool
if in the wrong hands*

BY Maggie Kim

As someone who's been around since before the internet and phones, I appreciate how technology has advanced and improved our lives. It's kept us connected — and working — during a global pandemic. It answers even the dumbest questions with a quick “Hey, Siri ...”

And now, small Bluetooth-and-GPS-enabled devices can end the hassle of losing your keys or wallet.

Not that misplaced objects have ever been my problem. My ex-husband, on the other hand, was constantly hunting for his lost things. When the Tile tracker came out nearly a decade ago, he was one of the first to place an order. He was an early adopter of the AirTag, too.

I was never going to own one of these devices, but I was going to have to learn how to block and disable one. Because during a recent trip to Paris, where my ex-husband currently lives, I saw the terrifying side of this little tracker.

I touched down in Paris after a long, sleepless flight, exhausted but excited to see my two kids. They've been living with their father in France while he and I navigate a difficult divorce and custody battle. I try to keep my contact with him to a minimum. For the past three years, I've picked up the kids after school as soon as I've landed in Paris. Their father has a nanny drop off their suitcase with my 12-year-old daughter at her school.

On this occasion, because my nine-year-old son had a slumber party at a friend's house, my daughter's best friend was staying the night with us in our hotel. We splashed around in the indoor pool, went to dinner and chatted in my room until bedtime. I was getting ready to go to sleep when my daughter's friend knocked on the door.

“Maggie, you have to come,” she said. “There's something in the suitcase!”

FINDING A TRACKER

I ran to the adjoining room where my daughter was digging through the big, black suitcase. She handed me her phone. “It says there's an AirTag nearby.”

“A what?” I had no idea what she was talking about. It was October 2021, six months after the release of this new product and weeks before a slew of stalking stories would hit the mainstream media. AirTag tracking? Nope. I hadn't heard about that yet.

“It's a tracker. I saw it on TikTok,”

my tween explained. “Papa got one a few days ago. It was on the kitchen table, and he told me he was going to use it for his keys.”

I looked at her phone and saw a map that pinpointed our hotel location. My heart started hammering, and my stomach twisted. If my daughter was right, it meant my ex-husband was tracking me – and had been since 4pm that afternoon, when he had the nanny bring the suitcase to school.

The phone screen displayed a button that promised to make the device beep. I pressed it, and a muffled chirping rang from the suitcase. My daughter and I tossed out all the clothes and unzipped the luggage lining. We found it duct-taped to the side of the suitcase.

My daughter peeled off the silver-grey tape and showed me the shiny – and obviously brand-new – device. The size of a coin, with a smoothly rounded design, it looked sleek and deceptively innocuous. “See, I was right,” she said. “This is the tracker Papa showed me.”

Her best friend sat on the edge of the bed, mouth open. “Things are so exciting around here!”

IT'S A CRIME ... ISN'T IT?

There was nothing exciting about finding a tracker in my daughter's luggage. I was anxious and afraid my ex-husband was spying on me. The phone had instructions for how

to remove the tag's battery, which I did immediately. The girls and I discussed throwing the tracker into a garbage bin on the street, but I wasn't sure what to do. I was scared, but I'm often scared by my ex-husband's actions. Maybe disabling the tag was enough.

Once the children were in bed, I texted my lawyer. He was alarmed and told me to file a criminal complaint. “Stalking is a serious problem in family court,” he said.

I hesitated. It was past midnight, and I didn't know if I should go to the police station, since it meant leaving the girls alone. In the end, I went to the reception desk and spoke to the security guard on duty. He assured me that if the girls woke up, he would let them know what happened. Otherwise, they were perfectly safe in the hotel.

“Go!” said the guard. “You need to report this. It's not right.”



**WE FOUND IT
DUCT-TAPED TO
THE SIDE OF THE
SUITCASE**

READER'S DIGEST

Thankful my son was at a friend's house. I ordered an Uber.

At the police station, I quickly explained what had happened. The officer in charge said he had to call his supervisor for advice. When a crime is committed in France, the police will either take your criminal complaint or, if they don't think there's a penal infraction, take a sworn statement called a *main courante*. These statements are basically your version of events and serve almost no purpose; they carry no legal or criminal weight.

The supervisor told the officer to take the main courante. Apologetic, the officer said, "My supervisor doesn't know if this is a crime in France." I started crying out of sheer despair.

"It seems like nothing is a crime here. My ex can lock me out of my house, steal my mattress and cut off my heat and Wi-Fi, and none of that is a crime!" I'd had to file three mains courantes the previous summer.

Although the French police officers told me my ex's actions amounted to psychological and emotional abuse, they also noted that none of it was technically a crime.

The officer walked away as I kept crying. When he came back several minutes later, his phone was in hand, and he was triumphant.

"I found the penal code," he said, noting the situation was considered an invasion of privacy by the transmission of a person's location. "My supervisor says I can take the criminal complaint."

By 3.30am, I had filed the complaint and returned to the hotel. I crawled into bed. This was the second night in a row I wouldn't be getting much sleep. At 10am the next morning, my ex sent a text: "Nice hotel ... You can't run from justice."

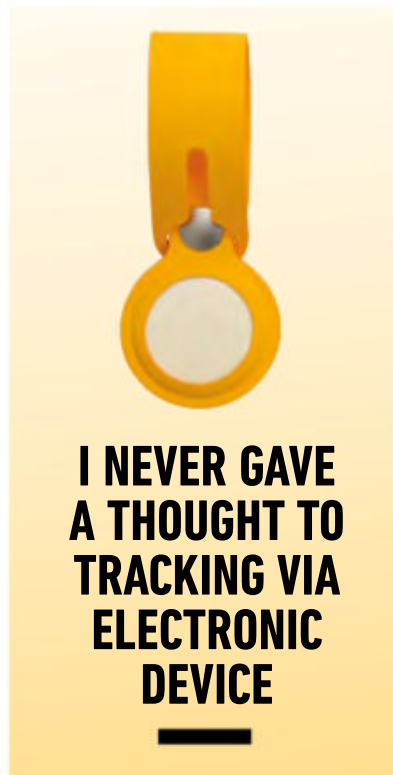
I switched hotels the next day, spending hundreds of euros

for an extra night's stay because of the abrupt departure.

I'M NOT ALONE

Just as most of us don't consider mobile phone security until our phones have been hacked, I never gave a thought to tracking via electronic device until it happened to me.

While I chalked up my experience to the abuse I'd been enduring for years, it opened my eyes to the



dangers of the seemingly innocent device. I started seeing stories about other women who were stalked with these electronic tags.

Women have had the device slipped into their handbags and coat pockets or attached to their cars while they were shopping or eating out with friends. They realised they were being tracked when they got a notification on their phones, hours after the AirTag was placed. What's especially frightening is that many women had already returned home before they received a notification, meaning their stalkers were able to find out where they lived.

Law enforcement has been slow to respond, with some police officers refusing to take a report because they don't believe a crime has been committed. This happened to *Sports Illustrated* model Brooks Nader when she tried to file a police report about being tracked with an AirTag in January last year.

"Unfortunately, the majority of law isn't even trained in the basics of harassment, stalking and domestic violence," says author and family court

advocate Tina Swithin. "This type of tech adds another layer to abuse that's hard to prove because it flies just under the radar. It's next-level, and law enforcement wants to wash its hands of it – and put it into family court – so the officers don't even take the report."

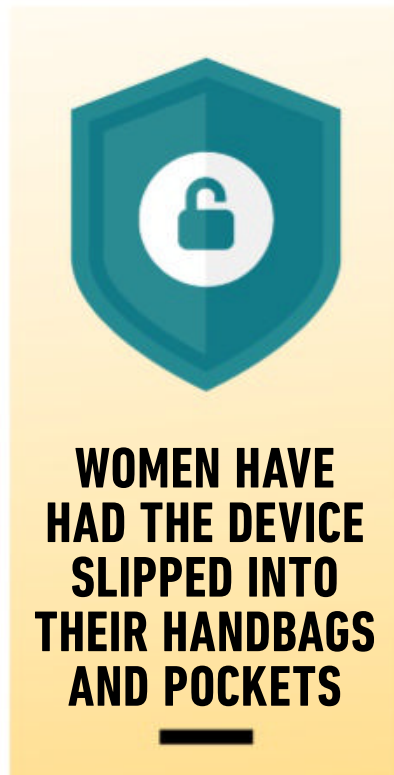
Nine months after the tracker's April 2021 release, Apple addressed the creepy ways its tech is being used. The company launched a 'personal safety user guide' in January to deal with the rising accounts of people (so far, mostly women) who have been stalked with an AirTag.

STEPS TO STAY SAFE

Authorities estimate 7.5 million people are stalked in the US each year. Women between the ages of 18 and 24, and survivors of intimate partner violence (like me), experience the highest rates of stalking.

Unfortunately, technology like the AirTag and Tile put these women in further jeopardy, but there are some things we can do to stay safe.

"Trust your gut," says Swithin. "Women are accused of being paranoid, but don't doubt yourself. If law



READER'S DIGEST

enforcement isn't listening to you, go up the chain of command until you find the right person who's aligned with you and believes you. They do exist."

Review your phone privacy settings and learn how to turn off location tracking on your iPhone and Android phone.

Inspect your bags, coats and luggage. Empty your bag and pockets, especially if you've been out.

Look in the seams and check the linings to make sure a tracker hasn't been placed in there.

Check underneath your bike seat to make sure a tracker hasn't been attached there.

Cars have plenty of hiding places, so look behind the licence plates, in the wheel wells, beneath the bumpers, and in the space between the bonnet and the windshield.

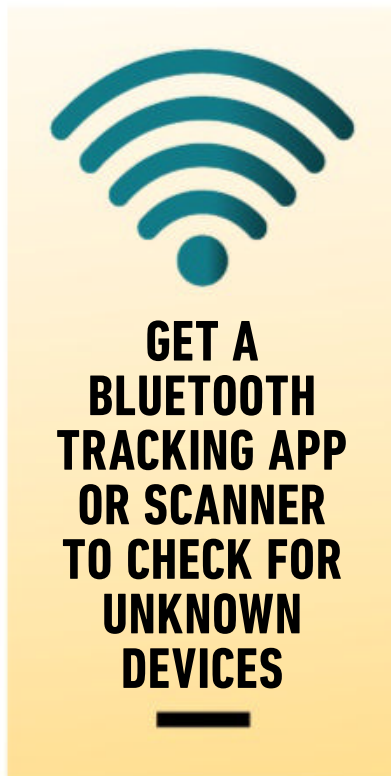
If you do get an alert or hear the beeping tag, try to locate it. You can remove the battery by rotating the silver back to open the tracker.

Get a Bluetooth tracking app or scanner to check for unknown devices, including hidden cameras.

Report what happened at your local

police station, especially if there is a history of harassment and stalking.

Apple has said it will cooperate with law enforcement to provide information about unknown AirTags that people find.



AFTER-EFFECTS

It's been several months since the incident. I wish I could say things have gone back to normal, but my kids and I are still feeling the after-effects.

Now, every time I pick them up, the first thing they do is go through their suitcases and backpacks, looking for a tracker.

My son has been terrorised by nightmares about me being tracked.

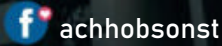
So far, the French police haven't followed up on the criminal complaint, and I feel constantly under surveillance every time I go back to France.

It just makes me wonder why the safety and rights of women and children take a backseat to a conglomerate's bottom line – and how law enforcement can turn a blind eye to the sinister, tech-enabled ways violence against women is evolving and being perpetuated. **R**

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WorldMag

LAUGHTER

The Best Medicine



Bad Boy

A teenager brings her new boyfriend home to meet her parents. They're appalled by his piercings, the vulgar slogan on his T-shirt and his constant swearing.

Later, the girl asks her mother, "So, what did you think?"

"He doesn't seem very nice."

"Oh, please, Mum!" says the

daughter. "If he wasn't nice, would he be doing 500 hours of community service?"

RICHMOND REGISTER

Changing My Ways

Grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to think of reasonable-sounding ways to blame other people for things I could totally change but consistently don't. SEEN ON REDDIT

Age Is Just A Number

I want my 13 year old to understand how important honesty is, but also to know that she is 12 when kids eat free.

SIMON HOLLAND, COMEDIAN

It's A Cat's Life

Nick's mother stops for a moment as her son reads the Bible to their cat. "Isn't that sweet?" she says.

But an hour later, she hears a terrible racket. Running out the door,

CARTOON: GEMMA CORRELL; ILLUSTRATIONS: (HEART) VECTEEZY; (BARBIE) GETTY IMAGES

she finds Nick trying to dunk the cat in a bucket of water.

“Nick, what are you doing?”

“I’m baptising Muffin,” he says.

“But cats don’t like to be in water.”

“Well, then he shouldn’t have joined my church.”

BLUERIDGENOW.COM

SWEET & SILLY VALENTINE’S DAY JOKES

*February 14
is a day to spread love
– and laughter.*

What did one piece of toast say to the other?

“You’re my butter half!”

Why did the magnet flirt with the refrigerator?

He found her to be very attractive.

Why do air fresheners love Valentine’s Day?

They’re so scent-imental.

What do you call a happy couple who first met via Twitter?

“Tweeheartts.”

Which type of flower is the best at giving smooches?

Tulips.

SOURCE: PARADE.COM

Reasons My Kid’s Barbie Is Increasingly Relatable As I Approach Middle Age

Although she hardly ever leaves the house, one of her high-heeled shoes is always missing.

