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Liz Underhill C.H. M.H.T




**BEGIN EVERYDAY WITH A SMILE!**

**Volume 3, Issue 8 August, 2022**

### LOVE STORY

An elderly senior couple were invited to an old friend's home for dinner one evening. She was impressed by the way her lady friend preceded every request to her husband with endearing terms such as: Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years and, clearly, they were still very much in love. While the husband was in the living room, her lady friend leaned over to her host to say, 'I think



it's wonderful that, after all these years, you still call your husband all those loving pet names'.

The elderly lady hung her head. 'I have to tell you the truth,' she said, 'His name slipped my mind about 10 years ago, and I'm scared to death to ask the cranky old goat what his name is.'

### A LOVELY STORY ABOUT ME!!

One day, long, long ago, there lived a woman who did not whine, nag, or bitch.

(That would be me. )



But that was a long time ago, and it was just that one day.

**THE END.**

### SIGNS IN THE MODERN WOMAN'S HOME

I serve three meals: Frozen, Microwave and Take Out.

Housework won't kill me...but why take the chance?

Laundry Room: Push for service, if no one answers, do it yourself.

All I ask is that you treat me no differently than the queen.

Money is like manure, it's no good unless it's spread around.

We women are like cell phones, we like to be held and talked to, but push the wrong button and you will be disconnected.

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On You!**

**What's Eating  
You?**

**Working From The  
Inside Out**

**With  
Liz Underhill**



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# Chatterbox News

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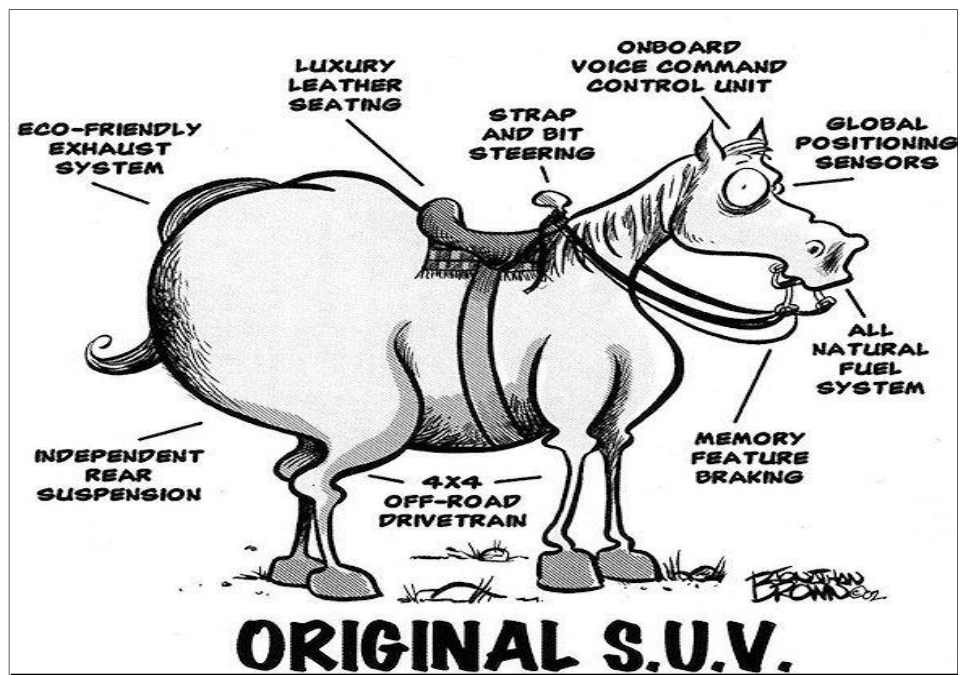
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## FROM THE EDITOR

What with the rising costs of services pushed up by Covid, I thought it fitting that I include below a great way to cut fuel consumption. I know the poor "SUV" as you see in picture form below has to be fed something, but really think of the savings.

We have some new items in this edition. Last month we promised that Clem would do his monthly column about "What's Cookin". We're sorry to report that Clem was under the weather, but is now out and about looking for that special restaurant to give his approval in print. So for all you eateries out there, be on the lookout for our Clem who will be happily (we hope) sampling your fine cuisine, like the best hamburger etc.

