

Lighten Up

July 2023 Issue

*Happy
Canada
Day!*

SOUP TA

NUTS

BIKER MAMMA

INTERESTING
FACTS

THE POWER OF
FRIENDSHIP

BEGIN EVERY DAY WITH A SMILE

Lighten Up

Published monthly by
Red Barn Publishing

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Happy Canada Day to those Canadian fans. And Happy Independence Day to our US fans. The strawberries were out in full bloom and so delicious and now the raspberries will delight our palates.

Our inspirational piece "The Power of Friendship" proves to us that you never know how a smile, a word of encouragement, or an act of kindness can change a person's life. It only takes a minute of our time and the rewards can last forever.

Seems our Klara has gone to the "hogs" becoming a Biker Momma. She is forever stretching the boundaries of what old folks can do.

We, at Lighten Up, are coming up with a new idea of becoming Gratitude Gurus. Watch for the future issues to convey how we can all become part of this movement.

If you have any ideas as to how we can improve on our wee paper, please feel free to email us. We welcome all suggestions. Have a great July. Liz Underhill

The Power of Friendship!

One day, when I was a freshman in high school, I saw a kid from my class walking home from school. His name was Kyle. It looked like he was carrying all of his books.

I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd."

I had quite a weekend planned (parties and a football game with my friends for the following afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes.

My heart went out to him. So, I jogged over to him as he crawled around looking for his glasses, and I saw a tear in his eye. As I handed him his glasses, I said, "Those guys are jerks. They really should get lives."

He looked at me and said, "Hey thanks!"

There was a big smile on his face. It was one of those smiles that showed real gratitude.

I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before.

We talked all the way home, and I carried some of his books. He turned out to be a pretty cool kid. I asked him if he wanted to play a little football with my friends. He said yes.

We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him. Monday morning came, and there was Kyle with the huge stack of books again.

I stopped him and said, "Boy, you are gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors we began to think about college. Kyle decided on Georgetown and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem.

He was going to be a doctor and I was going for business on a football scholarship.

Kyle was valedictorian of our class. I teased him all the time about being a nerd.

He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous!

Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!"

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Pub Talk

I was in a pub on Saturday night. Had a few. I noticed two large women by the bar. They both had strong accents so I asked, "Hey, are you two ladies from Scotland?" One of them chirped: "It's WALES, you stupid idiot!"

So, I immediately apologized and said, "Sorry, are you two whales from Scotland?"

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the causes of the
circumstances
of our life.

A MAN'S LIFE IN 3 PICTURES



SINGLE



MARRIED



DIVORCED



"Soup ta Nuts"
Biker Momma

I want everyone to know that I have become a Biker Momma, just in case you see me waving to you on the streets on the back of a bike with a hunk sitting in front of me.

I will be the one waving, trying to create lots of attention to prove that an old gal like me still has the hoots to have fun. An inspiration to the young folk, don't you think?

Have you ever wanted to just let it all go, kick up your heels and the devil may care? Well friends, that's exactly what this old broad did.

For all who know me, you know that I am the quiet, gentle part of the Kravitz clan. Always sitting back and letting everyone else make decisions for me; always wanting to do the right thing to preserve my reputation and all.

Well maybe not all that gentle, except when it comes to advising that nasty dentist how scared I am and to please take it easy, and perhaps not even letting everyone make decisions for me, especially when I know most times they're wrong and I'm right. So folks, I just have to state my case to them and either my way or the high-way, and obviously not always trying to preserve my reputation as in the case of riding on the back of a motorcycle with this almost naked hunk of a man in the driver's seat.

I gotta tell you, folks were just a starin as we drove down the main street. There he was brown as chocolate and not much on except for a thong and lots of bling and me in my white vanilla skin, dressed to the hilt in my Sunday-best coveralls.

I felt like a queen. Why I'd never had so much attention and for all the wrong reasons.

To heck with the naysayers, this old lady was having the time of her life what with the wind brushing over and into my coveralls, ballooning them out...musta looked like I weighed hundreds of pounds and people just a wondering what the heck a gorgeous

creature like me was doing with an almost naked man.