The one sustainable, non-polyester item in her wardrobe is a sweater Grandma knitted.

Every time youngsters manipulate her into doing some exercise, her joints make this weird clicking sound.

Her so-called Dream House still has some structural issues.

‘The Robot’ is her signature dance move. In fact, it’s her only dance move.

Her camping equipment has been used once since it came out of the box and did not live up to any of the publicity material.

Her husband was last seen gathering dust in the garage.

ANNA POOK IN MCSWEENEY’S



A scenic view of the Rocky Mountains with a squirrel in the foreground. The background shows snow-capped peaks and evergreen trees. In the foreground, a squirrel is visible on a rocky outcrop, partially obscured by the text.

PHOTO FEATURE

Just when you think you have arranged the perfect shot, you are...

PHOTO Bombed!

BY *Doris Kochanek*

A Canadian couple wanted the Rocky Mountains as the background for their engagement photos but ended up with a nut-nibbling squirrel stealing the show.

PHOTO: CATERS NEWS AGENCY, ANIMAL PRESS





▲ **Native to Western Australia**

and coined the 'happiest animal on Earth', the quokka is a recent Instagram sensation. About the size of a domestic cat, the marsupial is a close relative to the wallaby and regularly appears in tourists' selfie images on the social media platform.

PHOTOS: (CLOCKWISE FROM TOP LEFT) CAMPBELL JONES/ROTTNEST FAST FERRIES/ANIMAL.PRESS; GETTY IMAGES/GERAINT ROWLAND PHOTOGRAPHY; GETTY IMAGES/GERAINT ROWLAND PHOTOGRAPHY.





▲ **Giraffe bull Conan**

lives in an adventure park in the US and is known for being a bit of a grandstander, as he shows in this shot.

◀ **Two iconic motifs**

are combined in this photo – unintentionally. For many visitors to Peru, the Inca fortress of Machu Picchu is a must-see. So are the llamas, which often serve as beasts of burden in the Andes region.



▲ **A surprise marriage proposal?** A stingray almost ruined this young man's plans by obscuring his cleverly planned 'Will-you-marry-me?' message.

▼▼ **The sea turtle** that popped up for this snapshot is surely showing more of a grimace than a smile at this crowded beach.

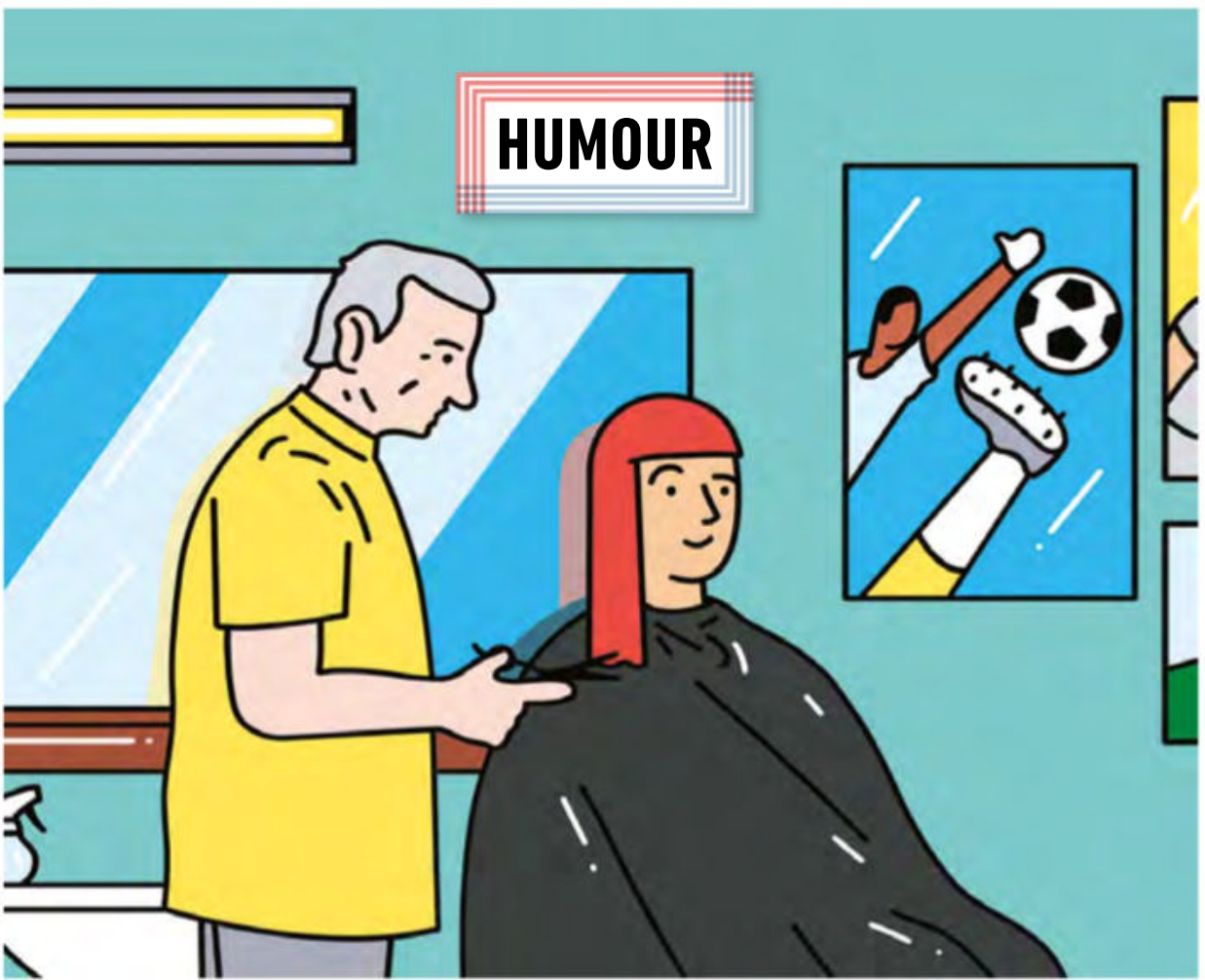
◀ **Call him 'pufferfish head':** This human snorkeller certainly caught the wrong moment while taking a selfie.

▶▶ **Is this animal** a bit out of focus because it moved too fast? That's doubtful. After all, it is a sloth.



PHOTOS: (CLOCKWISE FROM TOP LEFT); TAYLOR MCKAY/CATERS NEWS/ANIMAL.PRESS; CATERS NEWS/ANIMAL.PRESS (X2); REGAN MIZUGUCHI/CATERS NEWS/ANIMAL.PRESS





The Perfect Salon? **A BARBER SHOP**

BY *Patricia Pearson*

I had my hair cut in a barber shop the other day. I know that's a bit unusual for a middle-aged woman, but I finally just refused to fork over ten times as much money as my husband pays to have shorter hair.

I have been envying Ambrose for

years on this front, the way he impulsively acquires a cheap buzz cut as casually as buying batteries at the corner store. My son is the same. "Less hair, please. Thank you." And that's all there is to it.

Though it took me weeks to pluck up my courage, at last I walked into

ILLUSTRATION: SAM ISLAND

Enzo's Hairstyles for Men as if I had every right to be there. No appointment necessary.

It was a plain room full of old vinyl chairs and stacks of sports magazines. Enzo nodded at me courteously when he spied me on a chair in the waiting area. When he didn't seem surprised by my presence, I realised it was all about my confidence: to finally be free of women's salons, all I had to do was get over the fact that I'd walked into a barber shop for men.

For years, I have found going to salons a deeply tormenting experience. I have very straight, fine hair, and less of it now that I'm in my 50s. There is simply nothing I can do with it. Unless your cheek bones are apparent, and you have a piquant little chin like Audrey Hepburn, this kind of hair is going to be the bane of your existence no matter how much you spend on it.

When I was younger, I thought it was a matter of finding the just-right stylist with special superpowers. Every few months, I'd walk into a different salon with fresh hope and check in with a receptionist who had a way of making me feel like a lost cause because, well, just look at my hair!

These salons would make me don a cranberry-coloured robe, like when you get a CT scan. Then, stripped of whatever personality I could project

through my fashion choices, I'd discuss cuts with the stylist, as if any of the models in the hair magazines look like a typical middle-aged woman.

I'd get escorted to the sinks to be lathered with their specialty products, even if I'd washed my hair that day, and then for the next hour, the fashionable stylist would clip microscopic strands from all over my head while engaging in awkward chit-chat.

"So, what do you do?"

"I'm a writer."

"Oh, cool."

Silence.

"Would you like me to put in some amber and russet highlights?"

I knew this would take hours and cost more

than my heating bill.

"No, thank you."

Silence.

Then, invariably, I'd exit with a head of hair that looked as good as it ever would, knowing that the second I washed out the conditioner, mousse and spray that had propped it up like meringue, it would go back to looking like it did before. My salon visits felt increasingly delusional.

But I soldiered on. At one point, when I was in my 30s and my two kids were little, I heard about hair extensions that could add volume. This was exciting. I spent hundreds of dollars and several hours to have them meticulously weaved in. The result was amazing.

I USED TO THINK THE SOLUTION WAS FINDING A STYLIST WITH SUPERPOWERS

Guess what happened next? My children came home from school with lice. Lice! I then got infested and had to return to the salon to have the extensions removed – requiring more time and more money.

Finally, years later, a Eureka moment. I could simply go to a barber. Hello, Enzo's!

From the waiting area I observed that Enzo's walls were festooned with posters of Italian football players. A tinny radio played old hits. Enzo wore a pale yellow shirt and light grey pants. He could as easily have been a hardware shop assistant.

He was using a straight razor to shave a young man dressed in black; a starving artist, I thought, perhaps scribbling away at a novel. A burly fellow waiting his turn wore a grease-stained T-shirt – maybe a mechanic. It occurred to me that the last thing these three men had in common was any interest in style.

On the other hand, they were having an animated conversation about who would win the World Cup.

“Spain,” vowed Enzo. (You could tell he felt the pain of Italy not even qualifying.)

“Brazil, for sure,” said the mechanic.

“Senegal might stay in the game,” said the probable-novelist, just to be provocative.

**HE COMBED
MY MID-
LENGTH HAIR
AND SNIPPED.
IT TOOK FIVE
MINUTES AND
COST VERY
LITTLE**

When my turn for a haircut came, I hopped into one of Enzo's worn barber chairs. “Take five centimetres off, please,” I announced.

He swivelled the chair away from the mirror, calmly combed my mid-length hair, and snipped. It took five minutes. Cost very little. Looked just fine.

“Well, you won't find old-style guys like Enzo for much longer,” warned Ambrose when I came home pleased with my freshly trimmed hair. “Now it's all fancy young types with waxed moustaches who try to turn you into a hipster. I might have to start going to a women's salon.”

I chose to ignore that. Instead, we debated the World Cup. That was a lot more fun. **R**

Here Comes The Ambulance

Most of us will do anything to avoid an ambulance trip. Not so British couple Lawrence Dodi and Rachel Nixon who are already a year into a trip through more than 50 countries in a bid to set the Guinness World Record for the longest journey in an ambulance. UPI.COM

QUOTABLE QUOTES

OPPORTUNITY IS MISSED BY MOST PEOPLE BECAUSE IT IS DRESSED IN OVERALLS AND LOOKS LIKE WORK.

THOMAS EDISON,
INVENTOR



YOU'RE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM, AND SMARTER THAN YOU THINK.

A.A. MILNE, CHILDREN'S AUTHOR

Whenever someone starts disagreeing with me, I listen at first and then start wondering, *in a wrestling match between us, who would win?*

PATRICIA LOCKWOOD,
AUTHOR



Man can learn nothing except by going from the known to the unknown.

CLAUDE BERNARD, SCIENTIST

If one is to be consumed by passion, I can think of no more worthy all-consuming passion than the struggle for human rights, greater opportunity and a livable planet.

MARY FRANCES BERRY,
ACTIVIST

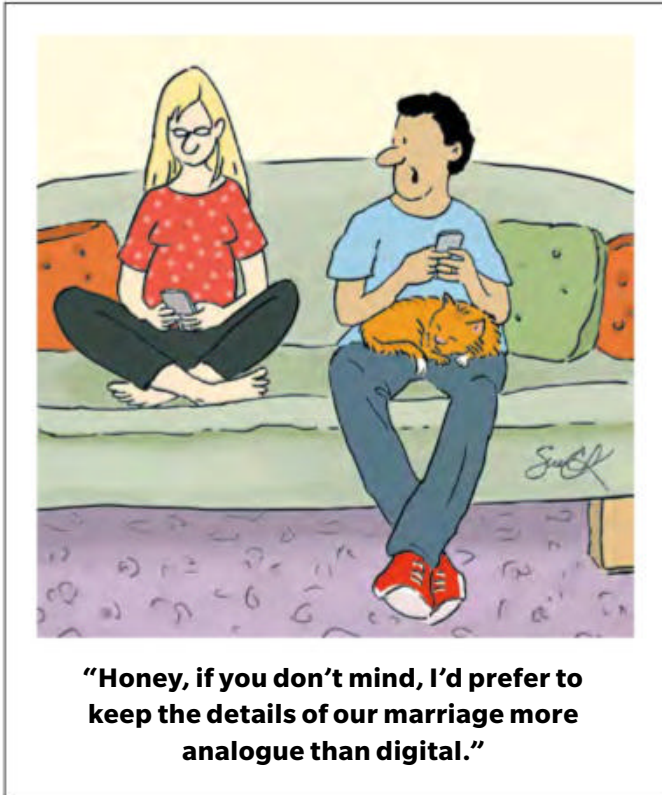


Don't waste your purpose worrying about your body. It's your house. It's where you live. There's no point in judging it.

