

# Lighten Up

June 2023 Issue



Happy  
**Father's**  
Day

**SOUP TA  
NUTS**

**WILLPOWER  
101**

**A DREAMER AND  
HIS DREAM**

**THE  
GYNAECOLOGIST**

**BEGIN EVERY DAY WITH A SMILE**

# Lighten Up

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Liz Underhill

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## **FROM THE EDITOR:**

We've finally reached the strawberry month, at least it is for us strawberry lovers who can't wait to taste that first bite of fresh strawberries. And oh yes, we can't forget strawberry short cake. Yummy. I always slather mine with Pralines and Cream ice cream.

It is amazing how some of us come from the most miserable of circumstances to rise up out of the ashes by following the gift that has been given to us and become one of the best loved actors as seen in a dreamer and his dream.

I see Klara is at it again with her stand on weight loss. I wonder how her "will" is doing these days?

Back to the old days with Buzz Lightly reminding us of the crazy and wonderful fun we had as children and realize why we call them "the good old days".

More musings by Papatoadie with his reminder that we are all one under the sun. Have a great June. Happy Father's Day. Liz Underhill

## **A Dreamer and His Dream**

Let me tell you, Jesse hated this job. And you would too, I imagine, if you had to do it. Jesse was a chicken plucker. That's right He stood on a line in a chicken factory and spent his days pulling the feathers off dead chickens so the rest of us wouldn't have to. It wasn't much of a job. But at the time, Jesse didn't think he was much of a person.

His father was a brute of a man. His dad was actually thought to be mentally ill and treated Jesse rough all of his life.

Jesse's older brother wasn't much better. He was always picking on Jesse and beating him up. Yes, Jesse grew up in a very rough home in West Virginia. Life was anything but easy. And he thought life didn't hold much hope for him. That's why he was standing in this chicken line, doing a job that darn few people wanted.

In addition to all the rough treatment at home, it seems that Jesse was always sick. Sometimes it was real physical illness, but way too often it was all in his head. He was a small child, skinny and meek. That sure didn't help the situation any.

When he started to school, he was the object of every bully on the playground. He was a hypochondriac of the first order. For Jesse, tomorrow was not always something to be looked forward to.

But, he had dreams; he wanted to be a ventriloquist. He found books on ventriloquism. He practiced with sock puppets and saved his hard earned dollars until he could get a real ventriloquist dummy.

When he got old enough, he joined the military. And even though many of his hypochondriac symptoms persisted, the military did recognize his talents and put him in the entertainment corp. That was when his world changed. He gained confidence.

He found that he had a talent for making people laugh, and laugh so hard they often had tears in their eyes. Yes, little Jesse had found himself.

You know, folks, the history books are full of people who overcame a handicap to go on and make a success of themselves, but Jesse is one of the few I know of who didn't overcome it. Instead he used his paranoia to make a million dollars, and become one of the best-loved characters of all time in doing it!

Yes, that little paranoid hypochondriac who transferred his nervousness into a successful career still holds the record for the most Emmy's given in a single category.

The wonderful, gifted, talented, and nervous comedian who brought us Barney Fife was: Jesse Don Knotts.

NOW YOU KNOW, "THE REST OF THE STORY"

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We should be lifting each other up and cheering each other on, not trying to outshine one another. The sky would be awfully dark with just one star.

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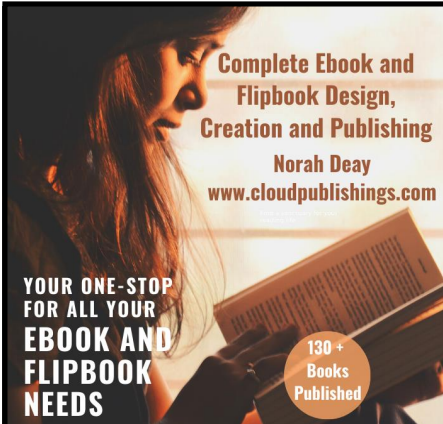
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No one cares if you can't dance well. Just get up and dance.

Never take a sleeping pill and a laxative on the same night.