By the way, now that I think about it, I was wondering at the time how the heck he could see where we were going as he drove with his head low most of the time.

He wasn't smiling much either and that's why I poked him in the ribs a couple of times...you know to lighten him up. I guess I did one poke too many especially when we were rounding a huge curve. I didn't know those motorcycles could dance. Why it wobbled every which way, and somehow came to a dead stop.

Good job I had a helmet thing on cause I was sure by the mean look in that handsome hunk's eyes that he was going to clobber me.

Instead I looked at him with my sheepishly cool girlish eyes (always works on my Clem) and I knew right away I had him.

He never said an unkind word to me. Got that bike started and headed back to where he had picked me up.

Don't know why he decided to speed so fast cause it made the wind gush back with such force it almost took my choppers with it. I had to keep my mouth shut tight....couldn't even smile.

I shut my eyes too and hoped for the best. Somehow he managed to get me back. I was hardly off the bike before he revved it up and away he was again. I know it can't be true but I did wonder if maybe he was glad to get rid of me.

Can't figure out why though.

That ride sure did give me ideas about getting one of those motorcycle things. I wonder why they all call them choppers...maybe because they chew up the road.

In any case folks, this old farm gal had a great time and will look for that hunk again. I'll just bet he's waiting out there for me. Klara

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And Now You Know The Rest of the Story

Q: Why are many coin banks shaped like pigs?

A: Long ago, dishes and cookware in Europe were made of a dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.

Q: Did you ever wonder why dimes, quarters and half dollars have notches (milling), while pennies and nickels do not?

A: The US Mint began putting notches on the edges of coins containing gold and silver to discourage holders from shaving off small quantities of the precious metals. Dimes, quarters and half dollars are notched because they used to contain silver. Pennies and nickels aren't notched because the metals they contain are not valuable enough to shave.

From The Mouth of Babes

After Christmas, a teacher asked her young pupils to write an essay on how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore! They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore. They go to a building called a wreck center, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well. There is a swimming pool too, but they all jump up and down in it with hats on.

With a little Bit of Luck

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

Pin Boy

Back in the 60's and 70's, Southern Ontario was the other Carolina and every patch of sand was growing to-bacco.

At that time there was a Flue Cured Marketing Board and each farmer was allotted a specific acreage. Production was strictly controlled and part of the process was to send teams of two out to every farm to walk the fields, draw a diagram of each field with measurements and then these were calculated to report to the farmer the exact acreage that he had.

If he was over, a crew was sent out to supervise as he cut down the offending acreage. It was all very complex and it could become very intense. However as a 14-year-old, all I wanted was a summer job and some money in my pocket.

I went to the Marketing Board office and completed my first application. When I didn't hear back in three days, I went back again. After my third trip, they hired me for a few days at the beginning of July.

I arrived for work at 7:00 am the next morning excited to begin. I was told that I was a "pin boy" and I was introduced to my "plotter". The plotter had a vehicle and a clip board. He drove us to our first farm.

After avoiding the dog at the gate, and searching the fields, the farmer was found.

We were told where the fields were and the work began. I was handed the end of a tape measure and a stick. Like a dog on a leash, I headed down the side of the field with my plotter on the other end.

When I hit the end of my leash, I was to make a mark in the sand and yell out the number of marks I had made.

The plotter drew a diagram and marked on the measurements. I was told we were measuring trapezoids and then we set out across the sandy field to get a cross measurement.

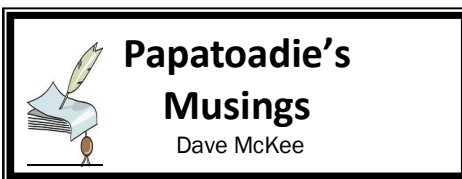
Each time the field had an irregular end we would have to measure the length and width. Some fields involved eight or ten trips. My plotter was about eighteen and in prime shape. He and

the other plotters competed to get the job done as fast and efficiently as possible.

As my shoes filled with sand and the sweat started to run into my eyes, I realized I had just signed up for a fitness program.

On we went with my boss encouraging me to go faster and the sun beat down.

I grew up a lot that day and by the end I had learned a little more of what work is about. I knew that I had not impressed, but that with determination and a little bit of luck I would survive and one summer soon I would be a plotter too.