EMMA THOMPSON, ACTRESS

LIFE'S LIKE THAT

Seeing The Funny Side



"Honey, if you don't mind, I'd prefer to keep the details of our marriage more analogue than digital."

Optimistic Optometry

Apparently, my 94-year-old mother had been told that she'd be able to drive home following her eye treatment. Remarkable, we agreed, since she doesn't drive.

I shared the reason we were laughing with the waiter who was clearing our table after we stopped for a meal. I said not to look so worried, as she didn't have a licence.

"That's good," he said, "because she's just gone into the Gents!"

SUBMITTED BY EILEEN COX

Lather Don't

I walked in on my three year old pumping streams of our hand wash into the bathroom sink, all the while happily chanting "wasting soap, wasting soap" to himself.

@NULLSTATEOFMIND

Words To Live By

My wife said to me, "If you hate everyone, you should eat something, and if you think everyone hates you, you should take a nap."

I don't think I've heard a better life hack.

@METADOXY

Gnashing My Teeth

For the past two decades, my wife has been complaining about me not putting the cap back on the toothpaste tube. I decided to change this bad habit and, for a week, I was diligent about replacing it every morning and night. I was

expecting her to say something, but she never did.

Finally, last night, she turned to me and said, "Why have you stopped brushing your teeth?"

SUBMITTED BY NAFISA ABDUL KARIM

Ahead Of The Class

My young granddaughter was very excited when I collected her from primary school.

"That's our head teacher over there," she said, pointing across the schoolyard.

"No, dear, that's your class teacher," I said.

She replied, "I know who she is because she was in our classroom this morning checking all our heads for nits."

SUBMITTED BY RHODA PIPPEN

FINE PRINT

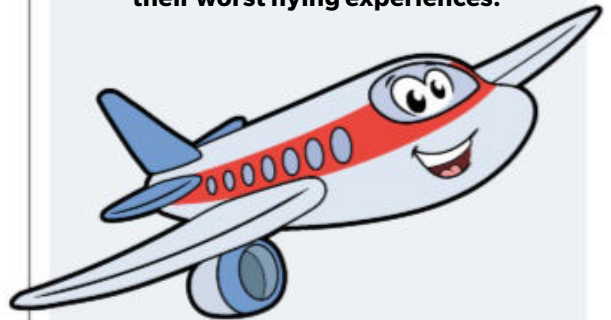
I'm in my late 70s. While I was shopping for a recliner, the salesman looked at me and announced it had a 'lifetime guarantee'. After it was delivered, I was removing the tags when I noticed it actually stated 'five years'. I hope he isn't a psychic.

SUBMITTED BY FRANK WEAVER



THE GREAT TWEET OFF: THE FRIENDLY SKIES

Twitter users share horror stories of their worst flying experiences.



I was fiddling with the side of my plane seat and grasped something I thought was the recliner handle. Then I realised that somebody had decided to stretch out behind me, and I'd just grabbed their bare foot.

@_COLLEENM

A real-life clown once sat next to me on a plane. When we made eye contact, he felt the need to assure me that he was, "a good clown, not a creepy clown".

@BOHEMIANJENN

I fell asleep during a long layover and woke up to a little girl poking me and asking out loud, "Mummy, is she still alive?"

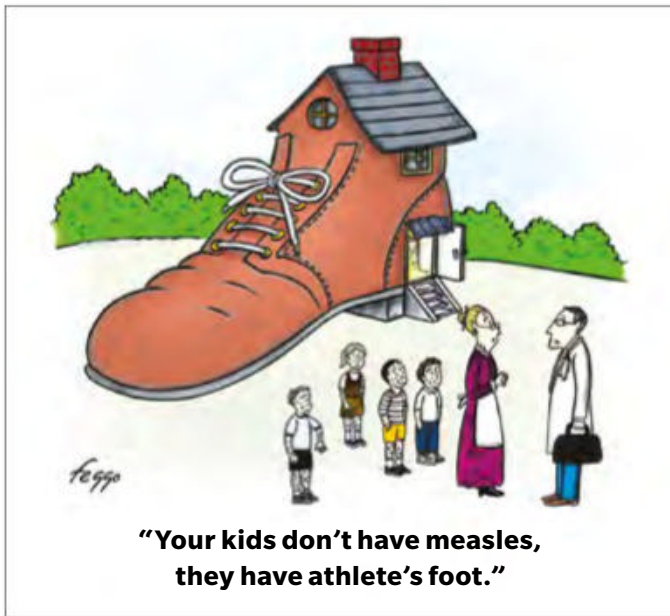
@DANIELITA89

The man next to me devoured two portions of nachos, then during turbulence yelled, "This isn't going to end well!"

@KATYBYRNEDESIGN

ALL IN A DAY'S WORK

Humour On The Job



Carried Away

When I was a teacher, I’d ask students to find a word in the dictionary, give the meaning and use it in a sentence. My favourite answer was: “My word is pregnant. It means carrying a child, like the fireman went up the ladder and came down pregnant.”

SUBMITTED BY ORVILLE COLE

Quick As A Splash

St Thomas, in the Virgin Islands, is famous for stunning and affordable jewellery. A day before our cruise ship approached the port, a fellow passenger asked the cruise director

what time the jewellery stores open. We had plenty of time, he assured her. “They open as soon as they hear our anchor go splash.”

SUBMITTED BY MARK ROBERTS

Buttering Me Up

I had my eye on a gorgeous silver jacket for a long time and was thrilled when my sister bought it for me as a gift. I immediately threw it on and strutted off to my job at a restaurant, where I paraded around the

kitchen soaking up the oohs and aaahs.

But it was our boss, a chef, who paid me the ultimate compliment: “Great jacket. You look just like a baked potato.”

S.J.

Knock Knock

Training to become a census taker, I asked my instructor, a former law enforcement officer, if she felt funny knocking on all these strangers’ doors.

“No, never,” she said with a smile. “After all, I used to kick them in.”

MARYANN SERRI

Big Bus Theory

When I was a school bus driver, the school administrators used to frown upon bus drivers who let students off the bus before the school gates opened at 8.15am. One day, at a little after eight, it began to rain and a concerned driver announced over her radio, "I'm letting my kids off now so they go into school dry."

A fellow driver agreed. "Good idea. They smell even worse when they're wet." SUBMITTED BY JOHN PICKERL

Cause For Alarm

"Health care workers are really stressed these days," I observed as my nurse in the hospital shut off an annoying and pointless machine alarm.

"The beeping all the time from these things doesn't help," she agreed. "Especially when you read that." She pointed to the monitor instructions that read, "PRESS OK, THEN RUN."

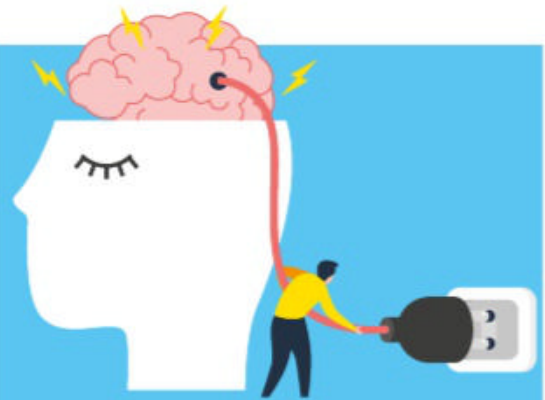
SUBMITTED BY CAROLYN FRITSCHLE

Hardly A Hoot

While carpooling, we pulled up to the driveway for our next passenger. We honked and waited, honked and waited, and honked again. And waited. Our work colleague finally came out.

"I'm so sorry I kept you waiting," she said, climbing into the car. "But I only heard the third honk."

SUBMITTED BY ELSIE WILLMS



WHAT TIME DOES MY BRAIN WAKE UP?

Sometimes when we go on holiday, we remember to pack everything but our good sense. Here are a few questionable questions our guides at holiday hot spots have had to field.

- **Does the sun set every night?**
 - **When do they turn off the waterfalls?**
 - **How many kilometres of undiscovered caves are there?**
- **Why is the Closed for Cleaning sign on the restroom?**
 - **Why don't you have better marking in the places where trails do not exist?**
- **Is that the same moon we see at home?**
- **If it rains, will the fireworks be held inside?**

SOURCE: ROADANDTRAVEL.COM




INSPIRATION



Extreme **MEDICINE**

Discover the incredible stories of the extreme-conditions medics swapping their prescription pads and stethoscopes for rafts and snake venom...

BY **PARISA HASHEMPOUR**



Costa Rica's jungles might seem an unlikely spot for a group of medics to converge. But trekking through this dense stretch of Central American wilderness, that's exactly who you might encounter.

Trading stethoscopes and lab-made pharmaceuticals for rafts and snake venom, these medics come together under the guidance of World Extreme Medicine, an organisation training paramedics, physiotherapists, nurses and doctors to work in the world's most volatile and remote conditions.

Extreme medicine is a subdiscipline of medicine in which healthcare providers respond to crises in war zones, assist those left behind after humanity's most horrific disasters, and conduct medicine not just on land, but also deep beneath the sea and even in outer space. While all medics need to think on their feet, Mark Hannaford, the founder of World Extreme Medicine, explains that for extreme medics, that need is heightened. Medics might treat a patient in the blistering heat of a desert, on an ice-cold tundra, or stabilise a person at altitude or in the dark. Despite this, he says, "you don't need to run a marathon with a rucksack on every day to be an extreme medic." Physical fitness is not the challenge. "The challenge is adequately preparing yourself for the environment you are going into."

"You really have to steward good self-care in these environments," adds pre-hospital lead and extreme medicine trainer, Eoin Walker. In places like Costa Rica, Oman and Slovenia, he teaches medics skills in security, diet, wound closure, hydration and building teamwork while on expedition.

Here, we speak with three extreme medics to understand what it's really like to save lives in some of the world's harshest locations.

TARYN ANDERSON, REMOTE AREA NURSE

How extreme?

From Sierra Leone's Ebola outbreak to war in Iraq.

The motivation:

"Humanity is amazing - it's incredibly cool and at the same time, it's horrible. When you come back home to a lovely, moderate world, you don't necessarily know these balances are playing out. With extreme medicine, you're playing in that middle band."

Most memorable mission:

While gaining her nursing degree through the Australian military, Taryn responded to hurricanes in Mozambique and Haiti, supported nurses in Kenya and Nepal and assisted during the Ebola outbreak in Sierra Leone - and was required to write a will before deployment. Taryn's most memorable mission, however, is working as a pre-hospital lead, setting up convalescence stations during the Battle of Mosul in Iraq between March 2017 and 2018: "It was the best and worst job I've ever done."

On call 24/7, Taryn would be woken throughout the night to deal with patient influxes. "One of the biggest

challenges was, that for the first month we didn't have a morgue," says Taryn. But it was less the gory sights, and more the everyday personal stories of struggle that made an impact.

Despite the difficulties, Taryn revelled in moments of joy, with one particular incident standing out. "We received a call saying we had casualties coming, people who had been trapped in Mosul. Unfortunately, one of them was a woman who was eight months pregnant. She was trapped in a basement for over a week and had been shot through the

abdomen by a sniper." The team were preparing for two likely deaths, and there was especially little chance that the baby would survive the gunshot wound. "But when she arrived, there was a foetal heartbeat!" says Taryn.

The medics rejoiced, quickly diving into action. The bullet had grazed the baby's elbow, and the elbow had then plugged a hole in the mother's uterus, keeping her baby alive inside.

"It was an absolute miracle and we were able to deliver - Mum and baby went home three or four days later."

**"IT WAS
THE BEST
AND WORST
JOB I'VE
EVER DONE"**





LUCY COULTER, DOCTOR IN EMERGENCY MEDICINE

How extreme?

From air ambulance to Antarctica.

The motivation:

“Public hospitals are such difficult places to work that you need something different to keep you sane, to have a part of your work life that you have agency in.”

Most memorable mission:

“I was in Antarctica for two months last year,” says the A&E doctor-turned-explorer. Lucy, who has delivered care in the air ambulance service in the UK, atop Kilimanjaro and in Cuba, says what stays with her most is travelling to the Weddell Sea in Antarctica. There Lucy looked after 111 people, including expeditionists and the ship’s crew, as they searched for the wreckage of *Endurance* – Sir Ernest Shackleton’s ship, which had been lost since it sank in 1915. While the expedition itself lasted 43 days, the trip took four months of preparation, consisting of screenings and sourcing medicine and equipment. Lucy had to make tough calls as to who was allowed to travel, and who couldn’t.

With an entire onboard hospital to run, the trip was an unusual environment for a medic used to working out of a helicopter. “I’m used to doing expeditions and having very little resources,” she says. “It felt like the responsibility was greater because I had the ability to do almost everything.”

Thanks to extensive preparations, the expedition ran almost without mishap. “The crew do a King Neptune initiation ritual when the ships pass through the Antarctic Circle; they make everybody lie on the deck and spray them with ice-cold water

and then dip them into a bucket of slops – it was horrible! So we had one case of mild hypothermia from that... we just treated them with warm drinks, blankets and warming up in the shower.”

Aside from that and two isolated COVID-19 cases, the trip ran smoothly. When *Endurance* was found, the

crew and expeditionists celebrated on the Antarctic ice, surrounded by penguins and seals.

