

## **TABLE TALK / TO THE POINT :**

**JULY 2010**

### **THE QUEEN MARY 2 : WORLD CRUISE 2010 SYDNEY TO CAPE TOWN : PART THREE : THE LOVE BOAT**

Although there are many more women on board than men a Love Boat the QM2 is definitely not; with the average age of her passengers somewhere in the sixties. If there are any readers who like dancing and are retired there are jobs available for Dance Hosts to entertain the ladies, but on the dance floor only. You may recall Walter Mattau and Jack Lemmon in a movie where they are Dance Hosts on a love boat and have some exciting adventures with ladies but QM2 is not the Hollywood version of a cruise ship.

A lady asked me to dance, probably thinking I was a Dance Host, and I was quite willing but my wife was certainly not and dragged me off screaming.

On board there are a lot of women who are widows and, having seen their first husbands off, are now spending his hard earned money on a world cruise looking for husband number two.

At my table there was one divorcee who was constantly on the prowl looking for men and a widow of eighty who was in the ballroom every night dancing with a Host.

By the way, the Dance Hosts are not allowed to get involved with passengers and if they do and are caught, it means instant dismissal and find your own way home – not an easy task when the ship is in the Southern Indian Ocean!

Passengers are not allowed in the crew quarters nor are crew allowed in passengers' staterooms. There are some very attractive men and women in the crew who are no doubt interesting to some passengers.

Among the entertainers in the cabaret there are some beautiful girls and boys, mostly Russians or Ukrainians, who you can probably meet in the Disco late at night; which is long after I have gone to bed.

There is nothing else I can tell you about sex with Cunard other than beware of elderly ladies looking for a minder to help them or take them ashore. I was caught on one occasion by a lady with a plaster cast on her wrist and who needed help taking her tablets but once I found out what was happening I kept well out of her way.

I will close with my favourite subject, statistics, which I am sure will interest some readers.

There were 2419 passengers on board but this is a changeable figure with people arriving and leaving in each port.

This number was made up, by nationality, as follows :-

Australia	970	Austria	10	Belgium	4	Bahamas	2
Bolivia	2	Brazil	2	Canada	65	Switzerland	16
Germany	115	Denmark	5	Spain	2	France	11
United Kingdom	716	Ireland	20	Italy	7	Japan	5
Korea	2	Mexico	1	Namibia	2	Netherlands	70

Norway 2    New Zealand 44    Romania 3    Russian Federation 2  
 Sweden 5    Thailand 2    United States 243    South Africa 76  
 Unknown 15 (Please don't ask why, but these nationalities were not known at the time).

Australians are so popular with Cunard that they are sending QM 2 out to OZ for a 28-day circumnavigation of the continent, which should be quite exciting for the Aussies.

There were 1230 members of the crew comprising, by nationality :-

Argentina	3	Australia	5	Austria	3	Barbados	1		
Belarus	2	Brazil	3	Bulgaria	10	Canada	13		
Chile	8	China	1	Costa Rica	1	Colombia	1	Croatia	11
Czech Republic		Denmark	3	Ecuador	1	France	5		
Germany	8	Hungary	15	India	58	Indonesia	2		
Ireland	10	Italy	6	Japan	1	Latvia	2	Lithuania	3
Macedonia	29	Malaysia	4	Mauritius	20	Mexico	2		
Nepal	12	New Zealand	1	Peru	4	Philippines	691		
Poland	9	Portugal	5	Romania	29	Russian Federation	9		
Saint Lucia	4	Serbia	16	Singapore	1	Slovakia	2		
Slovenia	1	South Africa	53	Spain	2	Sri Lanka	1		
Switzerland	1	Thailand	2	Turkey	6	Ukraine	32		
United Kingdom		101	United States	14	Uruguay	1	Zimbabwe	1	

There are 28 nationalities plus some unknowns amongst the passengers and 54 nationalities amongst the crew, which is quite a United Nations in itself.

I would think that the guys from Nepal would be Gurkhas and be very conversant with automatic weapons and rocket propelled grenades as well as operating the sonic boom machines.

I am looking forward to a short trip on Queen Victoria and Queen Elizabeth probably around Europe and will tell you all about them in due course. Happy cruising! – ***Our Globe-trotting Travel Correspondent.***

*Here's a solution to all the controversy over full-body scanners at the airports.*

*Have a booth that people can step into that will not X-ray them, but will detonate any explosive device they may have on them.*

*It would be a win-win for everyone - no racial profiling involved - and it would eliminate a long and expensive trial. Justice would be swift and effective.*

*This is so simple that it's brilliant. I can see it now: you're in the airport terminal and you hear a muffled explosion. Shortly thereafter an announcement comes over the PA system, "Attention standby passengers - we now have a seat available on flight number..."*

**FROM THE LOVE BOAT TO A TASTE OF HONEY :** Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey.. However, when left in a cool dark place for a long time it will do

what I rather call "crystallizing". When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, off the heat and let it liquefy. It is then as good as it ever was.

Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Facts on Honey and Cinnamon: It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases.

Honey can be used without any side effects for any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.

Weekly World News, a magazine in Canada , in its issue dated 17 August 2009, has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

**HEART DISEASES:** Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada , various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

**ARTHRITIS:** Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.. In a recent research conducted at the Copenhagen University , it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

**BLADDER INFECTIONS:** Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

**CHOLESTEROL:** Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol. I'm going to start using a tub of Cinnamon Honey Butter a week.