The most destructive force in the universe is gossip.

## The Gynaecologist

A middle-aged woman seemed sheepish as she visited her gynecologist.

"Come now," coaxed the doctor, "you've been seeing me for years! There's nothing you can't tell me."

"This one's kind of strange"

"Let me be the judge of that," the doctor replied.

"Well," she said, "Yesterday I went to the bathroom in the morning and heard a plink-plink-plink in the toilet and when I looked down, the water was full of pennies."

"I see."

"That afternoon I went to the bathroom again and, plink-plink-plink, there were nickels in the bowl. That night," she went on, "I went again, plink-plink-plink, and there were dimes and this morning there were quarters! You've got to tell me what's wrong with me!," she implored, "I'm scared out of my wits!"

The gynecologist put a comforting hand on her shoulder. "There, there, it's nothing to be scared about."

\*\*\*You Ready For This?\*\*\*



"You're simply going through the change!"





## "Soup ta Nuts"

Willpower  
101

I'm a high roller when it comes to willpower. Willpower to some means struggle. To me, it means setting goals, putting blinders on and gorging straight ahead. I am FOCUSED and I have WILLPOWER.

The only power I accept is my will.

1. I will use my power to attack the contents of the fridge, but only between meals and commercials.
2. I will eat only four quarters of the cake at once, instead of devouring all of it in teeny weenie pieces.
3. I will change my eating habits. Instead of inhaling my one-24-hour meal, I will chew slowly, until I am full, or until the next day arrives, whichever comes first. (Even if my jaw does drop off.)
4. I will eat the whole bag of nachos hidden under the bed, but only if I promise to tell one person after the deed is done.
5. I will wear my bikini, even if I can't see the tiny straps hidden in the crevices. I know they're there.
6. I will jump on the scales every day, even if I have to adjust them when they don't give me proper accounting.
7. I will enjoy every spoon of ice cream that slides down my throat knowing that it is cooling my infected tonsils.
8. I will exercise every day, going as fast as I can down the road with Cranky Cat on her leash.
9. I will give my old small-size 24 clothes away. By the time I see that size again, the styles will have changed.
10. I will live life to the fullest, even if it means joining those mating shows like The Weight Factor.

Maybe then folks, I will do something about it, but until then I'm turbo charging my willpower to have fun. Ms. Klara

## Old Person Pride

I'm passing this on as I did not want to be the only old person receiving it. Actually, it's not a bad thing to be called, as you will see.

- Old People are easy to spot at sporting events; during the playing of the National Anthem. Old People remove their caps and stand at attention and sing without embarrassment. They know the words and believe in them.
- Old People remember World War II, Pearl Harbor, Guadalcanal, Normandy and Hitler. They remember the Atomic Age, the Korean War, The Cold War, the Jet Age and the Moon Landing. They remember the 50 plus peace-keeping missions from 1945 to 2005, not to mention Vietnam.

- If you bump into an Old Person on the sidewalk he will apologize. If you pass an Old Person on the street, he will nod or tip his cap to a lady. Old People trust strangers and are courtly to women.

- Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.

- Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.

- Old People have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.

It's the Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country. This country needs Old People with their work ethic, sense of responsibility, pride in their country and decent values. We need them now more than ever.

## Walmart Story

Husband Down - Aisle  
7

A husband and wife are shopping in their local Wal-Mart.

The husband picks up a case of Budweiser and puts it in their cart. "What do you think you're doing?" asks the wife.



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"They're on sale, only \$10 for 24 cans," he replies.

"Put them back, we can't afford them," demands the wife, and so they carry on shopping.

A few aisles further the woman picks up a \$20 jar of face cream and puts it in the basket.

"What do you think you're doing?" asks the husband.

"It's my face cream. It makes me look beautiful," replies the wife.

Her husband retorts: "So does 24 cans of Budweiser and it's half the price."

## HEADLINT, HEADLINE...READ ALL ABOUT IT!

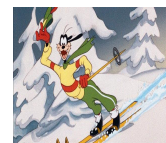
The Following Lines Actually Made It Into Print (Before This):

Killer sentenced to die for second time in 10 years.