“We played football and golf, and we ate beef massaman and chicken rolls on the ice floes.”

“IT FELT LIKE THE RESPONSIBILITY WAS GREATER BECAUSE I HAD THE ABILITY TO DO ALMOST EVERYTHING”

LUCA ALFATTI, SENIOR PARAMEDIC

How extreme?

Luca helped to found Medics4-Ukraine, a World Extreme Medicine project delivering equipment and training to frontline Ukrainians.

The motivation:

Luca is inspired by the resilience of everyday Ukrainians like Svetlana, a woman in her mid-20s who crosses the Polish border daily, ferrying people and supplies and passionately assisting Medics4Ukraine.

Most memorable mission:

Helping set up Medics4Ukraine – a medical convoy that provides lifesaving supplies and delivers medical training to Ukrainian civilians-turned-fighters – has been the most poignant moment in Luca's extreme medicine career.

"I recently trained about 90 people over one week in three different locations around Ukraine, the Special Forces and Territorial Army," he says. Preparing convoys and organising training, all while working as a full-time paramedic in the UK, has been exhausting. But with direct requests from Ukrainian volunteers streaming in, he is determined to keep going.

One hot day, training conscripts in a small village gym filled with weights and dojo mats, stands out to Luca. Soldiers, some as young as 16, began to fill the room. Their nervousness was palpable; it wouldn't be long until these young men left for the frontline. But by the end of the session, and with new skills in saving lives during combat under their uniformed belts, the feeling in the room had shifted.

"There were lots of shouts of '*Sláva Ukraíni!*', they were energised," Luca says. "I felt like I was a local, like I was one of them, that we were going to get through this together," he says. But for

extreme medics, a strong connection to those you wish to help can result in a disconnect at home. Luca found leaving his family especially challenging, and after video calling with his tearful children after spending hours in a bomb shelter, he considered not returning to war.

In the end, however, he felt he could not give up on those who had become his friends, saying, "I know them, they know me, we're friends and I want to help." **R**

**"I KNOW THEM,
THEY KNOW
ME, WE'RE
FRIENDS AND
I WANT TO
HELP"**

For more on extreme medicine training, visit worldextrememedicine.com



THE MOON HAS RISEN



*As familiar as the moon may be,
it is also very mysterious*

BY *Caroline Friedmann*



QUIZ

QUESTIONS

1 On May 16 last year, people in many places around the world marvelled at a lunar eclipse. As always, the natural spectacle can only be admired on a full moon when ...

- a) the moon is between the Earth and the sun
- b) the Earth is between the moon and the sun
- c) the sun is between the moon and the Earth
- d) the sun is behind the Earth

2 Planets like Jupiter and Saturn are orbited by multiple moons. The Earth has only one of these natural satellites. How did the moon actually come to be Earth's?

- a) a celestial body brushed against it, and the matter thrown up became the moon
- b) the Earth and moon were formed at the same time by the Big Bang
- c) the Earth's gravitational field caught a passing meteorite.
- d) the moon was once part of the Earth

3 The first creatures to fly to the moon and back were not humans. This honour was given to animal astronauts who, in September

1968 boarded the Soviet space probe *Zond 5*, which orbited the celestial body. What animal was on this flight?

- a) a dog
- b) three guinea pigs
- c) two turtles
- d) a monkey

4 One of *Apollo 13*'s oxygen tanks exploded on the way to the moon. For days it was unclear whether NASA would succeed in getting the astronauts safely back to Earth. In the film adaptation of the dramatic story, Tom Hanks plays the space capsule commander, James Lovell. What distinguished Lovell from other astronauts at the time? He ...

- a) was the oldest astronaut on the NASA payroll
- b) was the first to repair a spaceship from the outside in space
- c) piloted the first space shuttle
- d) was the first person to fly to the moon twice

5 When the first people landed on the moon on July 20, 1969, the excitement was huge. If Neil Armstrong or Buzz Aldrin had jumped for joy there, how would the height of their jump compare to a jump taken on Earth?

READER'S DIGEST

- a) less high
- b) same height
- c) significantly higher
- d) significantly lower

6 The moon is a major influence on the Earth. It not only ensures ebb and flow, it also prevents ...

- a) its axis fluctuating more
- b) the continents shifting
- c) the Earth changing shape
- d) the possibility of large tidal waves

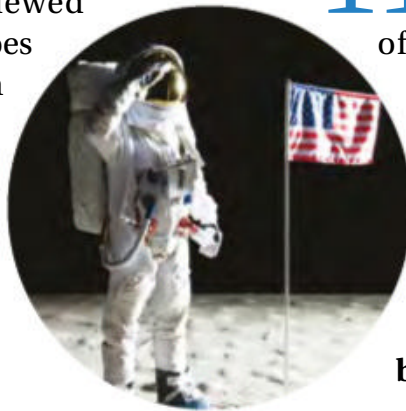
7 Earth's influence on the moon is even greater. What does it do? It ...

- a) triggers earthquakes there
- b) keeps it in orbit
- c) shields it from meteorites
- d) allows it to experience day and night

8 During a so-called Super Moon, the moon is close to the Earth. Nevertheless, viewed

with the naked eye, it does not appear larger than usual. The moon only appears particularly large to the observer when ...

- a) it is setting at dusk
- b) it is at the zenith
- c) sub-zero temperatures prevail
- d) it is close to the horizon



Is a leap of joy on the moon higher or lower compared to on Earth?

9 The length of a day depends on where you spend it. On Earth, it is known to last almost exactly 24 hours. How much time elapses on the moon from one sunrise to the next? About ...

- a) one year
- b) one month
- c) one week
- d) two years

10 In his novel *Journey Around The Moon*, published in 1870, Jules Verne describes something that became a reality almost 100 years later. What was true of the novel's heroes and the real moon travellers?

- a) Their journey started in Florida
- b) Three astronauts were on board
- c) They landed in the Pacific
- d) All of the above

11 The 1967 UN Outer Space Treaty regulates exploration and the use

of space. The 1979 Moon Contract, which stipulates ownership of this celestial body, served to flesh it out. Who owns the moon?

- a) All intelligent life forms in space
- b) The five permanent member states of the UN Security Council
- c) All of mankind
- d) All countries on Earth

The Moon Has Risen Quiz

- 1 b)** A lunar eclipse occurs when the Earth is between the moon and the sun. The shadow of the Earth eclipses the moon.
- 2 a)** Researchers now agree that the moon was caused by a celestial body the size of Mars colliding with Earth. In the process, rocks from both celestial bodies were thrown into space, which collected in the Earth's orbit and finally condensed into the moon.
- 3 c)** On board the Soviet space probe *Zond 5* were microorganisms, plants, insects and two turtles.
- 4 d)** James Lovell was the first of three men to go to the moon twice. Before the *Apollo 13* mission, he visited the moon with *Apollo 8*. However, he never landed on the moon.
- 5 c)** Wearing space suits that roughly doubled their weight, Armstrong and Aldrin would have jumped about three times higher on the moon than on Earth. Gravity on the moon is only about one-sixth as strong as on our planet.
- 6 a)** The moon slows down the Earth through its gravity and Earth through its gravity and
- 7 a+b)** Just as the moon causes the ebb and flow on Earth, the significant larger mass of the Earth triggers tremors on the moon. The gravitational interaction of the two celestial bodies also keeps it in its orbit.
- 8 d)** The moon appears larger to us when it is close to the horizon. It's an optical illusion. When looking at the horizon, we see houses, trees or other objects at the same time. When the moon is high in the sky, these objects of comparison are absent and it appears smaller.
- 9 b)** The moon rotates on its own axis almost 30 times slower than Earth. That's why a 'day' on the moon lasts almost a month. It is exactly 29 earth days, 12 hours, 44 minutes and 2.8 seconds.
- 10 d)** Jules Verne had his three astronauts start in Florida and land in the Pacific. This is exactly what NASA did with the Apollo programme.
- 11 c)** The moon belongs to all of mankind.

England's Jurassic Coast includes prehistoric cliffs that loom over Sidmouth in Devon





If These
CLIFFS
Could Talk

The shores of Devon county in southern England tell a story of dinosaurs, Romans and much more

BY *Ben Lerwill*

FROM **NATIONAL GEOGRAPHIC TRAVELLER**

PHOTOGRAPHS BY **RICHARD JAMES TAYLOR**

READER'S DIGEST

From a remote sandstone ledge drops a bewildered man in a wetsuit. It's taken an eternity for him to work up the nerve to jump, and he plummets through the air with an expression somewhere between elation and terror. The rocks zooming past behind him are hundreds of millions of years old; the bay he's arrowing into has witnessed visitors ranging from plesiosaurs to pirates. And, with the sun illuminating the red cliffs and ivied, coastal woodland, there comes an almighty splash as the October-cold sea rushes up to swallow him. For the man - me - it's an unutterable thrill.



Tom Devey, the guide who's just patiently coaxed me into stepping off an eight-metre precipice, gives a thumbs-up from the shore and gestures to a cove nearby. We've been clambering over the boulders of Devon's southeastern coastline near the hamlet of Maidencombe. Devey, who works for Rock Solid Coasteering, had been leading me through some jumps. We'd swum under natural arches, climbed rocks, then plunged back into the sea. At one point, a grey seal appeared, bobbing in the swell just a metre away. Now it was time to call it quits and warm up.

"I've got hot chocolate," grins Devey, patting his pack and leading us to a tiny beach walled off by giant shelves of rock. As he pours from the flask, he points out the storage holes and camping spots favoured by generations of smugglers who used this shoreline to spirit illicit shipments of liquor and tobacco into England's West Country. "On the subject," Devey says, producing a hip flask, "tot of rum in that?"

ON DEVON'S SOUTHEAST COAST, the history is spread as thickly as the clotted cream this place is famous for. I'm here to discover more about the area's past and present on a journey from the ancient city of Exeter to the Jurassic Coast, via the pub-dotted ports of the Exe Estuary.

Devey tells a tale from local folklore of three bootleggers blockaded into



Above: The magnificent Exeter Cathedral. Opposite: Adrenaline junkie Tom Devey leads a coasteering session at Maidencombe Beach

a sea cave by the authorities. “They were trying to drown them,” he explains, as we look east along a series of hefty headlands. “But when they unsealed it three days later, there was no sign of the bodies. People think the men found a way into the wider cave system and escaped inland.”

The busy quays and taverns of Exeter, 30 kilometres to the north at the head of the estuary, would’ve been the obvious place to flee. Devon’s capital city was no stranger to smugglers and seafarers during the 17th and 18th centuries. Long before that, its plum location had attracted Roman and Norman invaders, then Saxon settlers.

“When the Normans turned up, the citizens of Exeter lined the city’s walls and made obscene gestures at William the Conqueror and his army!” says David Radstone, one of the city’s Red Coat guides, with palpable relish.

Our meeting place for a city tour is Cathedral Green, which is shadowed by one of the mightiest religious buildings in England: Exeter Cathedral. The streets around us are filled with a mixture of timbered, medieval buildings and harsher post-war architecture. Gargoyles and grotesques glower down from the cathedral.

Home to a large university, the city is fascinating. After the Normans



Above: the historic port town of Topsham. Opposite: a rare type of ammonite fossil hewn from a cliff along the Jurassic Coast, on display at the Lyme Regis Museum

arrived, Radstone explains, Exeter took on various guises: it went from prosperous merchant city and a major hub of the English cloth trade – in the late 17th century, 80 per cent of Exeter’s residents were employed in the wool industry – to an ill-fated Luftwaffe target, when 1500 homes were destroyed in a single night in May 1942.

As we wander the centre, we run our hands over the original Roman city walls, admire imposing Georgian townhouses, and stand agog in front of before-and-after photos of the bomb-damaged city. In the distance, green hills bulge into view. The population is around 130,000, a lot of them

students. “It’s an easy city to live in,” says Radstone. “You can see the countryside from almost anywhere.”

We end up at the handsome quay, once abuzz with ships full of yarn. Today, its old warehouses are home to pizza restaurants, vintage stores and bike-hire outlets.

Away from the quay is one of Exeter’s most notable attractions, the fantastic Royal Albert Memorial Museum & Art Gallery. I’m particularly wowed by a hoard of 22,888 Roman coins found by a local metal detectorist, and the 100,000-year-old hippo fossils discovered while building a road in nearby Honiton.

The soaring cathedral, meanwhile

- mainly unscathed by German air raids - very much lives up to the hype. At 8.15am, I walk self-consciously into morning prayers to find the dean leading a congregation of just two. High above the nave, the world's longest stretch of Gothic stone vaulted ceiling fans out like a giant forest canopy.

“PEOPLE SAY IT MAKES SENSE to make rum in Devon,” says Gemma Wakeham, one half of the Two Drifters Rum wife-and-husband team. Just outside Exeter, the world's first carbon-negative rum distillery is stocked with stills and barrels that recall the coast's spirit-smuggling past.

Strung from the rafters is a flag bearing the St Petroc's Cross, the county's emblem: a black-and-white cross on a green background. That's more or less where tradition ends.

“The distillery is electric and runs on renewable energy,” says Wakeham, explaining that her husband's chemistry background has driven their green ethos. The rums themselves taste great, full of zest and warmth. “When we launched in 2019, we were producing 80 bottles a week,” says Wakeham. “That number is now 2500.”

The distillery aims to offset every single element of its production - from carbon-capture technology to the growing of spices to the shipping of sugar cane.

