

CONSTANTIA CARE

Newsletter

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South African teens attempt Cape-to-Cairo in homemade plane

An aircraft built by South African teenagers is being flown from Cape Town to Cairo - and has successfully made its first stop in Namibia.

It will take six weeks to cover the 12,000km (7,455 miles) to Egypt.

The four-seater Sling 4 plane was assembled by a group of 20 students from vastly different backgrounds.



"The purpose of the initiative is to show Africa that anything is possible if you set your mind to it," said 17-year-old pilot Megan Werner.

The teenagers built the aircraft in three weeks, from a kit manufactured in South Africa by the Airplane Factory. The kit came with thousands of small parts that had to be assembled.

"Looking at the plane, I am so proud of myself, I can't believe what we've done. I feel like this is my baby. I cherish her," said Agnes Keamogetswe Seemela, a 15-year-old from Munsiville township in Gauteng province.

"It flies so smoothly and the views were breathtaking," she said of its maiden voyage, from Johannesburg to Cape Town, ahead of the official start of the trip.

"I was involved in putting together the centre fuselage as well as the horizontal and vertical stabilisers. And I also helped a bit with the wings."

The 15-year-old said she hoped her efforts would inspire others like her. "At first, people in my community were shocked - they didn't believe me when I told them I helped build a plane which we will be flying from Cape Town to Cairo," she said. "But now they're actually very proud of me."

It was 17-year-old Megan who started the project, and those who joined her U-Dream Global initiative were

whittled down from more than 1,000 applicants.

She was one of six in the group to have obtained a pilot's licence, and the six will share flying duties in their silver aircraft, which is emblazoned with maps of Africa on both wings together with sponsor's logos.

"Getting a pilot's licence is equivalent to completing a degree - doing so when I had to study for my mid-year school exams wasn't easy," said Megan, who had her school-leaving exams in October to revise for, alongside her flight preparations.

Her father, Des Werner, who is a commercial pilot, said it would normally take 3,000 man hours to assemble a Sling 4. "If you divide it by 20 kids working under supervision then you can do it in three weeks. The engine and avionics were fitted by specialists, but the building was all done by the kids," he said.

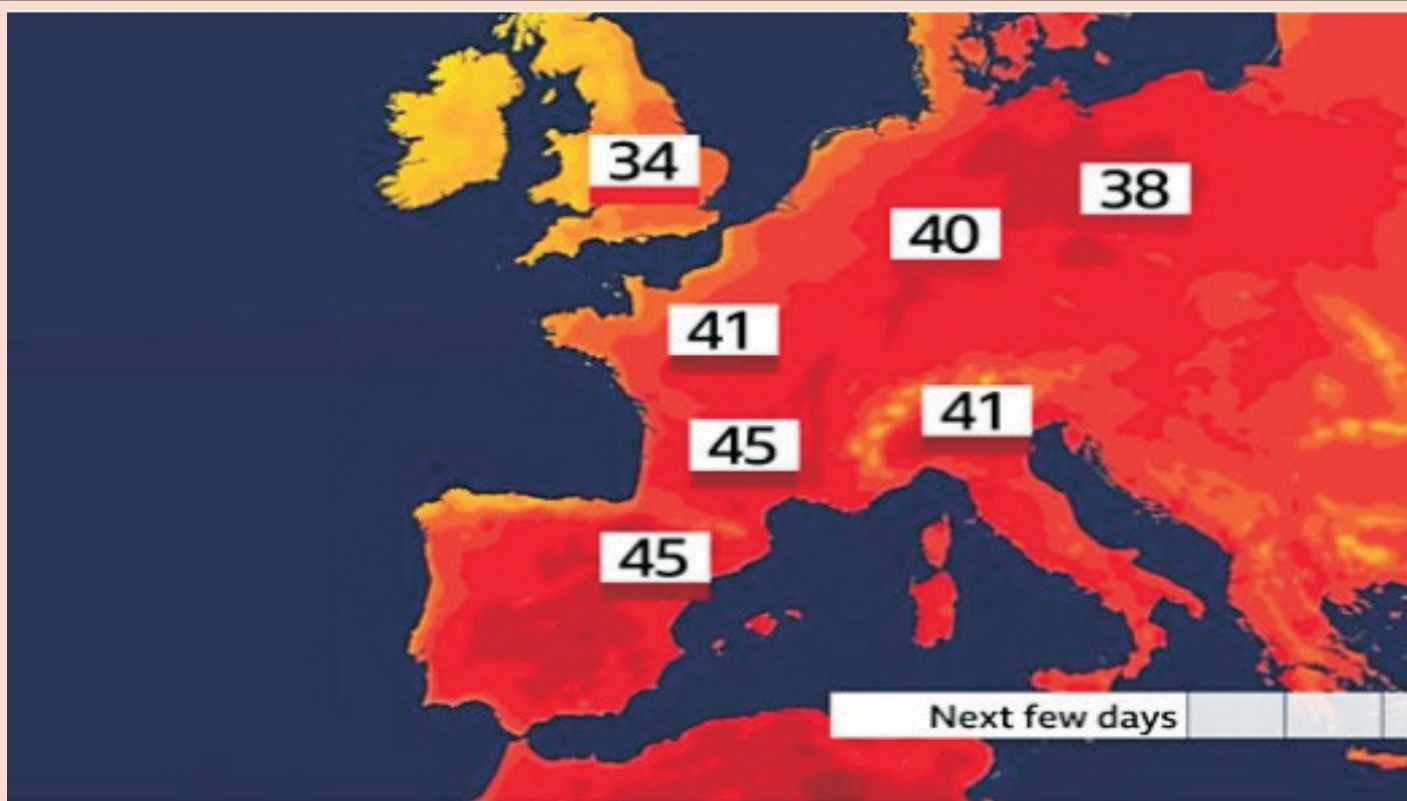
The team's first stop was in the southern Namibian coastal town of Luderitz. The plane has a six-and-a-half hour flying range and other stops on the way to Egypt will be in Zimbabwe, Malawi, Tanzania, Kenya, Ethiopia and Eritrea.