Something went wrong in jet crash, expert says.

Red tape holds up new bridges.

Ski areas closed due to snow.



If strike isn't settled quickly, it could last awhile.

If you use lemon juice, squeeze it from fresh oranges.

He returned to his duties Monday after several weeks' absence due to death.

*Editor's Note: This came from The Daytripper*

## With a little Bit of Luck

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

#### Fish out of Water

When my nieces were just barely old enough for a fishing adventure, I made arrangements to take them to the creek and teach them the basics.

The youngest, who was about ten at the time, has always had a tender heart and a vivid imagination. However the lure of sunshine and a sparkling brook enticed her to join this barbarous undertaking.

As we gathered dew worms for bait, she refused to touch them and was concerned for their comfort in the cold can. Adding a bit of grass to the container comforted her if not the worms.

At the creek we prepared for fishing. I baited the hooks as my niece turned away in horror. Above the hook and sinker I added a red and white bobber to add interest and signal the tugs on the other end of the line.

Soon all three of us had lines in the water and were relaxing on the grassy bank enjoying the sounds and sights of early summer.

Suddenly my young niece's line began to bob and then the bobber disappeared under the water. Rushing to her side I helped the excited and surprised novice land her first catch. With a mighty heave she pulled a large sucker that landed at her feet on the bank.

As the fish was flopping, my other niece caught a fish and I turned my attention to her.

As we landed the second fish we heard a scream and turned in time to see my niece running up the hill pursued by a flopping fish.

In her haste to escape, she had become entangled in the line. Off she went with fishing pole and fish in hot pursuit.

She was a quarter mile from the creek when I managed to catch up and rescue her from her predicament. I probably could have gotten there sooner but it was hard to run and laugh at the same time.

Needless to say that was the end of her fishing career and soon after this incident she declared herself a vegetarian.

So next time you hear the expression that someone was like a fish out of water, don't assume that the fish was helpless. With a little bit of luck even a hooked fish can provide lots of excitement.

## Papatoadie's Musings

(aka) Dave McKee

#### Ride With Me

Let us ride the wave to the crest of life!  
To hell with fear and our mortal strife.

Let's climb to the top  
of the highest hill.

We'll watch and wait and be blessed by  
knowing, that by morning  
the sun will be glowing.

We'll revel in the knowledge we share  
that sun shone so brightly elsewhere!

Bringing to others the  
warmth that we feel,  
Removing the cold  
by warming the chill.

To brighten our way  
and chase off the stars,

To warm and embrace all that we are.

Love DM  
papatoadie

## A Woman's Best Friend

A real man is  
a woman's  
best friend.  
He will never  
stand her up  
and never let  
her down.  
He will reassure her

when she feels insecure and comfort her after a bad day. He will inspire her to do things she never thought she could do: to live without fear and forget regret. He will enable her to express her deepest emotions and give in to her most intimate desires. He will make sure she always feels as though she's the most beautiful woman in the room and will enable her to be the most confident, sexy, seductive and invincible. No wait... sorry... I'm thinking of wine. It's wine that does all that. Never mind.



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## Favourite Grammas.

I was out walking with my grandson. He picked up something off of the ground and started to put it in his mouth. I took the item away from him and I asked him not to do that.

"Why?" my grandson asked.

"Because it's been on the ground; you don't know where it's been, it's dirty, and probably has germs," I replied.

At this point, my grandson looked at me with total admiration and asked, "Grandma, how do you know all this stuff?? You are so smart."

I was thinking quickly and said to him, "All Grandmas know stuff. It's on the Grandma Test. You have to know it, or they don't let you be a Grandma."

We walked along in silence for two or three minutes, but he was evidently pondering this new information. "Oh .... I get it!" he beamed, "So if you don't pass the test, you have to be the Grandpa."

"Exactly," I replied with a big smile on my face.

Clothing manufacturers are less civilized these days. Why else would they suddenly start labelling a size 10 or 12 dress as 18 or 20? Do they think no one notices? The people who make bathroom scales are pulling the same prank. Do they think I actually 'believe' the number I see on that dial? HA! I would never let myself weigh that much! Just who do these people think they're fooling?