**COLDS:** Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

**UPSET STOMACH:** Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

**GAS:** According to the studies done in India and Japan , it is revealed that if Honey is taken with cinnamon powder the stomach is relieved of gas.

**IMMUNE SYSTEM :** Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks.. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

**INDIGESTION:** Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

**INFLUENZA:** A scientist in Spain has proved that honey contains a natural ' Ingredient' which kills the influenza germs and saves the patient from flu.

**LONGEVITY:** Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder, and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increase and even a 100 year old, starts performing the chores of a 20-year-old.

**PIMPLES:** Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it next morning with warm water. If done daily for two weeks, it removes pimples from the root.

**SKIN INFECTIONS:** Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

**WEIGHT LOSS:** Daily in the morning one half hour before breakfast on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person.. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

**CANCER:** Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon

powder for one month three times a day.

**FATIGUE:** Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. when the vitality of the body starts to decrease, increases the vitality of the body within a week..

**HEARING LOSS:** Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

*According to a TV programme I watched the other night, when a surgeon removed an arrow head that was deeply embedded in the face of the future English King Henry V (Parts I and II), he used honey as a disinfectant.*

**AN UNUSUAL VISITOR :** On Friday 25 June a strange vessel entered Simon's Bay, coming to anchor off Glencairn in a strengthening South- Easter which soon blew into a gale. Straining eyes made out the name on the transom – Summer had apparently arrived! Once lying to her anchor, however, it became evident that she was the 5 000 ton USNS Sumner (T-AGS 61), apparently here to carry out repairs at anchor. Riding out a stormy Saturday, she was rewarded with a glorious sunny Sunday and Monday which must have been of scant interest to those aboard, who after their World Cup loss, were stuck aboard. The repairs were bigger than first thought and she was thus due to go alongside the Dockyard wall at Simon's Town for 24 hrs at 1030 on Monday.



Sumner, one of six Pathfinder Class Oceanographic Survey Vessels is managed by the US Military Sealift Command. She carries civilian scientists from the US Navy Oceanographic Office and her primary task is to 'map' the depths of the world's oceans – much appreciated by deep-diving nuclear submariners.

She was upgraded in 2007 and carries the latest Kongsberg multi-beam as well as multi-frequency single-beam sonars which allow her to map the deepest ocean floors, conduct Doppler profiling of currents (shallow and deep) as well as collect sub-bottom

data.

She is also classified as a Geographic Survey Vessel and the tracking systems and 3-D radar system more recently installed, show that she is a very sophisticated ship that is likely to attract considerable attention of the coasts of other budding super-powers. – **R.Adm(JG) A.G. Söderlund – Spindrift/Spunyarn.- NOASA.**

#### **WORLD CUP SPECIAL : WHO SAID FOOTBALLERS AREN'T INTELLIGENT?**

*" My parents have always been there for me, ever since I was about 7."- David Beckham*

*"I would not be bothered if we lost every game as long as we won the league."- Mark Viduka*

*"Alex Ferguson is the best manager I've ever had at this level. Well, he's the only manager I've actually had at this level. But he's the best manager I've ever had."- David Beckham*

*"If you don't believe you can win, there is no point in getting out of bed at the end of the day." - Neville Southall*

*"I've had 14 bookings this season - 8 of which were my fault, but 7 of which were disputable." - Paul Gascoigne*

*"I've never wanted to leave. I'm here for the rest of my life, and hopefully after that as well." - Alan Shearer*

*"I'd like to play for an Italian club, like Barcelona " - Mark Draper*

*"You've got to believe that you're going to win, and I believe we'll win the World Cup until the final whistle blows and we're knocked out." - Peter Shilton*

*"I faxed a transfer request to the club at the beginning of the week, but let me state that I don't want to leave Leicester " - Stan Collymore*

*"I was watching the Blackburn game on TV on Sunday when it flashed on the screen that George (Ndah) had scored in the first minute at Birmingham . My first reaction was to ring him up. Then I remembered he was out there playing." - Ade Akinbiyi*

*"Without being too harsh on David Beckham, he cost us the match." - Ian Wright*

*"I'm as happy as I can be - but I have been happier." - Ugo Ehiogu*

*"Leeds is a great club and it's been my home for years, even though I live in Middlesbrough." - Jonathan Woodgate*

*"I can see the carrot at the end of the tunnel." - Stuart Pearce*

*"I took a whack on my left ankle, but something told me it was my right." - Lee Hendrie*

*"I couldn't settle in Italy - it was like living in a foreign country." - Ian Rush*

*"Germany are a very difficult team to play...they had 11 internationals out there today." - Steve Lomas*

*"I always used to put my right boot on first, and then obviously my right sock." - Barry Venison*

*"I definitely want Brooklyn to be christened, but I don't know into what religion yet." - David Beckham*

*"The Brazilians were South American, and the Ukrainians will be more European." - Phil Neville*

*"All that remains is for a few dots and commas to be crossed." - Mitchell Thomas*

*"One accusation you can't throw at me is that I've always done my best." - Alan Shearer*

*"I'd rather play in front of a full house than an empty crowd." - Johnny Giles*

*"Sometimes in football you have to score goals." - Thierry Henry*