They will take a different route on the return journey that will include stops in Uganda, Rwanda, Zambia and Botswana.

A support Sling 4 plane flown by professional pilots will accompany the teen flyers, who said they planned to do motivational talks for other teenagers along the way.

"It's just awesome to see how inspired people are by what we've done," said Megan. "It gave me goose bumps."





Global heatwave: Your guide to coping with hot weather

The summer has been unusually hot in much of the northern hemisphere. With temperatures well above average in places, we take a look at the ways to cope with the heat.

Know the warning signs

Thousands of people have been taken to hospital and dozens have died in record heat in countries like Japan and Canada in recent weeks.

If you are not used to such extreme temperatures, you could be vulnerable to heat exhaustion - so knowing the warning signs is key.

You should cool off immediately if you have the following symptoms: headaches, feeling dizzy, loss of appetite, nausea, excessive sweating, cramps, fast breathing and intense thirst.

If your body's temperature goes over 40C (104F) heat stroke can set in, which requires urgent medical help. Danger signs include sweat stopping - the person may feel hot but dry - and breathing difficulties.

Heat stroke can lead to loss of consciousness and serious complications, including permanent damage to vital organs or even death.

Those most vulnerable include the elderly, people with conditions such as diabetes, young children and people working or exercising outdoors.

Drink and eat smart

Because our bodies sweat more in hot weather, it is really important to replenish lost water levels. Our physical thirst is not a very reliable indicator of how dehydrated we are (urine colour is better), so you should try to drink plenty before you feel parched.

Try not to drink too much caffeine or alcohol, as they are diuretics that can increase dehydration.

Foods with high water content such as strawberries, cucumber, lettuce, celery and melon can also help you stay hydrated.

Try to avoid large, heavy meals laden with carbohydrates and protein because they take more digesting, which in turn produces more body heat.

Although it may not be what you fancy on sweaty days, scientific research suggests spicy and hot foods can actually help cool you down.

Dress cool

Dressing for the weather may sound obvious, but clothes can make a real difference to how our bodies handle heat. Avoid the temptation to strip off, because you may be at greater risk of sunburn, which can affect your body's ability to cool itself.

Wear light colours (dark can attract and retain heat) and loose garments that can allow air to get in. Hats with ventilation will help and fabric choice is key - materials like cotton and linen are more breathable, absorbing sweat and encouraging ventilation.