## Kids In Church

3-year-old Reese: "Our Father, Who does art in heaven, Harold is His name."



Amen." A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it... I'm having a real good time like I am."

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."

One particular four-year-old prayed, "And forgive us our trash baskets as we forgive those who put trash in our baskets."

A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?"

One bright little girl replied, "Because people are sleeping."

A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, Let my brother have the first pancake, I can wait."

Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

A father was at the beach with his children. When the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

"Daddy, what happened to him?" the son asked.

"He died and went to Heaven," the Dad replied.

The boy thought a moment and then said, "Did God throw him back down?"

A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, "Would you like to say the blessing?" "I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the wife answered.

The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

## Universal Laws

**1. Law of Mechanical Repair** - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

**2. Law of Gravity** - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

**3. Law of Probability** - The probability of being watched is directly proportional to the stupidity of your act.

**4. Law of Random Numbers** - If you dial a wrong number, you never get a busy signal and someone always answers.

**6. Variation Law** - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).

**8. Law of Close Encounters** - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

**9. Law of the Result** - When you try to prove to someone that a machine won't work, it will.

**10. Law of Biomechanics** - The severity of the itch is inversely proportional to the reach.

**11. Law of the Theater & Hockey Arena** - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The

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folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.

**12. The Coffee Law** - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

**13. Murphy's Law of Lockers** - If there are only 2 people in a locker room, they will have adjacent lockers.

**14. Law of Physical Surfaces** - The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

**15. Wilson's Law of Commercial Marketing Strategy** - As soon as you find a product that you really like, they will stop making it.


**20. Doctors' Law** - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. But don't make an appointment, and you'll stay sick.

## JUNE ANAGRAM

Subject is General -56 Words - Answers Bottom Right Page 7

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### What to take to bed with you - not a joke.

Pretty neat idea. Never thought of it before.

Put your car keys beside your bed at night. Tell your spouse, your children, your neighbours, your parents, your Dr's office, the check-out girl at the market, everyone you run across. Put your car keys beside your bed at night.

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighbourhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: it's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbours will be looking out their windows to see who is out there and sure enough the criminal

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won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

I think this information is fantastic. Would also be useful for any emergency, such as a heart attack, where you can't reach a phone. My mom has suggested to my dad that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm and then she'll know there's a problem.

**Actual Flight Announcements**  
As part of an announcement, "Your seat cushions can be used for flotation, and in the event of an emergency water landing, please take them with our compliments".

## Happy Fathers Day

Answers: address, advice, answering, appearance, blessings, business, buy, capitalization, cell, change, coach, content, copyright, diamond, directions, existing, family, fantastic, flyers, friend, happy group, healthy, instructions, internet, join, list, mailing, market, media, moment, mompreneur, money, open, personalize, preview, puzzle, quick, reminders, rock, social, speaker, star, tell, tips, trainer, type, unlock, unlock, unsubscribe, upcoming, want, wealthy, weekend, word, work, worksheet.



## Takes All Kinds!

A woman at work was seen putting a credit card into her floppy drive and pulling it out very quickly. When I inquired as to what she was doing, she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the ATM 'thingy.'

Several years ago, we had an intern who was none too swift. One day she was typing and turned to a secretary and said, "I'm almost out of typing paper. What do I do?"

"Just use paper from the photocopier," the secretary told her. With that, the intern took her last remaining blank piece of paper, put it on the photocopier and proceeded to make five 'blank' copies. Brunette, by the way!!

A mother calls 911 very worried asking the dispatcher if she needs to take her kid to the emergency room the kid had eaten ants. The dispatcher tells her to give the kid some Benadryl and he should be fine, the mother says, 'I just gave him some ant killer...'

Dispatcher: 'Rush him in to emergency!' Life is tough. It's even tougher if you're not too bright!!!!

Recently, when I went to McDonald's I saw on the menu that you could have an order of 6, 9 or 12 Chicken McNuggets. I asked for a half dozen nuggets.

