

# Lighten Up

August 2023 Issue



MY  
"RESIMAY"

SOUP TA

NUTS

FIGURE 8 GIZMOS

MY FAVOURITE  
THINGS

BEGIN EVERY DAY WITH A SMILE

# Lighten Up

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## LETTER FROM THE EDITOR

Just a short one this time. Lots of little things in this issue and we are half way through the summer already.

Lots of hot days and normally I don't have to use the air conditioner but I find as I get older, the humidity really bothers me. I never really did like humidity before, but it seems each year it gets worse.

I try to leave the air conditioner off until after the light period 7pm, but sometimes there seems to be some force that just makes me turn the on switch on.

Every time I get ready to crab about the heat, I realize I don't have to shovel it, and should be thankful as it wasn't that long ago that it seemed to start snowing and then it didn't know that it should stop once in awhile to give us all a breather.

Meanwhile, until that time comes again, I will be thankful that I have laughter left in my soul. Take care...keep smiling. Liz Underhill



## My Favourite Things

Anyone who has pets will really like this. You'll like it even if you don't and you may even decide you need one!

Mary and her husband Jim had a dog named 'Lucky'. Lucky was a real character. Whenever Mary and Jim had company come for a weekend visit, they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy. Inevitably, someone would forget and something would come up missing.

Mary or Jim would go to Lucky's toy box in the basement and there the treasure would be amid all of Lucky's other favourite toys. Lucky always stashed his finds in his toy box and he was very particular that his toys stay in the box.

It happened that Mary found out she had breast cancer. Something told her she was going to die of this disease...in fact, she was just sure it was fatal. She scheduled the double mastectomy, fear riding her shoulders. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her...what would happen to Lucky? Although the three-year-old dog liked Jim, he was Mary's dog through and through.

If I die Lucky will be abandoned Mary thought; he won't understand that I didn't want to leave him! The thought made her sadder than thinking of her own death.

The double mastectomy was harder on Mary than her doctors had anticipated and Mary was hospitalized for over two weeks. Jim took Lucky for his walk faithfully, but Lucky just drooped, whining and miserable.

Finally the day came for Mary to leave the hospital. When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap. Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed.

When Mary woke for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. But panic soon gave way to laughter when Mary realized the problem. She was covered, literally blanketed, with every treasure Lucky owned! While she had slept, the sorrowing dog had made trip after trip to the basement, bringing his beloved mistress all his favourite things in life. *He had covered her with his love.*

Mary forgot about dying. Instead she and Lucky began living again, walking further and further together every day. It's been 12 years now and Mary is still cancer-free. Lucky? He still steals treasures and stashes them in his toy box but Mary remains his greatest treasure.

Remember...live every day to the fullest. Each minute is a blessing, and never forget...the people who make a difference in our lives are not the ones with the most credentials, the most money, or the most awards. They are the ones who care for us. If you see someone without a smile today, give them one of yours! Live simply...love seriously...care deeply and speak kindly.




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If the number 2 pencil is so popular why is it still number 2?

Why do we press harder on the remote control when we know the batteries are weak?

What is the best thing BEFORE sliced bread?

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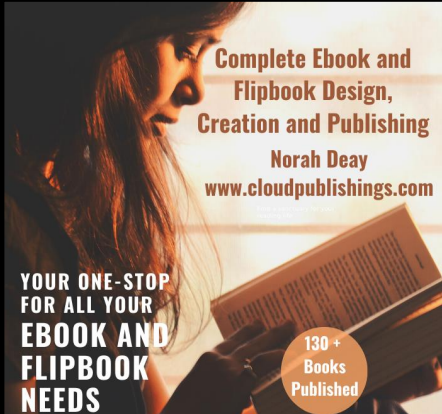
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Why do fat chance  
and slim chance  
mean the same  
thing?

Why are there no B  
batteries?



A doctor, on his morning walk, noticed the old lady (pictured on the left). She was sitting on her front step smoking a cigar, so he walked up to her and said, "I couldn't help but notice how happy you look! What is your secret?"

"I smoke ten cigars a day," she said. "Before I go to bed, I smoke a nice big joint. Apart from that, I drink a whole bottle of Jack Daniels every week, and eat only junk food. On weekends, I pop pills, drink beer, and I don't exercise at all."

"That is absolutely amazing! How old are you?"

"Forty," she replied.

### Secret to a Long Happy Marriage

An old woman was sipping on a glass of wine while sitting on the patio with her husband and she says, "I love you so much. I don't know how I could ever live with you."