Thank you as always for the kind words shared with us for offering some good news, and just a reminder to thank all of our hard-working advertisers for supporting our paper. Liz Underhill



## The KidS CORNER

Why did the sun go back to school?  
To get brighter.

Why don't dinosaurs pick their  
nose?  
Because they don't know what to do  
with a 20-pound booger!

What did the boy octopus say to the  
girl octopus?  
"Can I hold your hand hand, hand,  
hand, hand, hand, hand, hand?!"

What do you call two medicine men?  
Pair-a-medics.

What's the perfect cure for dan-  
druff?  
Baldness!

Did you hear about the man who  
lost his whole left side?  
He's all right now!

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Tech Support: 'OK. In the bottom left hand side of the screen, can you see the 'OK' button displayed?'

Customer: 'Wow. How can you see my screen from there?'

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Your fences need to be horse  
-high, pig-tight, and bull-  
strong.

Every Path has a few pud-  
dles.

If you find yourself in a hole,  
the first thing to do is stop  
digging.

## CHURCH BULLETINS

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Potluck supper Sunday at 5:00pm - prayer and medication to follow.



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## "Soup ta Nuts"

Action Veggies

I sent Clem out the other day to get some leeks out of the garden. Moments later he was back no leeks in hand. In my most sweet voice I said "Why Clem, my darling, where are the darn leeks, can't you see I am working like a Trojan making stew and I need those leeks, like right now!"

Clem looked at me rather sheepishly and said "Klara, my pet, I didn't know that's what you wanted, I'm just coming in to wash these old work-worn hands, cause I thought you said to go outside for a leek and as I always follow your orders that's just what I did."

I was out in the garden and thinking about the incident and it got me to thinking how a lot of our veggies and even spices are action foods, and sometimes not very nice action either. That's probably why they're so good for us as they stir up all our innards and that gets the blood a racing. Now before you think I am really off my rocker, think about it.

Lettuce look at squash, well I guess that's just about big enough to mince toes if it fell on them, and by golly after a few bouts of rye and some corn, why that could make you quite arugula. The last time I pump(ed)kin, for some information about what I was getting for my birthday my nephew arti-choked me, and told me to keep quiet and wait for the surprise.

I don't know about E-coli, but I bet they mean bro-coli. I wish folks would learn to spell right.

I always wondered where they got the name nutmeg, but then realized that someone must have had a colourful aunt named Meg who was a nut, and think about cardamom. That all-spice must have been a reminder to all who nipped at that to send their mom a card.

I was bent over weeding and felt a wee prick on the back of my leg and turned around to see a tur-nip grinning up at me. Now I don't know which veggie was the guilty party, as on the oth-

er side was a spin-itch waving to me in the breeze, looking like it didn't have a care in the world. Sneaky things.

I sprayed them all with mace to protect myself, and beet it out of there, and as I did, my shoe flew off and the gar-licked my a-corn and caused me great pain. I limped into the house to face the ra-dishes and the thought that those veggies and spices were out to get me for giving Clem the whatever for not getting instead of taking a leek scared the dickens out of me.

Now that you know the inside scoop of veggies and spices, don't say you weren't given a heads-up. Just watch those gremlins the next time you go out in to your garden, and for those that buy local, feel sorry for the poor gardener and what they've had to put up with to get you your vitamins and minerals.

I think I should look at how fruits fit into all of this. Meanwhile, buy local! Aunt Lizzie

### Actual Call Centre Conversations !!!!!

Samsung Electronics

Caller: 'Can you give me the telephone number for Jack?'

Operator: 'I'm sorry, sir, I don't understand who you are talking about.'

Caller: 'On page 1, section 5, of the user guide it clearly states that I need to unplug the fax machine from the AC wall socket and telephone Jack before cleaning. Now, can you give me the number for Jack?'

Operator: 'I think you mean the telephone point on the wall'.

**Happy**   
**Civic Holiday**

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### Oliver's Tips

- 1 To keep potatoes from budding, place an apple in the bag with the potatoes.
- 2 When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.
- 3 If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix-me-up."
- 4 Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.
- 5 Cure for headaches: take a lime, cut it in half and rub it on your forehead. The throbbing will go away.
- 6 If you have a problem opening jars, try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.
- 7 Don't throw out all that leftover wine, freeze into ice cubes for future use in casseroles and sauces.