"We don't have half dozen nuggets," said the teenager at the counter.

"You don't?" I replied.

"We only have six, nine, or twelve," was the reply.

"So I can't order a half dozen nuggets, but I can order six?"

"That's right."

So I shook my head and ordered six McNuggets.

I was checking out at the local Wal-Mart

with just a few items and the lady behind me put her things on the belt close to mine. I picked up one of those 'dividers' that they keep by the cash register and placed it between our things so they wouldn't get mixed. After the girl had scanned all of my items, she picked up the 'divider', looking it all over for the bar code so she could scan it. Not finding the bar code, she said to me, "Do you know how much this is?"

I said to her "I've changed my mind; I don't think I'll buy that today."

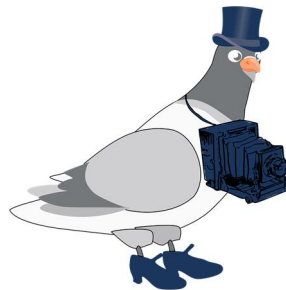
She said "OK," and I paid her for the things and left.

She had no clue to what had just happened.

## The Last Laugh

The Daytripper

### Statues of Limitations



There are two statues in a park; one, a nude man, the other, a nude woman. They had been facing each other across a pathway for a hundred

years, when one day an angel comes down from the sky and, with a single gesture, brings the two to life.

The angel tells them, "As reward for being so patient throughout a hundred blazing summers and dismal winters, you've been given life and movement for exactly thirty minutes to do whatever it is you've always wish to do."

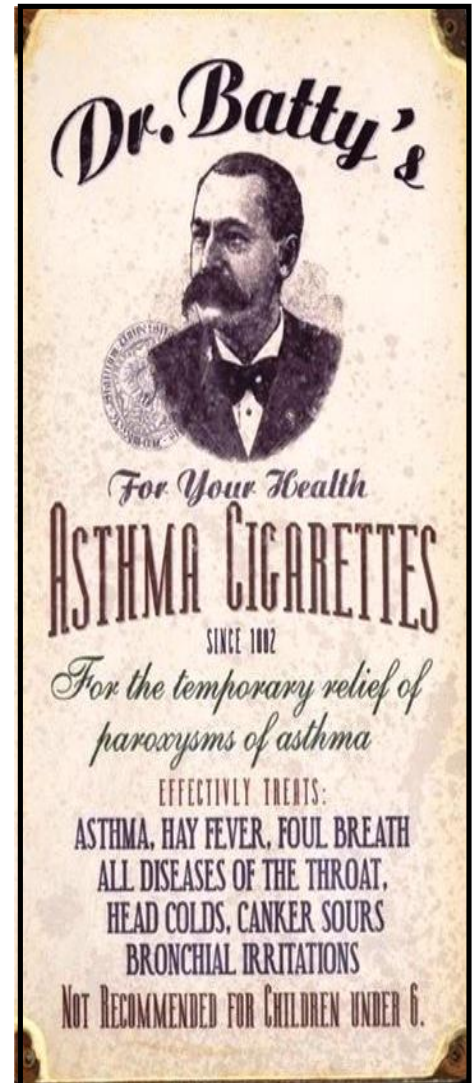
He looks at her, and she looks at him, and they go running off behind the shrubbery! The angel waits patiently as the bushes rustle and giggling ensues...shuffling her feet around a bit, the angel whistles a breathy little tune to herself, and looks at the sky...then, after a while, the two statues return, out of breath and laughing.

The angel says to them, "You know, you still have fifteen minutes left, would you care to do it again?"

He looks at her and asks, "Shall we?"

"Oh yes, lets", she eagerly replies, but this time let's change positions...this time I'll hold the pigeon down and you crap on its head!"

# Remember When



### More Actual Flight Announcements.

After a real crusher of a landing, a flight attendant came on with, "Ladies and Gentlemen, please remain in your seats until Captain Crash and the Crew have brought the aircraft to a screeching halt up against the gate. And, once the tire smoke has cleared and the warning bells are silenced, we'll open the door and you can pick your way through the wreckage to the terminal."