This is on my mind as I head along

the Exe Estuary to Topsham, once the second-busiest port in England.

I arrive to the sound of baying gulls and mast-slapping halyards, with the river shimmering out towards the sea and surrounded by saltmarshes.

“When William of Orange arrived in England in 1688 to take the throne, this is where most of his fleet landed,” says Ed Williams-Hawkes, a power-boat navigator complete with eye patch.

He points towards the quay. “You can imagine the scene: brass cannons being pulled by Shire horses, platoons of Swiss mercenaries, soldiers from Scandinavia. Incredible to think about.”



His son Tom is the owner of The Salutation Inn, a few minutes' walk away past Dutch-gabled townhouses. Like the rest of the town, the inn creaks history. Its 300-year-old wooden door - broad enough for Victorian coaches to pass through



A lively night of traditional sea shanties at The Bicton Inn, Exmouth

– is still marked with apotropaic carvings to ward off evil spirits. These apparently didn't stop some lively activities from taking place here in centuries gone by, from attempting to get a horse to jump over a table in the dining room to wrestling matches.

It's a lot less rowdy on my visit, largely because the inn is now geared to serving local products such as crab, partridge and West Country cheeses. An in-house fish deli, opened during lockdown to support local fishermen, is still going strong.

The marshes and mudflats that stretch between Exeter and the English Channel are a site of international importance for wading birds,

which flock here in the tens of thousands to feed on invertebrates. At a nature sanctuary near Topsham run by the Royal Society for the Protection of Birds, I find a seat in the hide overlooking the reed beds.

I'm too early for the throng of winter visitors – geese from Siberia, godwits from Scandinavia – but the scene is a lively one nevertheless. Pretty teals fuss on the banks, and shovelers dabble past, wagging their wide, flat beaks. Elsewhere in the hide, I can hear a hushed conversation about moorhens.

It's a peaceful spot, and mighty easy to linger at, but looking up I see heavy clouds rolling in, as relentlessly as waves, from the direction of the sea.

IT'S THURSDAY, FOLK NIGHT at Exmouth's The Bicton Inn, just a few streets from the sea where the rain clouds are massing overhead. Forty voices ring through the pub, surging in unison as they sing and fog up the dark windows. Nautical flags are strung around the walls and tankards are being downed.

"This song is about how the news of Nelson's victory travelled across the land," announces a well-oiled greybeard, as another local gets his accordion ready, "although it's said there are a few north of Tiverton who still haven't heard!"

The local sailors of the Battle of Trafalgar era wouldn't have witnessed the kitesurfers that busy the headland these days, but the sea air would have been as restorative then as they are now. "Well, heave 'er up and away we'll go!" roars the chorus of voices, "She's a fast clipper ship and a bully good crew."

Exmouth is also the official western starting point of the 150-kilometre Jurassic Coast – a UNESCO World Heritage Site. But the coast's name is something of a misnomer: the rocks here actually yawn back to the Triassic era. Some of those near Exmouth are 250 million years old.

The resulting scenery – wild, wave-bashed headlands – makes it a glorious place to hike, dawdle, or just simply gawp. The geological timescales are brain-spinning: the red cliffs here were originally part of a vast desert,

which was later flooded by a tropical sea. Around 140 million years ago, the waters receded, freeing up more space for roaming dinosaurs, before sea levels rose again 100 million years ago.

My final stop is the town of Lyme Regis in neighbouring Dorset county – though geology knows no borders. Here, as much as anywhere, the region's multilayered history is on full display. I walk past a long line of pastel-painted beach huts to reach Lyme Regis Museum, which tells tales of smugglers' ships, naval brigs and British palaeontologist Mary Anning, portrayed by Kate Winslet in the 2020 film *Ammonite*.

The museum sits on the site of what was once Anning's home, and I follow the advice of a staff member to wander out to Black Ven, a nearby cliff. "Erosion means there are always new fossils being exposed," she explains.

It's early evening and there are seven others searching the rocks as a stiff breeze comes in off the sea. After 20 minutes, with the light fading, I turn a stone and find a partial ammonite imprint the size of my thumb. It's not the prettiest find – or the most intact – but it represents about 130 million years' worth of history, and that'll do for me. **R**

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Portugal's



This page: Aristides de Sousa Mendes in 1940. Opposite: French refugees escaping the Nazi onslaught in 1941



BONUS READ



Schindler

Like Oskar Schindler, Portuguese diplomat **ARISTIDES DE SOUSA MENDES** helped save, at great personal risk, thousands from the Nazi regime

BY *Chanan Tigay*

FROM **SMITHSONIAN MAGAZINE**



It was the second week of June 1940, and Aristides de Sousa Mendes would not come out of his room. Portugal's consul general in Bordeaux, in southwest France, Sousa Mendes lived in a large flat overlooking the Garonne River with his wife and several of their 14 children – all of whom were becoming increasingly concerned.

An aristocrat and *bon vivant*, Sousa Mendes deeply loved his family. He loved Portugal and wrote a book extolling it as a “land of dreams and poetry”. He loved belting out French tunes, especially Rina Ketty's ‘J’attendrai’, a love song that in the shifting context of war was becoming an anthem for peace. And Sousa Mendes loved his mistress, who was five months pregnant with his 15th child.

He usually found something to laugh about even in the worst of times. But now, faced with the most consequential decision of his life, he had

shut down. He refused to leave his room. “Here the situation is horrible,” the 54-year-old diplomat wrote to his brother-in-law, “and I am in bed with a severe nervous breakdown.”

The seeds of Sousa Mendes's collapse were planted on May 10, 1940, when Hitler launched his invasion of France and the Low Countries. Within weeks, millions of civilians were driven from their homes, desperate to outpace the advancing German Army. A Red Cross representative called it the “greatest civilian refugee problem in French history.”

**AS GERMAN SOLDIERS RAISED THE
SWASTIKA AT THE ARC DE TRIOMPHE,
REFUGEES SCoured FRANCE FOR EXIT VISAS**

PHOTOS: (PREVIOUS SPREAD, LEFT) COURTESY OF SOUSA MENDES FOUNDATION; (RIGHT) KEYSTONE/GETTY IMAGES. (THIS PAGE): COURTESY OF SOUSA MENDES FOUNDATION



Aristides de Sousa Mendes and his wife, Angelina, with nine of their children in 1929

Exhausted drivers lost control of their vehicles. Women harnessed themselves to carts built for horses, dragging children and goats. “Weeping women pushed old people who had been squashed into prams,” recalled Marie-Madeleine Fourcade, a leader of the French Resistance.

New York Times correspondent Lansing Warren, who was later arrested by the Nazis, wrote, “In a country already packed with evacuees from the war zones, half the population of the Paris region, a large part of Belgium and ten to 12 departments of France, somewhere between six million and ten million persons in all, are straggling along roads in private cars, in auto trucks, on bicycles and afoot.”

The refugees were “plodding steadily southwards day after day, going

they know not where,” he reported. “How far they will get depends on circumstances, but it is safe to say that all in the end will be stranded.”

As the French government fled Paris, and German soldiers raised the swastika at the Arc de Triomphe, refugees scoured the country for exit visas. Many hugged the coast in the hope they might secure passage on a ship off the continent. Others flocked to cities along the Spanish border, desperate to cross.

In Bordeaux, the population more than doubled, swelling with refugees for whom only one option remained: a visa from neutral Portugal, allowing them passage through Spain to Lisbon. There they might secure tickets on a ship or plane out of Europe.

Thousands massed outside 14 Quai Louis XVIII - the five-storey

waterfront building that housed the Portuguese consulate and, upstairs, the Sousa Mendes family. Two blocks away, in the Place des Quinconces, one of the largest city squares in Europe, refugees set up camp in cars, boxes and tents.

Sousa Mendes later informed the Portuguese Foreign Ministry that among them were “statesmen, ambassadors and ministers, generals and other high officers, professors, men of letters, academics, famous artists, journalists ... university stu-

Bagger recalled. “We counted eight, in quick succession. Then the sirens began to shrill, far away, then nearer and nearer.”

Sousa Mendes, a Catholic who suspected he was descended from *convertos*, Jews who had been forced to convert centuries earlier during the Spanish Inquisition, was appalled by the suffering. Some had lost their spouses, while others had no news of missing children or had seen their loved ones succumb to the daily German bombings.

AS THE SITUATION DETERIORATED, SOUSA MENDES INVITED ELDERLY, ILL AND PREGNANT REFUGEES TO SHELTER IN HIS FLAT

dents, people from Red Cross organisations, members of ruling families ... soldiers of all ranks and posts, industrialists and businessmen, priests and nuns, women and children in need of protection.” And, he added, many of them were “Jews who were already persecuted and sought to escape the horror of further persecution.”

As the Nazis closed in, the vast encampment grew frantic. “The centre of the town was bedlam,” wrote American journalist Eugene Bagger, who was stranded in France. He spent the night of June 17 in his car and was woken when the lights in the square shut off unexpectedly. “And then we heard them – the bombs,”

What many refugees did not know was that seven months earlier, Portugal’s austere dictator, President António de Oliveira Salazar, had issued a missive known as Circular 14, effectively forbidding his diplomats from offering visas to most refugees – especially Jews, ethnic Russians, and anybody else rendered a “stateless person”.

Although Salazar had, technically, remained neutral, in reality Portugal’s ‘neutrality’ was fluid, depending on events. Now, with Nazi forces tearing through Europe, Salazar was reluctant to provoke Hitler or Francisco Franco, Spain’s fascist leader.

As the situation beneath his window

deteriorated, Sousa Mendes invited elderly, ill and pregnant refugees to shelter in his flat, where they slept on chairs, blankets, and the rugs covering the floors.

“Even the consul’s offices were crowded with dozens of refugees who were dead tired because they had waited for days and nights on the street, on the stairways, and finally in the offices,” Sousa Mendes’s nephew, Cesar, recounted in testimony to Yad Vashem, Israel’s Holocaust memorial. “Most of them had nothing but the clothes they were wearing.”

One evening, Sousa Mendes ducked into a chauffeured car to survey the scene outside, where French soldiers with steel helmets and bayonets maintained order. Approaching Bordeaux’s Great Synagogue, Sousa Mendes spotted a man in a dark, double-breasted caftan – a Polish rabbi named Chaim Kruger, who had served in a village in Belgium but fled with his wife, Cilla, and their five young children. Sousa Mendes invited him back to the consulate. He took Kruger and his family into his home, but he immediately declared that no Jews may receive a visa.

Quietly, however, Sousa Mendes did request permission from Lisbon to issue the visas, and on June 13 the Foreign Ministry responded: ‘*Recusados vistos*’. Visas denied. Flouting



Portugal’s Schindler

The building at 14 Quai Louis XVIII in Bordeaux housed the Portuguese Consulate and was the Sousa Mendes family residence

his superior, Sousa Mendes offered Kruger the papers anyway. Kruger declined them. “It is not just me who needs help,” he told Sousa Mendes, “but all my fellow Jews who are in danger of their lives.”

Suddenly, Sousa Mendes’s selfless effort to help a new friend, to aid a single Jewish family, was revealed for what it truly was: a choice between saving himself or saving thousands; between obeying his government or obeying his conscience.

The dilemma was so destabilising that Sousa Mendes stumbled into his bedroom and stayed there for three

days. When he finally emerged, he announced, "I am going to issue a visa to anyone who asks for it. Even if I am discharged, I can only act as my conscience tells me."

Israeli historian Yehuda Bauer called what ensued "perhaps the largest rescue action by a single individual during the Holocaust."

university, graduating in 1907 and practising briefly before enlisting in the foreign service.

By the early 1930s, Cesar had reached the top of the profession as Portugal's foreign minister. Aristides, meanwhile, held a series of diplomatic posts - Brazil, Spain, British Guyana, San Francisco. In Belgium,

AS THE GERMAN ARMY RUMBLED TOWARDS BORDEAUX, SOUSA MENDES SCARCELY SLEPT. HE RUSHED TO ATTEND TO EVERYONE

OPENING THE DOOR

Aristides de Sousa Mendes was not born to suffer. A member of the landed gentry, he owned a lavish estate in Cabanas de Viriato, the central Portuguese village of his birth. The house featured two dining rooms, a billiards salon, and a mezzanine hung with the flags of nations where Sousa Mendes had served. Each Thursday, in the shadow of a Christ the Redeemer statue he had commissioned, he and his wife, Angelina, welcomed village poor into their home for a meal prepared by their household staff.

Sousa Mendes was bad with money, and often had to borrow from his twin brother, Cesar. Whereas Aristides was outgoing and spontaneous, Cesar was serious and studious. Both entered the law school at Coimbra, Portugal's most prestigious

he hosted Spanish king Alfonso XIII and Albert Einstein. In Zanzibar, the sultan himself was named godfather to Sousa Mendes's son Geraldo.

In September 1938, Angelina and Aristides and several of their 12 remaining children - a son, 22, had died of a ruptured spleen and an infant daughter of meningitis - arrived in Bordeaux. Soon art and music instructors were visiting the flat on Quai Louis XVIII.

Sousa Mendes struck up a relationship with a musician named Andrée Cibial, who was 23 years his junior. Known around town for her ostentatious hats, Cibial amused Sousa Mendes with her freethinking temperament, and they became lovers.