On night times, fabric is critical again. Lightweight materials for bedding and nightwear can help you keep cool.

Minimise heat in bedrooms by leaving curtains drawn during the day and unplugging any unnecessary electrical items.

Keeping a damp towel, water spray bottle or even an ice-filled hot water bottle handy can work wonders.

In general, stay in the shade or in air-conditioned places as much as possible, especially at the hottest part of the day.

Cold showers and blotting with damp, cold materials can also work wonders.

Have we all underrated the humble pencil?

When the great 19th Century American writer Henry David Thoreau made a comprehensive list of supplies for an excursion, he specified obvious items like a tent and matches, and added string, old newspapers, a tape measure and a magnifying glass.

He also included paper and stamps, to make notes and write letters.

Strange, then, that he omitted to mention the very pencil with which he was making the list. Stranger still, when you realise that Thoreau's family made its money by manufacturing high-quality pencils.

The pencil seems fated to be overlooked. It's the theme of an old English riddle: "I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody."

We say the pen is mightier than the sword, but not the pencil - it's too easily erased.

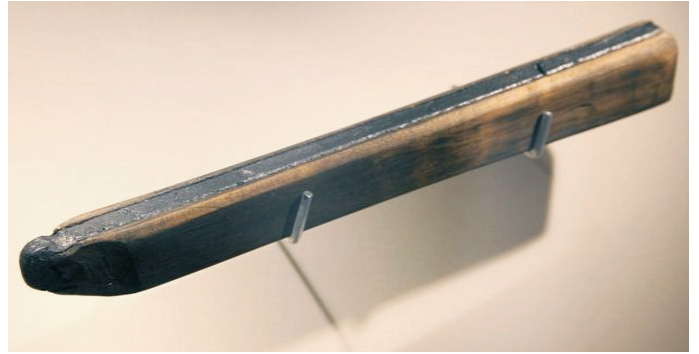
We don't even give it the courtesy of a sensible name. "Pencil" is derived from the Latin word "penis" meaning "tail", because Roman writing brushes were made from tufts of fur from an animal's tail.

"Lead pencils" achieve the same effect without needing ink.

Or, indeed, lead - they actually contain graphite. The idea of graphite on a stick of wood is about 450 years old.

Graphite was first discovered in the English Lake District.

Legend has it that a ferocious storm uprooted trees in the idyllic valley of Borrowdale. Underneath their roots was a strange, shiny black substance that was initially dubbed "black lead".



The oldest known pencil in the world, found in a timbered house built in 1630

It was quickly used as "a marking stone", as celebrated in this 300-year-old market seller's cry: "Buy marking stones, marking stones buy; Much profit in their use doth lie; I've marking stones of colour red; Passing good, or else black Lead."

Because graphite was soft yet heat-resistant, it was also used for casting cannonballs.

It soon became a precious resource - not quite as pricey as its fellow carbon-based cousin the diamond, but valuable enough for miners to be supervised by armed guards as they changed out of their clothes at the end of the shift, lest they try to smuggle a nugget away.

By the late 1700s, French pencil manufacturers were happily paying to import high-quality Borrowdale graphite. But then war broke out, and England's government sensibly decided not to make it easy for the French to cast cannonballs.

OLDEST COUPLE TO EVER TIES THE KNOT

Forrest Lunsway and Rose Pollard are more than your average newly weds. They're officially the oldest couple to ever tie the knot.

The California couple met almost 30 years ago in 1983 at a senior center dance, according to NewsNet5. They lived 40 miles apart maintained a long-distance relationship for years. Sometimes they could only travel halfway to meet.

Pollard had been married before, and never expected to get married again. So when Lunsway proposed, Pollard gave a unique answer.

"Then he says, 'set the date,'" Pollard told ABC News. "So I thought a minute and I said, 'I'll marry you on your 100th birthday.'"

She kept her promise.



They plan to apply for a Guinness World record, as they beat the current holders by 82 days.