TAKE TIME

Take Time to Think
It is the source of power.

Take Time To Play
It is the secret of perpetual youth.

Take Time to Read
It is the fountain of wisdom.

Take Time to Pray
It is the greatest power on earth.

Take Time to Love and Be Loved
It is a God-given privilege.

Take Time to Be Friendly
It is the road to happiness.

Take Time to Laugh
It is the music of the soul.

Take Time to Give
It is too short a day to be selfish.

Take Time to Work
It is the price of success.

Take Time to Be Charitable
It is the key to Heaven

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From The Mouths of Babes

(Continued from page 4)

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out. And, they eat the same thing every night — early birds.

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment, and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.



Interes^{ing} Facts

A long read but worth reading... check it out...

DON'T WASTE THAT LEMON PEEL!

Good info on using the whole lemon vs. only the juice.

Lemon production became more and more abundant around the world because of its nutritious contents. Lemons are used in many different ways in lemon industries and factories, but not among households.

How do you eat or taste lemon in your house?

Probably, you do not know how to apply lemon the right away.

Do you just squish a few drips into your whiskey, vegetable salad, bread, ice cream, roasted meat, cake, baked chicken, fruit drinks, or to your other favourite dishes? If so, what a waste!

Here, I'll tell you the real use of lemon!

I'm sure you know how nutritious a lemon is. But you may only know how to use it as a simple seasoning, as most people do, and not as a side dish. You think that only the squished juice from lemon is used, while the lemon peel is thrown away. Yes, you think that you only need that sour, citrus taste of the lemon's juice, is that right? However, we found out that many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. *How can you use the whole lemon without waste?*

Simple...place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it into your whiskey, wine, vegetable salad, ice cream, vegetable soup, chicken soup, curry soup, noodles, spaghetti sauce, rice, sushi, meat loaf, sausage, fish dishes, etc. It doesn't matter whether it's a Chinese dish, Italian dish, French dish, African, Indian, Japanese, Korean, or Latin American dish, you just name it.

All of these foods will unexpectedly have wonderful taste, something that you may have never tasted before in your life. You don't believe me?

Just try it and you will agree with me. Everything will certainly taste great! Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting. But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier.

The lemon peel is good in making you slim if you are a fat person, or makes you healthy fat if you are skinny. It is very good that the **PYRO-ENERGEN** is also for the taste of all people. It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body.

So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer!

That's the lemon secret!



More Interes^{ing} Facts

Penguins

Did you ever wonder why there are no dead penguins on the ice in Antarctica?

Where do they go?

Wonder no more!!! It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintain a form of compassionate contact with its offspring throughout its life.

If a penguin is found dead on the ice surface, other members of the family and social circle have been known to

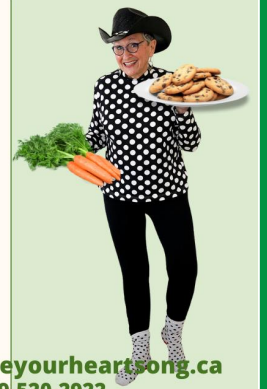
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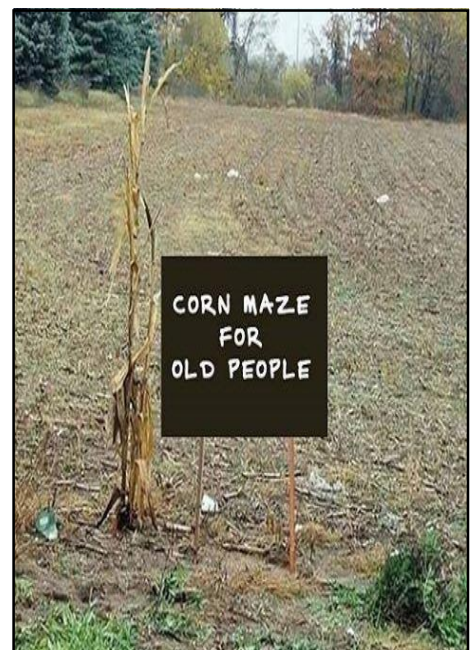
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dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried. The male penguins then gather in a circle around the fresh grave and sing:

"Freeze a jolly good fellow." "Freeze a jolly good fellow."