# Believe It or Not

After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Bulawayo had escaped. Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone waiting there a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre fantasies. The deception wasn't discovered for 3 days.

Seems an Arkansas guy wanted some beer pretty badly. He decided that he'd just throw a cinder block through a liquor store window, grab some booze, and run. So he lifted the cinder block and heaved it over his head at the window. The cinder block bounced back and hit the would-be thief on the head, knocking him unconscious. The liquor store window was made of Plexiglas. The whole event was caught on videotape.

When a man attempted to siphon gasoline from a motor home parked on a Seattle street, he got much more than he bargained for. Police arrived at the scene to find a very sick man curled up next to a motor home near spilled sewage. A police spokesman said that the man admitted to trying to steal gasoline and plugged his siphon hose into the motor home's sewage tank by mistake. The owner of the vehicle declined to press charges saying that it was the best laugh he'd ever had.

The Ann Arbor News crime column reported that a man walked into a Burger King in Ypsilanti, Michigan, at 5am, flashed a gun, and demanded cash. The clerk turned him down because he said he couldn't open the cash register without a food order. When the man ordered onion rings, the clerk said they weren't available for breakfast. The man, frustrated, walked



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## ACTUAL CALL RECEIVED AT A PUBLIC GOLF COURSE

Staff: Golf course, may I help you?

Caller: What are your green fees?

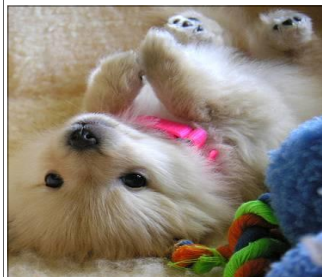
Staff: 38 dollars.

Caller: Does that include golf?

Staff: Golf course, may I help you?

Caller: Yes, I need to get some information from you. First, is this your correct phone number?

## Dog Logic



There is no psychiatrist in the world like a puppy licking your face. *Ben Williams*

Anybody who doesn't know what soap tastes like never washed a dog. *Franklin Jones*

If your dog is fat, you aren't getting enough exercise. *Unknown*



If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man.

*Mark Twain*

Dogs are not our whole life, but they make our lives whole. *Roger Caras*

## OLD FARMER'S ADVICE

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.

## With a little Bit of Luck

Lessons from Life's Journey by Buzz  
Lightly (aka Doug Lester)

### The Joy of Simple Things

Recently I attended a kite day at a local green space. Here there were hundreds of people of all ages and stages with kites of all sizes and designs. There were no competitions for biggest or highest. There were no fighting kites. No prizes for the best. It was just a group of people enjoying sunshine, breeze and the wonder of flight together.

One of the best attractions for the younger crowd was bubble machine with multiple wands that rotated through the bubble solution in front of a simple fan that produced a continual flow of sparkling bubbles much to the delight of a group of children who chased and danced with the gleaming orbs.

I strolled around watching the kites and their owners. As kites rose and fell and found the occasional tree, the mood was relaxed and joyful.

There was blue sky, green grass, mystery and beauty. It reminded me of many times when the best things in life truly were free: lying on a grassy hill watching clouds float overhead; sitting on a balcony watching the ocean waves at sunrise; lying on the cool ground watching a million sparkling stars in a black velvet sky; sitting around a fire with friends in the cool evening; walking along a beach; watching children building sandcastles at the shore; watching the sunset in layers of orange and crimson cloud; walking on a cold winter morning with sunlight sparkling on ice-covered trees; listening to the birds sing outside my window in the early morning. These thoughts remind me of William Henry Davies' poem:

#### Leisure

What is this life if, full of care,  
We have no time to stand and stare.  
No time to stand beneath the boughs  
And stare as long as sheep or cows.  
No time to see, when woods we pass,  
Where squirrels hide their nuts in grass.  
No time to see, in broad daylight,  
Streams full of stars, like skies at night.  
No time to turn at Beauty's glance,  
And watch her feet, how they can dance.

No time to wait till her mouth can  
Enrich that smile her eyes began.

A poor life this if, full of care,  
We have no time to stand and stare.

## For Your Health

### HARMFUL CHEMICALS FROM PLASTIC CONTAINERS LEACH INTO FOOD

Dr. Donna Sykes, BSC DC, (excerpted from a 2010 Issue of Chatterbox Gazette)

Many chemicals that are used to make and treat the plastic that is commonly used to wrap and store food may be carcinogenic, hormone-altering and may cause a variety of allergic reactions, and research has shown high heat, harsh soaps and fat force chemicals from the plastic containers into food.

