

Eat ♦ Talk ♦ Belong



CARE & SHARE
AT TRINITY

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TOTALLY & UTTERLY TRUE

Steve Jobs



We came across the co-founder of Apple Computers, Steve Jobs, thoughts recently & found them interesting. He passed away with a fortune of \$7 billion at the age of 56 from pancreatic cancer in 2011.

"in other eyes, mine is the essence of success, but aside from work, I have little joy. And in the end, wealth is just a fact of life to which I am accustomed"

"At this moment, lying on the bed, sick and remembering my life, I realise that all my recognition and wealth that I have is meaningless in the face of death. You can hire someone to drive your car for you, make money for you – but you cannot rent someone to carry the disease for you. One can find material things, but there is one thing that cannot be found – LIFE"

"Treat yourself well and cherish others. As we get older, we are smarter, and we slowly realise that the Watch is worth \$30 or \$300 – both of which show the same time. Whether we drive a Car worth \$150,000 or a car worth \$30,000 – the road and the distance are the same, we reach the same destination. If we drink a bottle of Wine worth \$300 or wine worth \$10 – the 'stroller' will be the same. If the House we live in is 300 square meters or 3000 square meters – the loneliness is the same"

"Your true inner happiness does not come from the material things of this world. Whether you fly first class, or economy class – if the plane crashes, you crash with it"

"So, I hope you understand that when you have friends or someone to talk to – this is true happiness"

Re-opening Sweepstakes That seems to be the Million-dollar question - when will we re-open? It will be up to Health SA, but we can guess. What date do you think it will be? When we call to see how you are give us your thoughts. Prize for the winner

This week in History

Do you recall.....

1937 Dr Frederick Banting, co-discoverer of insulin, is knighted.

1937 Former King OF England King Edward VIII marries Wallis Simpson, the American divorcee.

1956 In Santa Cruz, California, authorities announce a total ban on rock and roll at public gatherings, calling the music "Detrimental to both the health and morals of our youth and community."

1967 #1 Hit: Aretha Franklin – Respect

1968 Valerie Solanas attempts to assassinate Andy Warhol by shooting him three times.

HAPPY BIRTHDAY

Tony Curtis, Actor
BORN June 3rd, 1925
DIED 2010 (aged 85)



More Steve Jobs

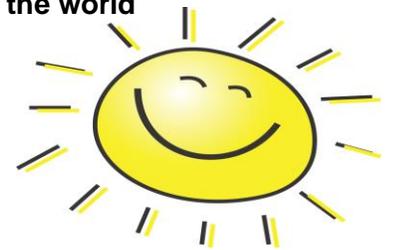
5 Undeniable Facts

- 1 Do not educate your children to be rich. Educate them to be happy. So happy they will know the value of things, not the price.
- 2 Eat your food as medicine, otherwise you will need to eat your medicine as food.
- 3 Whoever loves you will never leave you, even if he or she has 100 reasons to give up. He or she will always find one reason to hold on.
- 4 There is no big difference between being human and human being
- 5 If you want to go fast – go alone! But if you want to go far – go together?

And in conclusion.....

The six best doctors in the world

- 1 Sunlight
- 2 Rest
- 3 Exercise
- 4 Diet
- 5 Self-confidence
- 6 Friends



“Keep them in all stages of life and enjoy a healthy life”

I burned 2000 calories today. That's the last time I leave brownies in the oven while I nap.

My main form of exercise is walking my plate back to the kitchen.



My mum used to threaten to knock us into next year! Going to ring see if the offers still open



Thought of the day

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.