Interesting, Lunsway didn't exactly lead the healthiest lifestyle. He smoked a pack-a-day for 27 years, and regularly drinks whiskey. He even enjoys

Glastonbury Festival

26 – 30 June 2019

Glastonbury Festival or its full name **Glastonbury Festival of Contemporary Performing Arts**, is a five-day festival of contemporary performing arts that takes place in Pilton, Somerset, England. In addition to contemporary music, the festival hosts dance, comedy, theatre, circus, cabaret, and other arts. Leading pop and rock artists have headlined, alongside thousands of others appearing on smaller stages and performance areas. Films and albums recorded at Glastonbury have been released, and the festival receives extensive television and newspaper coverage. Glastonbury is the largest greenfield festival in the world, and is now attended by around 175,000 people, requiring extensive infrastructure in terms of security, transport, water, and electricity supply. The majority of staff are volunteers, helping the festival to raise millions of pounds for charity organisations.

Regarded as a major event in British culture, the festival is inspired by the ethos of the hippie, counterculture, and free festival movements. It retains vestiges of these traditions, such as the Green Fields area, which includes sections known as the Green Futures and Healing Fields. After the 1970s, the festival took place almost every year and grew in size, with the number of attendees sometimes being swollen by gatecrashers. Michael Eavis hosted the first festival, then called Pilton Festival, after seeing an open-air Led Zeppelin concert at the 1970 Bath Festival of Blues and Progressive Music.

Glastonbury Festival was held intermittently from 1970 until 1981; since then, it has been held every year, except for "fallow years" taken mostly at five year intervals, intended to give the land, local population, and organisers a break. 2018 was a "fallow year". This year's festival is on from 26 – 30 June 2019.

Free sun lotion and a record number of water stations are just part of the contingency plans in place at this year's Glastonbury festival with temperatures possibly climbing to the high 20s.

The organisers recently announced that the festival would no longer sell single-use plastic water bottles, in an attempt to cut waste and limit the event's impact on the environment. In 2017, festivalgoers used more than 1.3m plastic bottles.

Tickets for this year's Glastonbury sold out in half an hour. It will celebrate its 50th anniversary in 2020.



The image displays the 2019 Glastonbury Festival poster on the left and three photographs of festival activities on the right. The poster features a central logo with the text "2019 GLASTONBURY FESTIVAL OF CONTEMPORARY PERFORMING ARTS 26th - 30th JUNE" flanked by two hands pointing upwards. Below the logo is a grid of artist names in various colors. The right side contains three photos: a large crowd with a rainbow unicorn, an aerial view of the festival site, and a person in a colorful costume.

2019 GLASTONBURY FESTIVAL OF CONTEMPORARY PERFORMING ARTS 26th - 30th JUNE

THE KILLERS	THE CURE	STORMZY	KYLIE	JANET JACKSON
GEORGE EZRA	LIAM GALLAGHER	MILEY CYRUS	TAME IMPALA	
THE CHEMICAL BROTHERS	VAMPIRE WEEKEND	MS LAURYN HILL	JANELLE MONAE	
CHRISTINE AND THE QUEENS	TWO DOOR CINEMA CLUB	JORJA SMITH	BASTILLE	
BILLIE EILISH	HOZIER	SIGRID	SNOW PATROL	CAT POWER
WU-TANG CLAN				
ANNE-MARIE	YEARS & YEARS	SHERYL CROW	THE GOOD, THE BAD & THE QUEEN	
HOT CHIP	STEFFLON DON	JON HOPKINS	SANTIGOLD	THE STREETS
LIZZO	KAMASI WASHINGTON	IDLES	ROSALIA	JOHNNY MARR
DIPLO	MAVIS STAPLES	REX ORANGE COUNTY	BCUC	LITTLE SIMZ
MICHAEL KIWANUKA	KATE TEMPEST	LOYLE CARNER	KING PRINCESS	
JUNGLE	NENEH CHERRY	KURT VILE & THE VIOLATORS	THE COMET IS COMING	
INTERPOL	PALE WAVES	FRIENDLY FIRES	SHARON VAN ETTEN	POND
SONS OF KEMET	AURORA	FAT WHITE FAMILY	THIS IS THE KIT	MARIBOU STATE
FATOUmata DIAWARA	BUGZY MALONE	LOW	SAM FENDER	SHURA

PLUS MANY MORE ACTS AND ATTRACTIONS TO BE ANNOUNCED ACROSS MORE THAN ONE HUNDRED STAGES!
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Coming up...