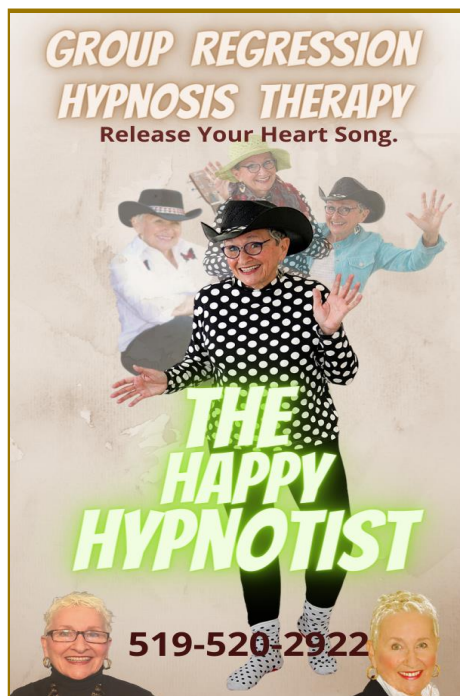
Consumers can reduce the amount of chemicals that migrate to food through the following preventative measures:

- If microwaving, avoid plastic containers. Heat speeds the release of chemicals into food. Ceramic and glass containers are safe alternatives.
- Wash plastic containers by hand; after 20 washings, the heat and harsh detergents from dishwashers cause chemicals to leach into food.
- Store food in glass, ceramic containers, or metal canisters; wrap food in waxed paper and brown paper bags.

Many studies have found that a majority of the cling wrap used by delis and grocery stores contain high levels of PVC, a plasticizing chemical linked to hormonal abnormalities in mice.

- Request meat, cheese and fish to be wrapped in paper at the deli or market.
- If wrapped in plastic, transfer the food into waxed paper as soon as you get home.
- Remove the outer layer of cheese once it's been directly exposed to plastic, prior to rewrapping in something else.

Warning signs that chemicals could be leaching out of plastics into food include discolouration and cracks. To play it safe, replace as many plastic containers as possible with glass or ceramic alternatives. (Excerpted from 2010 Chatterbox Gazette)



### My Youth As I Remember

Running through the sprinklers.

Chasing down the ice cream truck.

Riding bikes with friends and around the neighbourhood.

Swinging so high that the poles lifted up out of the ground.

Picking blueberries.

Catching butterflies.

No internet. No cell phones.

No social media.

We headed home when  
The streetlights came on.

Those were the summers of my childhood. How lucky I was to have grown up before technology took over the world.

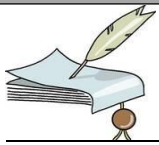


Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives."

Al said, "I'd like them to say, 'Look, he's moving!'"



## POETIC ENDEAVOURS

### VROOM, VROOM, VROOM, IN DOVER

In this year, two thousand ten  
with choppers, gawkers, people, then  
The Friday comes, the 13th day  
they congregate, to meet and play  
Compare the bikes, all shiny, clean  
in leather outfits most are seen  
Streets jammed full, this warmest day  
not winter chill could turn away  
This Dover Town, the destination,  
just one of many, 'cross the nation.

Still Dover has its roots long grown  
a harbour town, Lake Erie known  
A fishing port, one of the best  
where laker boats all berth to rest  
A town of fish, the Perch preferred  
though other species still are heard  
A thriving place, six thousand strong  
you double that with summer's throng  
The miles of beach, the finest sand  
bow steered ahead, a pier to land.

Of glory times in years gone past  
these do return, as locals last  
And visitors buy cottage homes  
the finest spots for summer roams  
Fresh airs wash inward on the breeze  
Lake Erie warmth, is sure to please  
While fishing boats spill out their catch  
so freshly caught, none other match  
Then add these Fridays to the mix  
the 13th day, a date to fix!

Mark well that time upon that day  
you too may wend your merry way  
To Dover Town, along the shore  
the bikes, the boats, the fish and more  
Museums, buildings, old and new  
painted murals, yellows, blue  
Or winter's chills, or summer's warm  
or ride the gales of gusty storm  
Still come, enjoy, the sights and sound  
where Dover's friendship does abound!

poetcal@rogers.  
(excerpted from 2010 issue of  
Chatterbox Gazette.