By this time, the French government, anxious about an influx of Jewish refugees from Germany and anti-Fascist Republicans escaping



The thousands of people who received visas from Sousa Mendes included: (clockwise from top) artist Salvador Dalí and his wife, Gala; politician and philanthropist Maurice de Rothschild; children’s authors H.A. and Margret Rey; and actress Madeleine LeBeau

the Spanish Civil War, had set up a number of detention and internment camps to house them. In November 1939, ten days after Salazar posted Circular 14, Sousa Mendes issued an unauthorised visa to one such person, the Jewish historian Arnold Wiznitzer. The following March, he signed another, this one for Spanish Republican Eduardo Neira Laporte, formerly a professor in Barcelona.

Both men faced imprisonment in French camps. Nevertheless, Sousa Mendes earned a strong rebuke from the Foreign Ministry. “Any new transgression or violation on this issue will be considered disobedience and will entail a disciplinary procedure where it will not be possible to overlook that you have repeatedly committed acts which have entailed warnings and reprimands,” his superior wrote.

READER'S DIGEST

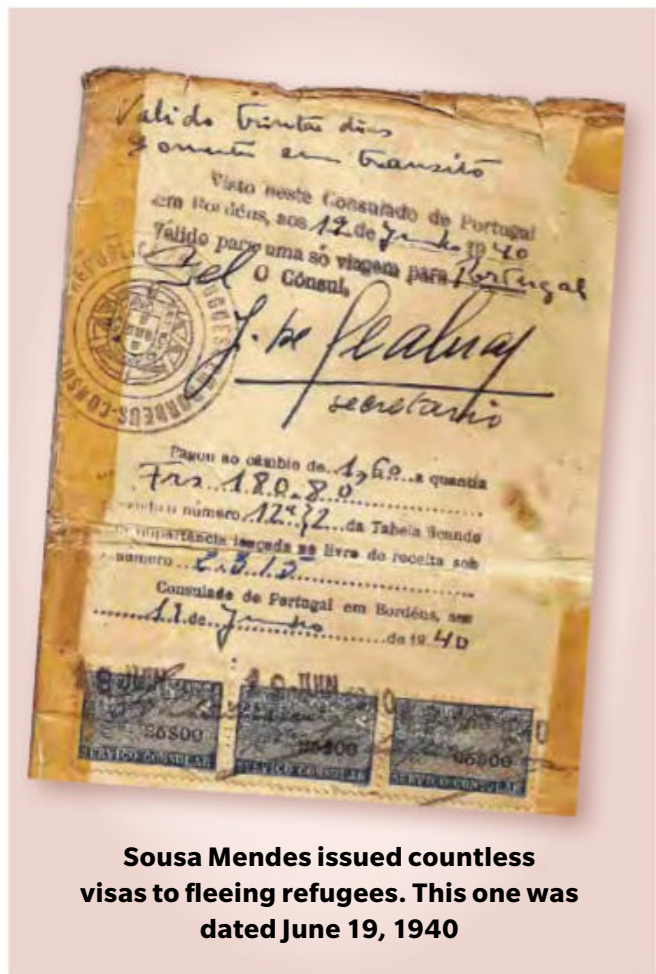
Recounting the censure to his brother, Cesar, then Portugal's ambassador in Warsaw, Sousa Mendes complained that "the Portuguese Stalin decided to pounce on me like a wild beast."

With bombs in the near distance proclaiming the imminent arrival of the Germans, and with his government holding firm in its refusal to grant the unlucky refugees a safe passage, Sousa Mendes must have understood the likely consequences when, in June 1940, he threw open his doors and began to sign visas en masse.

And once he started he didn't stop. He signed visas for refugees who had passports and those who did not. They lined up by the thousands at his desk, down the stairs, and into the street.

"Add to this spectacle hundreds of children who were with their parents and shared their suffering and anguish," Sousa Mendes said several months later. "All this could not fail to impress me vividly."

As the Nazis rumbled towards Bordeaux, Sousa Mendes scarcely slept. In the rush to attend to everyone, his signature grew shorter: from Aristides de Sousa Mendes to Sousa Mendes to, finally, Mendes. Frightened to lose their places in line,



Sousa Mendes issued countless visas to fleeing refugees. This one was dated June 19, 1940

refugees would not move even to eat or drink. Fistfights erupted.

Each day new people arrived, desperate for documents. The banking magnates Edward, Eugene, Henri and Maurice de Rothschild came seeking papers. Gala Dalí requested visas for herself and her artist husband, Salvador; he was busy building a bomb shelter in the garden of their rented house near Bordeaux.

To speed up his operation, Sousa Mendes enlisted help from his son Pedro Nuno, his nephew Cesar, and José de Seabra, his consular secretary. One man would stamp the passport, Sousa Mendes would sign it,

and Seabra would issue a visa number before everything was recorded in a ledger. Rabbi Kruger circulated among the crowd, gathering passports, taking them upstairs for Sousa Mendes's signature, and delivering them when they were complete.

Among those seeking papers were Israel and Madeleine Blauschild – better known by their screen names, Marcel Dalio and Madeleine LeBeau – who were on the run after the Nazis plastered Dalio's image around

CHEERS – AND THREATS

On June 19, word reached President Salazar of 'irregularities' emanating from his consulate in Bordeaux. That night Germany bombed the city. With Hitler's inexorable advance, and a collaborationist regime taking form in France, Sousa Mendes's position was becoming untenable. At some point, Spain would cease honouring any visa bearing his signature, and Salazar would have him recalled, arrested – or worse.

IN BAYONNE, SOUSA MENDES DEvised A ROGUE ASSEMBLY LINE AND SIGNED EVERY PASSPORT HE COULD

France to help people identify the 'typical Jew'. Two years later, the couple would appear in *Casablanca*, a film about refugees seeking letters of transit to Portugal; he played the croupier Emil and she the young Yvonne, who famously sang 'La Marseillaise' while tears ran down her face.

On the night of June 17, a man in a finely cut suit and a trimmed moustache approached the consulate – the private secretary to Archduke Otto von Habsburg, pretender to the Austrian throne. The secretary handed over 19 passports. Sousa Mendes stamped and signed each one. The next day the former royals crossed into Spain, travelling in five cars trailed by two trucks stuffed with their belongings.

At this time, about nine days into his visa operation, Sousa Mendes had already saved thousands of lives. But, though the Quai XVIII was now largely empty, thanks to him, the diplomat received word that desperate scenes were unfolding further south.

Sousa Mendes spoke by phone with Portugal's vice consul in Toulouse, a city southeast of Bordeaux, and instructed him to begin issuing visas there. Then he raced more than 150 kilometres south to Bayonne, not far from the Spanish border. "On my arrival there were so many thousands of people, about 5000 in the street, day and night, without moving, waiting their turn," Sousa Mendes later recalled.

As he made his way across the city square, a group of refugees spotted him and began to cheer. Inside, he found that the consulate's old wooden staircase was straining under the weight of visa seekers, so he set up a table outside.

Then, as he had done in Bordeaux, he devised a rogue assembly line and signed every passport he could. Among those waiting were H.A. and Margaret Rey, who had escaped Paris on a

further south, to Hendaye, a French seaside town along the Spanish border. As he pulled up to the crossing there, he found hundreds of refugees unable to pass into Spain. Pereira had cabled ahead to insist Spain treat visas issued by Sousa Mendes as 'null and void'. *The New York Times* estimated that shutting the Spanish border stranded 10,000 refugees in Nazi-occupied France.

As Sousa Mendes parked his car

"THE VOICE OF MY CONSCIENCE ... NEVER FAILED TO GUIDE ME IN THE FULFILLMENT OF MY DUTIES," SOUSA MENDES LATER WROTE

homemade bicycle with an illustrated manuscript of *Curious George*, their masterpiece of children's literature. Sousa Mendes struck Manuel Vieira Braga, vice consul in Bayonne, "as both elated and aware of the situation."

On June 22, Salazar cabled Sousa Mendes directly. "You are strictly forbidden to grant anyone a visa for entry to Portugal," he wrote. Then he dispatched Pedro Teotónio Pereira, the ambassador to Spain, to investigate.

He met Sousa Mendes and asked him to explain his behaviour. The reply, coupled with his dishevelled aspect, gave Pereira the impression that Sousa Mendes was *not in his right mind*.

Pereira ordered him back to Bordeaux. Instead Sousa Mendes headed

near the crossing, a group of refugees was trying unsuccessfully to pass. Amazingly, Sousa Mendes spotted Rabbi Kruger and his family speaking with border guards. Sousa Mendes intervened, negotiating with the guards for over an hour. At last, Sousa Mendes opened the gate himself and waved Kruger and his fellow exiles across the border into Spain.

On June 24, 1940, Salazar recalled Sousa Mendes to Portugal. On July 4, he initiated a disciplinary proceeding, a trial conducted through written testimony submitted by many of those involved, and adjudicated by a committee.

Sousa Mendes acknowledged that some of the 15 charges levied against him were true. "I may have erred,"



After Andrée Cibial married Sousa Mendes in 1949, they lived in poverty

he wrote, “but if so, I did it unintentionally, having followed the voice of my conscience, which – despite the nervous breakdown I am still experiencing due to the workload, during which I spent weeks with practically no sleep – never failed to guide me in the fulfillment of my duties, in full awareness of my responsibilities.”

Before the verdict was handed down, Salazar was already informing his ambassadors that Sousa Mendes had been dismissed. When the decision was delivered in October, Salazar deemed the official punishment – demotion – insufficient. Instead, he forced Sousa Mendes’s retirement.

Sousa Mendes responded with characteristic equanimity. “I would

rather stand with God against man than with man against God,” he said.

He was promised a pension but never received it. Salazar did not disbar him, but he didn’t need to – who would hire the consul whom Salazar had effectively blacklisted?

For good measure, Salazar took the written record of the disciplinary proceedings and sealed it shut.

That same month, in Lisbon, Cibial gave birth to Sousa Mendes’s daughter, who was sent to live with relatives back in France.

After Salazar’s punishment came down, some of Sousa Mendes’s other children, fearful of retribution, dispersed. His daughter Clotilde moved to Mozambique. Two sons, Carlos and Sebastião, both born in the USA, enlisted in the US Army. Sebastião later took part in the landing at Normandy. Two other sons eventually immigrated, Luis-Filipe to Canada and Jean-Paul to the US.

By 1942, Sousa Mendes was taking meals at a Jewish community soup kitchen in Lisbon. One day, Isaac ‘Ike’ Bitton, who worked in the dining room for refugees, noticed the Sousa Mendes family speaking Portuguese.

“I approached the head of the family and told him in Portuguese that this dining room was only for refugees,” Bitton later recalled.

“To my great surprise, this good man’s answer was, ‘We too are refugees.’”

Courage Remembered

Those saved by Sousa Mendes ultimately settled all over the globe: in the US, Britain, Argentina, Australia, Uruguay, Cuba, Mexico, the Dominican Republic. And many, including Rabbi Chaim Kruger, ended up in Israel.

In February 2020, I visited his son, Rabbi Jacob Kruger, now 90, in an ultra-Orthodox enclave in northwest Jerusalem, about three kilometres from a public square named after Sousa



This photograph of Sousa Mendes (right) and Rabbi Chaim Kruger is thought to have been taken at the French border with Spain in 1940

Mendes. When I asked what he remembered about his father's role in the Sousa Mendes affair, he brought out a number of keepsakes – ship tickets, letters – that told the story of the family's ordeal.

After escaping France and making their way through Spain, the Krugers spent a year in Portugal. On June 3, 1941, the family boarded the *Nyassa*, a ship full of refugees bound for New York. Eventually, Chaim Kruger moved to Israel, and two of his children joined him there. Two others remained in the US. One returned to France.

During my visit, Kruger called over his son-in-law, Avrohom, who, along with his wife, Feiga, publishes a comic book that tells stories from Jewish lore. Avrohom opened an issue and pointed me to a ten-page section titled 'The Courage to Refuse'. In it, Sousa Mendes tells Chaim Kruger, "I can give you and your family visas."

"Just for me?" Kruger responds. "How can I take care of just myself? How can I leave my fellow Jews behind?"

"You know what, Rabbi Kruger?" says Sousa Mendes. "You win!"

In this unexpected way, Chaim Kruger's grandchildren had commemorated both their grandfather and Sousa Mendes. And so, in another way, had Jacob Kruger himself, in a Portuguese documentary from the early 1990s (which was posted to YouTube in 2019). In it, he says, "God brought these two people together."

Chanan Tigay

A PROFOUND INJUSTICE

Over the next several years, as his financial situation cratered, Sousa Mendes campaigned for reinstatement to his former position and access to his pension. He petitioned government authorities. He wrote to Pope Pius XII.

Cesar, too, sought his brother's rehabilitation, writing to Salazar on

his own, and enlisted his son to pen them for him. Former colleagues and friends ignored Sousa Mendes in the street. Said Luis-Filipe, "Blame and sarcasm were not uncommon, sometimes from close relatives."

Angelina's health, too, declined, and she died in 1948. The following year Sousa Mendes married Cibial. The couple lived together in abject

SOUSA MENDES TOOK SOLACE IN THE KNOWLEDGE THAT ALTHOUGH HE HAD NOTHING BUT HIS NAME TO LEAVE HIS FAMILY, THE NAME WAS 'CLEAN'

his behalf. But, as his son Luis-Filipe wrote later, "the rock was unshakable, and our hope fades away."

Compounding the injustice, Salazar's regime, less concerned about a German attack as the war went on and aware that the Allies valued humanitarian action, began to take credit for what Sousa Mendes had done. Pereira, the ambassador who had chased Sousa Mendes down at the border, claimed that he had visited France to assist "in every way that I had at my disposal".