...during the month of JULY 2019

WIMBLEDON

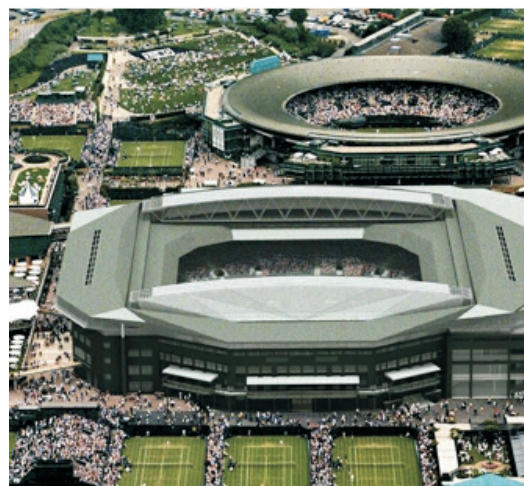
Monday, 1 July – Sunday, 14 July 2019

Novak Djokovic and Angelique Kerber are the defending champions in the single competitions.

It will be the first edition of the tournament to feature a standard tie break in the final set when the score in the set is 12 games all. The winner is the player who reaches seven or more points and leads by two points.

In the Women's Singles, there will be 16 qualifiers from 128 entrants, an increase from 12 qualifiers from 96 entrants. Doubles qualifying will be eliminated as a result. The change brings the qualification for the Women's Singles into line with that for the Men's Singles, which remains unchanged.

There is a retractable roof over No. 1 Court for the first time. Like the larger Centre Court, No. 1 Court may be getting a weather proof tournament preventing a rain delay.



CRICKET WORLD CUP FINAL at LORD'S - 14th July

Where else but the home of the cricket, Lord's in London. Lord's also hosted the final of the inaugural World Cup in 1975, as well as the finals in 1979, 1983, 1999. The 2019 Cricket World Cup final, the 12th of its kind and the culmination of 45 group stage matches and two semi-finals played over seven weeks. The tournament will be contested by 10 countries across 11 venues in England and Wales. After a round robin in which each nation plays each other once, two semi-finals - taking place at Old Trafford and Edgbaston - will determine the finalists.



RHS Hampton Court Palace Garden Festival - 1st - 7th July

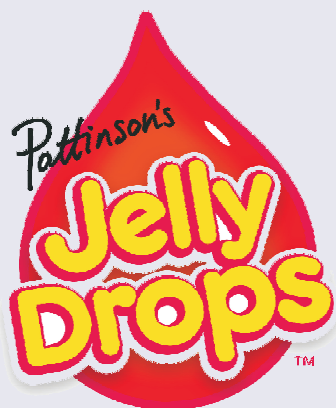
Held within the grounds of Henry VIII's palace - where he built one of the finest gardens in the world - the RHS Hampton Court Palace Garden Festival is a highlight of London's summer calendar. Coming into bloom in July, the flower show brings with it gardens designed by up and coming designers; the Butterfly Dome, where you can wander through thousands of free-flying butterflies; the Show Gardens, a favourite each year with a spectacular selection to give you garden-envy; and ideas to get growing fruit and veg at home with The Raymond Blanc Gardening School. For something extra special, the preview evening gives you access to the show before its official opening at an evening of live music and with a magnificent fireworks display set off as the sun sets behind the palace.



British Summer Time Hyde Park - 5th - 14th July

'British Summer Time Hyde Park' (BST Hyde Park) is a music festival held over two weekends once a year in London's Hyde Park. It was the first event AEG Presents held in Hyde Park since they acquired the rights to host concerts there. Celine Dion, Stevie Wonder, Barbra Streisand, Florence and The Machine and Robbie Williams play live in Hyde Park as the ten day British Summer Time music festival returns for a seventh year in 2019 with another impressive line-up of big names in rock and pop. Playing Hyde Park on Friday 5th July, Canadian vocal powerhouse Celine Dion kicks off the festival. Florence The Machine and The National appear on Saturday 13th July while Sunday 14th July sees Robbie Williams rock the park. Between two weekends of live music there's Open House, free midweek entertainment with open-air movie nights and tennis screenings, family activities, street food stalls, a Craft Beer Rising festival and daytime DJs.





Jelly Drops May Be Available in 2019

If you've been waiting on the edge of your seat to hear more about when Jelly Drops will be available to the public, you'll be interested to know that they're expected to be released soon, likely sometime in 2019.