*Happy*  
*Civic Holiday*

## MOMS NOW VS. MOMS THEN: By I Might Be Funny

"That word is inappropriate."	"Say that again and I'll wash your mouth out with soap."
"Good job trying one bite of the dinner I made. Now you can have Mac & Cheese."	"You'll eat what I make, whether you like it or not. There are starving children in the world."
"I can see you're upset. Take a deep breath and use your words."	"You better stop crying or I'll REALLY give you something to cry about."
"You can't walk around the block by yourself. I'll drive you. Text me when you need a ride back."	"You want to go out? Take your bike. Be home before dark."
"I packed your bento box with almond butter on whole grain, kale chips, and an organic smoothie."	"Take a brown bag with a bologna sandwich on Wonder Bread. Grab a Twinkie and a Hawaiian Punch too." © I Might Be Funny

Editor's Note: The above article was excerpted from A Facebook text.

Th[NO GURPH] momen[NO GURPH] yo[NO GURPH]  
[NO GURPH]tar[NO GURPH]talkin[NO GURPH] abou[NO GURPH]  
you[NO GURPH] lif[NO GURPH] a[NO GURPH]  
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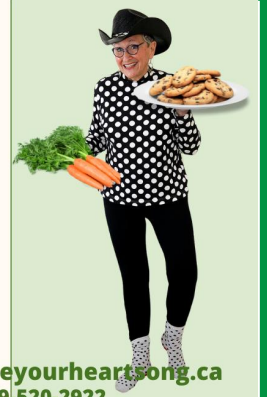
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## THE LOVE DRESS

A woman stopped by unannounced, at her son's house. She knocked on the door then immediately walked in. She was shocked to see her daughter-in-law lying on the couch, totally naked. Soft music was playing, and the aroma of perfume filled the room.

"What are you doing?" she asked.

"I'm waiting for Justin to come home from work," the daughter-in-law answered.

"But you're naked!", the mother-in-law exclaimed.

"This is my love dress," the daughter-in-law explained.

"Love dress? But you're naked!"

"Justine loves me to wear this dress," she explained. "Every time he sees me in this dress, he instantly becomes romantic and ravages me for hours."

The mother-in-law left. When she got home she undressed, showered, put on her best perfume, dimmed the lights, put on a romantic CD, and laid on the couch waiting for her husband to arrive.

Finally, her husband came home. He walked in and saw her lying there so provocatively. "What are you doing?" he asked.

"This is my love dress," she whispered sensually.

"Needs ironing," he said, "What's for dinner?"

*With permission from Daytripping.—Both The Love Dress and Brainteaser*

## NOTICE!

Watch for next month's issue of Chatterbox News. Where Clem Kravitz will be reviewing the down-to-earth restaurants to report to your for your dining pleasure.

# What's Cookin

 You Get Another Chance

  No Roloids

   I'll Tell My Friends

And They Can Pay

## Brain Teaser Eye Test

Count every "F" in the following text:

FINISHED FILES ARE THE RESULT OF YEARS OF  
SCIENTIFIC STUDY COMBINED WITH THE EXPERI-  
ENCE OF YEARS

HOW MANY 'F's...Count them again.

(i9 69NORW ARE 69)

### BUMPER STICKERS FOR SENIORS

I'm retired. I was tired yesterday & I'm tired again today.

I asked my wife if old men wear boxers or briefs? She said "Depends"

[www.pmcaregivers.com/Humorhtm](http://www.pmcaregivers.com/Humorhtm)

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Liz Underhill C.H. M.HT

Enjoy two hours of relaxation and enjoyment with family and friends as I take you back to a light trance level where you'll be able to remember what you're seeing and then you can write it down. You will discover some things you need to know. It's intended to be a fun exercise where you going to see things and you're going to get information.

-----  
There will be three parts:

1. The first part we will take you into a past life.
2. The second part, we will take you to meet your guide or guardian angel and you'll get messages from them.
3. The third part we will take you into the future.

And for the finale, we'll take you on a journey with a little quiz for you that is given by psychologists and psychiatrists. It's a fun little journey that will surely tease a wee smile from your lips.

Note: Minimum of 5 Required For a Session

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