In a speech, Salazar himself lamented the sad plight of the war's dispossessed. "What a pity," he said, "that we could not do more."

In the summer of 1945 Sousa Mendes suffered a stroke, leaving him partially paralysed. He could no longer write letters seeking help on

poverty. He rarely left home and his estate fell into disrepair. Eventually it was sold off to cover debts.

In the spring of 1954, Sousa Mendes suffered another stroke, and on April 3 of that year he died at the age of 68. Confiding in his nephew from his deathbed, Sousa Mendes took solace in the knowledge that although he had nothing but his name to leave his family, the name was 'clean'.

He was buried in Cabanas de Viriato in the robes of the Third Order of St Francis, a religious fraternity whose adherents, Sousa Mendes among them, live by the example of its patron, who preached that God lives in every man.

After Sousa Mendes died, the regime 'disappeared' his memory. "Nobody in Portugal knew about the refugees who had come through the

country – not even historians,” says Irene Pimentel, a researcher at the New University of Lisbon. “Salazar succeeded in making Aristides de Sousa Mendes forgotten.”

Yet Sousa Mendes's children urged Jewish leaders in Portugal, Israel and the US to recognise their late father. In 1961, Israel's prime minister, David Ben-Gurion, ordered 20 trees planted

At a ceremony the following year at the Embassy of Portugal in Washington, DC, Soares apologised to the Sousa Mendes family on behalf of his government.

On March 18, 1988, Portugal's Parliament voted unanimously to admit Sousa Mendes back into the consular service and promote him to the rank of ambassador. “The time has come

IN 2020, PORTUGAL GRANTED SOUSA MENDES ONE OF ITS HIGHEST HONOURS: A CENOTAPH IN THE NATIONAL PANTHEON IN LISBON

in Sousa Mendes's name. In 1966, Yad Vashem honoured him as one of the Righteous Among the Nations.

In the mid-1970s, after Salazar died and the authoritarian regime that followed him was overthrown, the new government commissioned a report about Sousa Mendes. The document was scathing, calling Portugal's treatment of him ‘a new Inquisition’. But the new administration, still populated by remnants of the old regime, buried the report for a decade.

“He was their skeleton in the closet, and nobody wanted his name to be known,” said Robert Jacobvitz, an American who in the 1980s advocated on the Sousa Mendes family's behalf.

In 1986, 70 members of the United States Congress signed a letter to Portugal's president, Mário Soares, urging him to recognise Sousa Mendes.

to grant ... Sousa Mendes the visa that he himself could not refuse,” one member of Parliament proclaimed to the assembly, “and in so doing to repair a profound injustice.”

In 2020, Portugal bestowed on Sousa Mendes one of its highest posthumous honours: a cenotaph in the national Pantheon in Lisbon. “Aristides de Sousa Mendes put ethics above the legal dictates of a fascist state,” said Joacine Katar Moreira, the legislator who sponsored the initiative. “His active dissent saved thousands of people from the Nazi regime's legalised murder, persecution and culture of violence.”

“HE EMBRACED ME”

The actual number of people Sousa Mendes rescued isn't known with certainty. In 1964, the magazine *Jewish*

Life estimated it was 30,000, including 10,000 Jews. The Sousa Mendes Foundation, formed by Olivia Mattis, whose family was saved by Sousa Mendes, and others including two of Sousa Mendes's grandchildren, have definitively documented 3912 visa recipients. Mattis believes the true figure is significantly higher.

The number is difficult to ascertain because so much time has passed, so many refugees refused to discuss the war, and only one of Sousa Mendes's two lists of visas from the period has survived – and because Portugal's dictatorship suppressed the facts.

For decades not even Sousa Mendes's daughter with Cibial, Marie-Rose Faure, knew what her father had done. Now 81, Faure is Sousa Mendes's last surviving offspring. She lives in a simple two-level home in the French castle town of Pau, on the edge of the Pyrenees. Recently, Faure – diminutive, bespectacled and warm – recalled the first time she met her father. She was 11 years old and living with a great-uncle and great-aunt in France.

"I had been waiting for this moment to meet him for a really, really long time," Faure told me. The

delay, she said, was Salazar's doing: he would not let Sousa Mendes leave Portugal. When at last Sousa Mendes was allowed to visit, "he took me in his arms. He embraced me."

Afterwards, he returned for a two-month holiday and took her to school each day. "He came regularly and my friends saw him – that was important to me," she said.

When she was 23, Faure learned what her father had done in Bordeaux. A colleague had spotted a short article about Sousa Mendes and said, "Hey, that's not someone from your family, is it?"

When I asked her how she felt reading that story, Faure paused. "It was a shock," she said. "They spoke about the number of people who had been saved. They said it was 10,000, 20,000 Jews."

It's likely that we'll never know the precise number, but in the end that is of far less significance than what we do know. In Jewish tradition, it is said that saving a single life is akin to saving 'an entire world'. Sousa Mendes saved many lives, and because of him many more lived. **R**

FROM SMITHSONIAN MAGAZINE (NOVEMBER 2021),
© 2021 BY CHANAN TIGAY



Steve Jobs's Sandals Sell For Whopping Price

The well-worn Birkenstock sandals of Steve Jobs, the late co-founder of Apple who passed away in 2011, recently sold at auction for an eye-watering US\$218,750. AP

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Movies



RD RECOMMENDS

Ant-Man And The Wasp: Quantumania **Superhero/Humour**

Superhero partners Scott Lang (Paul Rudd) and Hope Van Dyne (Evangeline Lilly) return in *Quantumania* as Ant-Man and the Wasp to continue their adventures. The latest sequel officially kicks off phase 5 of the Marvel Cinematic Universe – something only Marvel fans will understand. When Scott’s daughter Cassie (Kathryn Newton) sends a signal down to the Quantum

Realm, she, Scott, Hope and Hope’s parents, Hank Pym (Michael Douglas) and Janet Van Dyne (Michelle Pfeiffer), find themselves teleported to a secret universe. To get home from the Quantum Realm, they have to go into battle with strange new creatures, which pushes them beyond the limits of what they thought possible, while pitting them against Kang the Conqueror (Jonathan Majors).

PHOTO: COURTESY © 2022 MARVEL

COMPILED BY DIANE GODLEY



TÁR Drama/Biopic

Cate Blanchett stars as Lydia Tár, considered one of the world's greatest living composer-conductors and the first female chief conductor of a major German orchestra. The movie starts at the height of her career, as she prepares both a book launch and the much-anticipated performance of Mahler's *Symphony No. 5*. But over the following weeks, her life starts to spiral out of control. The film won Blanchett an award for Best Actress at the 79th Venice International Film Festival late last year, and has received acclaim from critics who also lauded her performance.



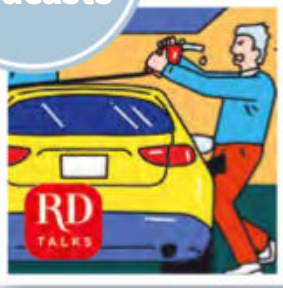
The Son Drama

Directed by Florian Zeller from a 2018 screenplay he co-wrote, *The Son* is a prequel to 2020's *The Father*. Peter (Hugh Jackman) lives with his new partner and their baby. But when Peter's ex-wife (Laura Dern) turns up with their teenage son (Zen McGrath), challenges arise. Juggling work, the baby and the offer of his dream job, Peter tries to care for Nicholas as he wishes his own father had cared for him. But by reaching for the past to correct its mistakes, he loses sight of how to hold onto Nicholas in the present.

PHOTOS: (THE SON) COURTESY SEE-SAW FILMS; (TÁR) © 2022 FOCUS FEATURES, LLC

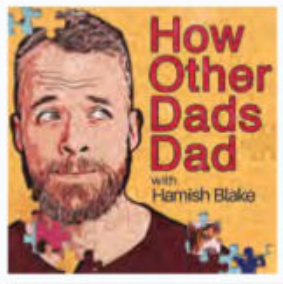


Podcasts



When Life Needs A Manual

For a short listen to lift your mood, humour writer Richard Glover wonders why someone hasn't ever written an instruction manual containing the full list of tricks we need to get by in life? Oh, and the manual should probably be easy to understand.



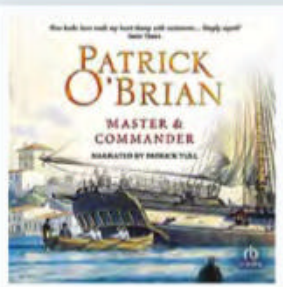
How Other Dads Dad With Hamish Blake

A proud father of two, comedian Hamish Blake has a new podcast about the joys and challenges of fatherhood. In it, he picks the brains of guests about 'what great dadding looks like'. Blake is famed for baking his kids elaborate birthday cakes – such as a velociraptor with a movable mouth and tail.



The Witch Farm

Acclaimed actor Joseph Fiennes and Alexandra Roach (*Utopia*) voice a terrifying true-life tale from BBC Radio 4. It begins when a young couple and their child move into a remote old farmhouse in rural Wales. The acted-out scenes are interwoven with a modern-day investigation.



Master & Commander

Book 1 of Patrick O'Brian's seminal Aubrey-Maturin nautical series is available from Audible. Against a backdrop of the Napoleonic Wars, and with plenty of naval action, it introduces the young navy captain and his surgeon friend.



HOW TO GET PODCASTS **To listen on the web:** In a search engine, look up 'The Witch Farm', for example, and click on the play button. **To download:** Download an app such as Podcatchers or iTunes on your phone or tablet and simply search by title.

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THE GENIUS SECTION

*Sharpen Your
Mind*



Empathetic **PAIN**

*So this is weird ... when
long-term couples start to
have the same health issues*

BY *Lisa Kadane*

Several years ago, not long after we welcomed a puppy into the family, my shoulder became stiff and sore.

It quickly morphed into 'frozen shoulder' – a condition that commonly strikes women in their 40s and can be triggered by repetitive strain. I assumed it was from the dog constantly pulling on her leash like an out-of-control yo-yo.

My husband of nearly two decades was, of course, sympathetic about the searing pain that shot down my arm like a lightning bolt whenever I reached for something slightly out of range. But then, a few months later, a weird thing happened: just as my shoulder was loosening up and the sharp pain was receding to a dull ache, my husband developed a frozen shoulder in his left arm, too. It wasn't from the dog – I did most of the walking and by the time his pain appeared, the puppy was all trained up.

I would have chalked it up to coincidence, but when I started experiencing tendonitis in my right elbow last year – likely a result of too many hours spent clacking on my laptop – hubby began complaining about pain in his elbow at the same time, and he rarely sits at a desk all day long. What were the chances? And also, how annoying! Instead of being nursed through my ailment I was once again mustering sympathy for his copycat symptoms.

A quick Google search turned up a story about how long-term couples

ILLUSTRATION: GETTY IMAGES

have a tendency to become in sync, health-wise, over time. “People have been aware of this phenomenon for the last half century – that we’re connected – but now we have the methodology to begin to model these dynamics in new ways,” says Shannon Mejia, an assistant professor in the department of kinesiology and community health at the University of Illinois Urbana-Champaign. “As we’re studying how people’s lives unfold, we recognise that they’re unfolding with others.”

Professor Mejia calls her area of research ‘lifespan psychology’. It looks at the way individuals shape their own development, and how shared environments, shared behaviours, shared beliefs about ageing, and partner selection all intersect to influence health as couples age together.

Her research has shown that couples who share optimism about ageing are healthier overall. They share fewer constraints on daily activities, such as climbing a flight of stairs as they get older. What’s more, partners who have weathered decades together have similar cholesterol levels, kidney function and grip strength, which is an important indicator of muscle endurance and overall health. Other studies have linked these shared health behaviours –

termed ‘spousal concordance’ – with diabetes, cardiovascular disease and depression, making a strong argument that long-term intimate relationships can influence physical and mental health trajectories over time.

To explain how my husband and I both became stricken with a frozen shoulder within months of each other, Professor Mejia suspects that shared behaviours over the years might have led to similarities in posture and vulnerability, which could

have resulted in the same shoulder injury. Called ‘postural synchrony’ in psychology circles, ours is a more extreme case of two people whose feet fall into step while walking or who lean into one another like mirror im-

**LONG-TERM
COUPLES HAVE
A TENDENCY TO
BECOME IN SYNC,
HEALTH-WISE,
OVER TIME**

ages to show interest on a date.

Playing into it, too, is the notion of ‘pain empathy’ – the fact that seeing someone in pain creates, at the very least, psychological pain in the observer. Watching another person suffer, particularly a loved one, “evokes a strong psycho-social reaction,” says Kenneth Craig, professor emeritus of psychology at the University of British Columbia. “There’s going to be some correlation between the reaction of the observer and the person who’s actually in pain.” An example of this phenomenon is a sympathetic pregnancy, where non-pregnant

people find themselves experiencing much the same symptoms as their partners. "Extreme reactions can go beyond pain to include weight gain, fatigue and difficulty walking," Professor Craig says. But he points out that it can also include pain that mirrors their partner's distress during contractions.

These examples all tie into the idea that shared experiences, beliefs, behaviours and environments lead to similarities in health, for better or worse, and that's really the crux of Professor Mejia's research. She's found that up to 20 per cent of the differences in health that married adults experience are due to the relationship rather than the individual. So why not harness the power of two for good? Couples can inspire each other to stick with healthy habits such as exercising, eating well and going to bed at a reasonable hour.