Then, they kick him in the ice hole. You really didn't believe that I know anything about penguins, did you?



JULY ANAGRAM

Summer Fun -40 Words - Answers Underneath



Find the hidden words above. When you have found all the words, there will be two words that won't be marked off. See if you can find them. Answers in the August issue.

Answers: to July Anagram apples, barbeque, bathing suits, berries, bicycle, boating, bugs, camping, canoeing, crops, earth, fishing, fruit, gasoline, holiday, lake, laughter, leaves, life jacket, mosquito, motorcycle outdoors, parties, picnic, planting, rollerblading, running, sailing, snorkeling, sun, sunburn, swimming, tan, tenting, thongs, tourist, travelling, vehicles, walking, worms.

Could This Be True!

Just spoke to the woman I work with and she told me her daughter (who is a mom of two young children) was enjoying her hamburger over the weekend and started choking, in discomfort, and was rushed to hospital. They had to do emergency surgery and they found a metal bristle from the barbeque brush they use to clean the grills!!!!!!

An X-ray showed what was there. Fortunately they did not have to go through her throat from the outside, everything was successful through her mouth. The surgeon said they could have used a magnet type of procedure but her throat was swollen too much.

Needless to say she is very, very sore, but the main thing, it was not her 3-year-old daughter nor her baby boy who is 2 months old!

PLEASE throw yours away if that is what you are using now. I did. There are other alternative ways to clean your grills!

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The Power of Friendship!

(Continued from page 2)

He looked at me with one of those looks (the really grateful one) and smiled.

"Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years—your parents, your teachers, your siblings, maybe a coach, but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his mom wouldn't have to do it later and was carrying his stuff home.

He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable."

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life - for better or for worse.

Friends are angels who lift us to our feet when our wings have trouble remembering how to fly. There is no beginning or end. Yesterday is history. Tomorrow is a mystery. Today is a gift.

Only In This Stupid World~

Only in This Stupid World:

.....do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.

Only in This Stupid World:

.....do people order double cheese burgers, large fries, and a diet coke.

Only in This Stupid World:

.....do banks leave vault doors open and then chain the pens to the counters.

Only in This Stupid World:

.....do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Only in This Stupid World:

.....do we buy hot dogs in packages of ten and buns in packages of eight.

Only in This Stupid World:

.....do they have drive-up ATM machines with Braille lettering.

EVER WONDER:

Why the sun lightens our hair, but darkens our skin?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavoured cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why are they called apartments when they are all stuck together?

Tired of constantly being broke and stuck in an unhappy marriage, a young husband decided to solve both problems by taking out a large insurance policy on his wife with himself as the beneficiary and then arranging to have her killed.

A 'friend of a friend' put him in touch with a nefarious dark-side underworld figure who went by the name of 'Artie.' Artie explained to the husband that his going price for snuffing out a spouse was \$10,000.

The Husband said he was willing to pay that amount but that he wouldn't have any cash on hand until he could collect his wife's insurance money. Artie insisted on being paid at least something up front, so the man



opened his wallet, displaying the single dollar coin that rested inside.

Artie sighed, rolled his eyes and reluctantly agreed to accept the dollar as down payment for the dirty deed.

A few days later, Artie followed the man's wife to the local Costco Supermarket. There, he surprised her in the produce department and proceeded to strangle her with his gloved hands. As the poor unsuspecting woman drew her last breath and slumped to the floor, the manager of the produce department stumbled unexpectedly onto the murder scene. Unwilling to leave any living witnesses behind, ol' Artie had no choice but to strangle the produce manager as well.

However, unknown to Artie, the entire proceedings were captured by the hidden security cameras and observed by the shop's security guard, who immediately called the police. Artie was caught and arrested before he could even leave the premises.

Under intense questioning at the police station, Artie revealed the whole sordid plan, including his unusual financial arrangements with the hapless husband who was also quickly arrested.

The next day in the newspaper, the headline declared...

"ARTIE CHOKES 2 for \$1.00 @ Costco"