For those who aren't familiar with Jelly Drops, they're hydrating treats shaped like raindrops that come in a treat box with a see-through lid. The drops are meant to be appealing to people with dementia, as well as easy to grasp and swallow, and they contain water and electrolytes to help keep elderly patients hydrated.



People with Alzheimer's and other forms of dementia often suffer from dehydration issues for a variety of reasons. One of those reasons is that they may simply forget to drink water or forget where to find water. Others may no longer find water palatable and forget that it is necessary, since they might not feel thirsty. Still others may even forget how to drink water or how to swallow properly. Many dementia patients suffer from dysphagia—a swallowing difficulty—and have a hard time swallowing thin liquids, leaving them unable to get enough fluids.

This problem is compounded by the fact that the symptoms of dehydration are often mistaken for symptoms of dementia. This makes dehydration even more life-threatening for elderly people with dementia.

Lewis Hornby noticed that his grandmother, who suffers from dementia, was not getting enough to drink and decided to invent something that would make it easier for her to get the hydration she needed so she wouldn't have to make any more trips to the hospital for dehydration. He used sensory deprivation tools and virtual reality tools to get a better understanding of the issue, spoke with a dementia psychologist, spent a week living in a dementia care home, consulted with doctors about how to create a hydrating product, and returned to the care home several times to test the prototypes of his project.

What he came up with was Jelly Drops, a product that looks like a treat, comes in an easy-open box, is easy to grab and eat, and helps keep dementia patients healthy.

"When first offered, grandma ate 7 Jelly Drops in 10 minutes," says Hornby, "the equivalent to a cup full of water, something that would usually take hours and require much more assistance."

Since Hornby's "water you can eat" story went viral, he has been bombarded by messages from people wishing to buy Jelly Drops for their elderly loved ones. The drops aren't available yet, but, with the help of donors, Hornby is well on his way to getting Jelly Drops into production in just a few months.

Jelly Drops wins Pitch@Palace 11.0

At the recent PITCH@PALACE 11.0 AWARDS - Jelly Drops were awarded both the Audience vote & the People's Choice Award!



Recipe

...Creamy Lemon Parmesan Chicken

Ingredients

- 1/2 c. all-purpose flour
- 3/4 c. freshly grated Parmesan, divided
- 1 tsp. garlic powder
- Zest of 1/2 lemon
- Salt
- Freshly ground black pepper
- 3 boneless skinless chicken breasts
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. butter
- 2 cloves garlic, minced
- 2 c. baby spinach
- 1 c. heavy cream
- 2/3 c. low-sodium chicken broth
- 1 lemon, sliced in rounds and halved
- 1/4 c. thinly sliced fresh basil

Method

1. On a large plate, combine flour with 1/4 cup Parmesan, garlic powder, and lemon zest. Season generously with salt and pepper and mix thoroughly with a fork. Dredge each chicken breast on all sides with flour mixture. Set aside.



2. In a large skillet over medium-high heat, heat oil until shimmering but not smoking. Add chicken and sear until golden, 6 minutes. Flip and cook until opposite side is golden, around 6 minutes more. Remove from pan and set aside.

3. Turn heat down to medium and add butter to pan. When butter is melted add garlic and cook until fragrant, about 1 minute. Add spinach and cook until wilted, 1 to 2 minutes. Add chicken broth, cream, and remaining 1/2 cup Parmesan and season with more salt and pepper. Stir to combine. Add lemon slices and bring to a simmer and cook until thickened slightly, 3 to 4 minutes. Return chicken to skillet and simmer until chicken is cooked through, 5 to 6 minutes more.

4. When chicken is cooked, remove skillet from heat and garnish with basil before serving.

Staff Birthdays

Happy Birthday



Joe Goldfarb
Administrator

Carer OF THE MONTH CONGRATULATIONS !!



**Carer of the Month for JUNE was awarded to
MARREE TASKER !!**

This is one way we recognise the hard work and commitment of our wonderful team who dedicate themselves to providing remarkable levels of care.

Your Amazon Gift Vouchers are on the way...

If you have any comments, anything you would like to share, some interesting information or some positive words of inspiration... please call or email me – sharan@constantiacare.co.uk