After nearly 25 years of marriage – and two healed shoulders – I like to think that my husband and I share a lifestyle that's conducive to healthy ageing (our adorable pulling dog aside).

So do Liz and Remy Tompkins, both 55, a couple married 31 years. Last year, they sold their home, bought a retrofitted campervan and drove across the country, taking the

time to stretch, exercise and meditate daily. Though they each have their own individual aches and pains, they're eerily simpatico when it comes to a low resting heart rate and healthy blood pressure. They chalk it up to genetics and an active lifestyle, but it also looks a lot like spousal concordance. The Tompkins share the dream of a future where they're healthy and active. They've gone so far as to set intentions around these healthy behaviours, and a big moti-

vator has been watching their own parents age.

"I don't want to end up in the same sort of condition as I see [my parents] in their 80s," says Remy, whose dad has had a couple of strokes and whose mother is diabetic.

"I want to preserve my abilities." Liz is also

of the 'use it or lose it' mentality and shares her husband's positive vision about ageing.

Talking about health in this way and figuring out how to support each other through ageing are steps in the right direction for couples who don't want to be limited as they grow old, says Professor Mejia.

"I would advocate for formalising this shared environment. 'Who are we? How do we think about our health? How do we want to support our health?'" she says. "Really recognise that you're in this together." **R**

COUPLES CAN INSPIRE EACH OTHER TO STICK WITH HEALTHY HABITS SUCH AS EXERCISING AND EATING WELL



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SABOTAGE**

Sleep health expert Mark Boulos shares six things to change for a better night's sleep.



PHOTOS: GETTY IMAGES

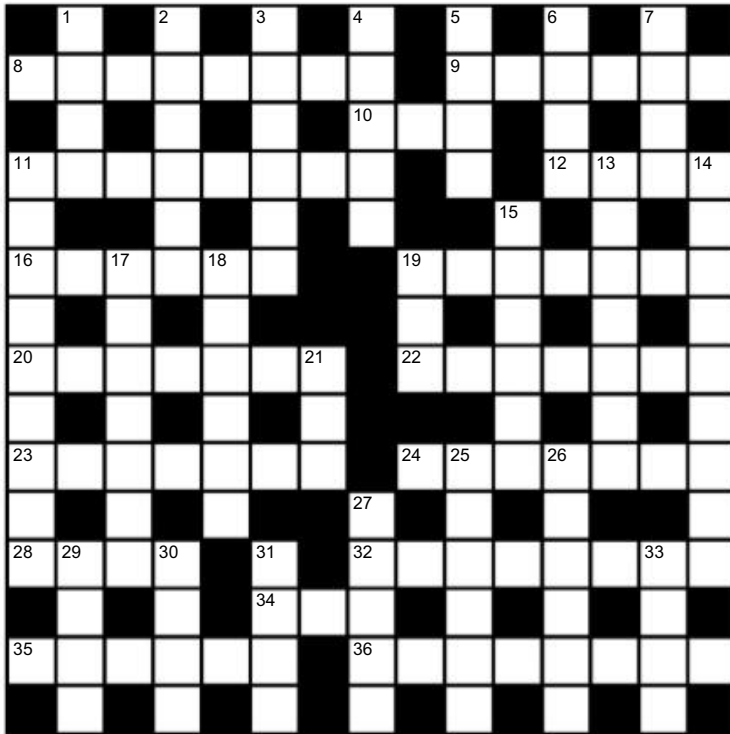


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PUZZLES

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 126.



Crossword

Test your general knowledge.

DOWN

- 1** Game played on horseback (4)
- 2** Capital of Croatia (6)
- 3** Governor of the Roman province of Judaea (6)
- 4** One (5)
- 5** Knock (4)
- 6** Very detailed picture receiver (1-1,2)
- 7** Scheme (4)
- 11** Pictures of people (9)
- 13** Applaud (7)
- 14** Twisted into a confusing mass (9)
- 15** Command (6)
- 17** Assail (7)
- 18** Embankments to prevent flooding (6)
- 19** Drinking vessel (3)
- 21** Salesperson (3)
- 25** Nosedive (6)
- 26** Not sane (6)
- 27** Wonky (5)
- 29** Singles (4)
- 30** Assistant (4)
- 31** Tender (4)
- 33** Apiece (4)

ACROSS

- 8** Bucharest resident, for example (8)
- 9** To an excessive degree (6)
- 10** Company known as 'Big Blue' (1,1,1)
- 11** American name for a casserole (3,5)
- 12** Flat blade moved by wind or water (4)
- 16** A mob (6)
- 19** Closely cropped hair style
- 20** Solvent (7)
- 22** Before sunrise (7)
- 23** Piled carelessly (2,1,4)
- 24** As good as it gets (7)
- 28** Carbonated water (4)
- 32** Flattened (8)
- 34** Hard, durable wood (3)
- 35** Seller (6)
- 36** Disputed theory of heredity (8)

CROSSWORD: CROSSWORDSITE.COM; SUDOKU: SUDOKUPUZZLER.COM

Puzzle Answers

PAGES 126

		3	6		7	1		
1				5				7
	7	8				3	6	
			2	1	5			
2	4						1	8
			8	4	6			
	3	1				8	5	
7				3				1
		9	1		8	2		

Sudoku

HOW TO PLAY: To win, you have to put a number from 1 to 9 in each outlined section so that:

- Every horizontal row and vertical column contains all nine numerals (1-9) without repeating any of them;
- Each of the outlined sections has all nine numerals, none repeated.

IF YOU SOLVE IT WITHIN:

15 minutes, you're a true expert

30 minutes, you're no slouch

60 minutes or more, maybe numbers aren't your thing

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FAMILY FUN

**Puzzle
Answers**
PAGE 126

Spot The Difference

There are ten differences. Can you find them?



Complete The Set

Which of the four options completes the set?















					A
					B
		?			C
					D

ILLUSTRATION: VECTEEZY.COM

TRIVIA

Test Your General Knowledge

- 1.** What are the only creatures known to navigate using the light of the Milky Way? *1 point*
- 2.** How many items are in a 'baker's dozen'? *1 point*
- 3.** One of Paddington Bear's two birthdays is December 25. When is the other? *2 points*
- 4.** What element, dissolved by rainwater, gives turquoise gemstones their blue hue? *1 point*
- 5.** *Frasier*, the multi-award-winning TV show was set in which US city? *1 point*
- 6.** What is the only country in the world to have an amphibian as a national animal? *2 points*
- 7.** How many official languages does Singapore have? a) Two. b) Four. c) Six. *1 point*
- 8.** What 16th-century theatrical art form evolved into pantomime, clowning and other forms of slapstick? *2 points*
- 9.** Who was New Zealand's first elected female Prime Minister? *1 point*
- 10.** What universal adaptive process is now estimated to happen up to four times faster than previously thought? *1 point*
- 11.** Our sense of taste is lowered by 30 per cent in the air, giving plane food a bad reputation. True or false? *1 point*
- 12.** When Benedictine monk Guido of Arezzo invented the word 'gamut', what subject was he referring to? *2 points*
- 13.** Who wrote "A quiet and modest life brings more joy than a pursuit of success bound with constant unrest" on a piece of hotel stationary that eventually sold for more than US\$1.5 million? *1 point*
- 14.** Which medical specialty is concerned with diseases of the blood? *1 point*



15. Which religious ceremony inspired Leonard Nimoy's Vulcan salute in an early *Star Trek* episode? *2 points*

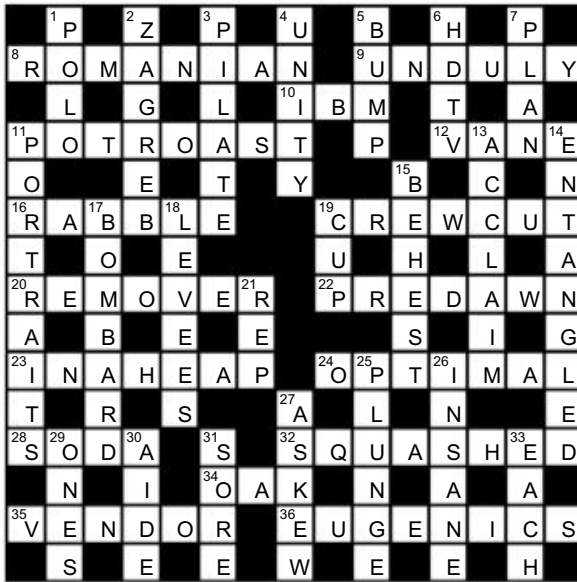
16-20 Gold medal **11-15** Silver medal **6-10** Bronze medal **0-5** Wooden spoon

ANSWERS: 1. Dung beetles. 2. 13. 3. June 25. 4. Copper. 5. Seattle. 6. Panama (golden frog). 7. Four, English, Chinese, Tamil and Malay. 8. *Commedia dell'arte*, AKA Italian comedy. 9. Helen Clark. 10. Evolution. 11. True. 12. Music theory. A 'gamma-ut' was the lowest note in Western medieval music. 13. Albert Einstein. 14. Haematology. 15. Jewish priestly blessing.

PUZZLE ANSWERS

From Page 122

Crossword

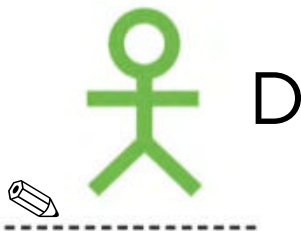


Sudoku

9	2	3	6	8	7	1	4	5
1	6	4	3	5	2	9	8	7
5	7	8	4	9	1	3	6	2
8	9	7	2	1	5	4	3	6
2	4	6	9	7	3	5	1	8
3	1	5	8	4	6	7	2	9
6	3	1	7	2	9	8	5	4
7	8	2	5	3	4	6	9	1
4	5	9	1	6	8	2	7	3

Complete The Set

Which of the four options completes the set?



CROSSWORD: CROSSWORDSITE.COM; SUDOKU: SUDOKUPUZZLER.COM; ILLUSTRATION: VECTEEZY.COM

WORD POWER

The Beginning And The End

*The poet T. S. Eliot once wrote,
 “What we call the beginning is often the end ...
 The end is where we start from.”
 That’s certainly true of these words.
 Each begins and ends with the same letter.*

BY Sarah Chassé

1. epitome – A: exact centre.
 B: first edition. C: ideal example.

2. armada – A: long pause.
 B: fleet of ships. C: expensive suit.

3. tacit – A: unspoken.
 B: so-so. C: sticky.

4. rapier – A: gang of thieves.
 B: mountain climber.
 C: two-edged sword.

5. loll – A: laugh. B: lounge. C: lick.

6. hairsbreadth – A: short distance.
 B: musty smell. C: flower bud.

7. mayhem – A: perhaps, perchance.
 B: early movie theatre. C: state or
 situation of disorder.

8. caustic – A: sealed tight.
 B: resulting from.
 C: cruelly sarcastic.

9. oratorio – A: choral work.
 B: shell-shaped pasta.
 C: official speech.

10. magnum – A: hunter’s rifle.
 B: free thinker. C: large wine bottle.

11. winnow – A: zigzag.
 B: persuade. C: narrow.

12. Gulag – A: fool. B: Russian
 labour camp. C: vegetable stew.

13. incubi – A: starlet’s posse.
 B: spider’s eggs. C: evil spirits.

14. devoid – A: lacking.
 B: cunning. C: invalid.

15. synthesis – A: blend.
 B: copy. C: rebirth.

16. amoeba – A: Egyptian deity.
 B: microscopic organism.
 C: amusement park.

Answers

1. epitome – (C) ideal example. Wearing a stunning gown, the actress was the epitome of red-carpet glamour.

2. armada – (B) fleet of ships. The armada sped across the channel in pursuit of enemy warships.

3. tacit – (A) unspoken. Is your nod a tacit admission that I was right all along?

4. rapier – (C) two-edged sword. "I challenge you to a duel!" the knight cried, brandishing his rapier.

5. loll – (B) lounge. After a long working week, Arjun spent Saturday lolling on the couch in his pyjamas.

6. hairsbreadth – (A) short distance. Jayne missed winning the 100-metre dash by a hairsbreadth.

7. mayhem – (C) state or situation of disorder. It only takes a few stupid people to create mayhem in a crowd.

8. caustic – (C) cruelly sarcastic. Marta's caustic sense of humour can make some people uncomfortable.

9. oratorio – (A) choral work. Handel's *Messiah* is one of music's most well-known oratorios.

10. magnum – (C) large wine bottle. A magnum holds 1.5 litres, twice as much as a standard wine bottle.

11. winnow – (C) narrow. Once we winnow the pool of applicants, we can start booking interviews.

12. Gulag – (B) Russian labour camp. The road through the forest was built by Gulag prisoners.

13. incubi – (C) evil spirits. The witch summoned incubi and other supernatural creatures to do her bidding.

14. devoid – (A) lacking. "Your Honour, these accusations against my client are devoid of merit," the lawyer said.

15. synthesis – (A) blend. The band's hit album is a synthesis of jazz, soul and gospel.

16. amoeba – (B) microscopic organism. Amil tried to find an amoeba in a drop of pondwater on a microscope slide.

VOCABULARY RATINGS

5–9: Fair

10–12: Good

13–16: Word Power Wizard



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MXY-2G20VA2



MXY-3G28VA2



MXY-4G33VA2



MXY-4G38VA2



MXY-5G48VA2



MXY-4C100VA



MXY-5C125VA



MXY-6C140VA

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