Her husband asks, "Is that you or the wine talking?"

She replies, "It's me...talking to the wine."



"Soup ta  
Nuts"  
Figure 8  
Gizmos



OK, now here is the big one. For all you men reading this, close your ears cause we're gonna discuss real personal things with the ladies.

Ladies, do you remember seeing that commercial where the sagging gal gets a real lift from the figure 8 shaped gizmo that is attached to the back of her bra straps. (See picture above).

The commercial shows how easy it is to grab those straps and put this contraption on yourself. They make it look so easy and only \$14.95 each (you got a couple of different colours I think) and if you bought it right then you got an extra package plus shipping and handling of course. By the time I got round to deciding to give it a try, the commercial had left town.

Well hey now, I was in the dollar store and spied these same things for a one dollar. Why I picked up three boxes.

I couldn't wait to get me home and get busy. I knew I needed a wee lift to make my perky figure look so much younger. Up to then, I figured only a fork lift could do the job, but they swore on TV that this worked and they showed pictures to prove it. Why, the gals even looked curvier. Now I knew I wouldn't make the curvier part cause my figure 8 had left long ago and was replaced with the figure 0 starting at the top of my head. But I thought that I could use the lift-up that this gadget promised.

Clem asked me if I wanted to go out for lunch and I decided this was the time to get "the lift" going. I figured, from the way the pictures on the TV showed, why my Clem might break his spectacles from his eyes bugging out at the sight of his "new" wife.

I had a couple of hours to get ready, so I got out my Sunday best dress. I jumped in the shower, washed my hair and then put my hair up in rollers, you know just to give my hair a lift too.

While my hair was drying, I thought I had best cook some whole wheat pasta so it would be cold by lunch.

I knew the dressing part wouldn't

take long as I'm not a gussied up kind of gal.

Well folks, if you decide to get one of these "lifters", just let me warn you; start to get ready the night before, cause these things are the most ornery bra fighters I have every had the destruction to work with.

I pulled out my support bra and put it on, then I proceeded to try to reach behind me and bring my two straps together and hook this figure 8 thing onto both straps. The pressure of my trying to jerk those two straps together was almost too much strain for the straps, they kept wanting to escape the stranglehold I had on them. I finally managed to hold the darn things together with my left arm and hand twisted over my shoulder, then came the part where you "easily" insert the two straps into the figure 8.

Now here is me with my right arm and hand over my right shoulder, trying to maneuver the figure 8 thing over the squawking, trapped bra straps. They lied folks, it's not only not easy, it's impossible.

I hollered at Clem who was downstairs stirring the pasta, to get upstairs to help me out of this tangled-up mess.

He sauntered up and took one look at me twisted all over with both arms and hands and the figure 8 thing giving me the "lift".

One look at my face and the smirk on his face left in one heck of a hurry. I was not going to let this little whipper snapper of a gizmo defeat me.

I gave Clem instruction on how to get the gizmo on. With knees pushed into my back, (reminded me of the old girldle days) and pulling with all his might on my bra straps, he struggled for quite a while trying to catch them in the figure 8 thingy.

Finally, he got it and folks it works, it was the best "lift" I've had in years. I heaved a big sigh of relief and just then the figure 8 thingy gave way from all the stress I guess, flew into the open ceiling fan that propelled it into my new light fixture smashing it to bits and finally came to rest on Cranky Dog's tail.

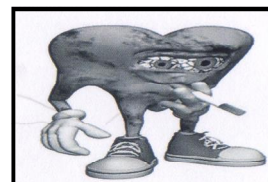
As to Clem and myself, I saw Clem the other day on the porch, looking at Cranky Dog and laughing that is until I came out with both bruised arms in slings and gave him the evil eye. How was your day!? Klara

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## With a little Bit of Luck

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

#### Tobacco Harvest

As a 14 year old, I began seven years of the best training in hard work, psychology, and drama one can imagine.

I got my first job as a laborer in tobacco. I made 12 dollars a day and I thought I was rich as I worked 30 days straight unloading "boats". The "boats" were a rectangular container on skids that was pulled between the rows of tobacco by a large workhorse and then pulled to the kiln by a red International Farmall tractor. The boats were filled with bundles of tobacco leaves picked by hand by six primers in the field.

I would unload the boat and place the leaves in piles with the stems pointing toward two teams of two women who handed leaves to the "tier".

These amazing women would grab three leaves at a time and tie them onto tobacco sticks with amazing speed and precision.

Thirty-two hands on a stick, 1250 sticks in a kiln. We started at 7:00 am and worked until the kiln was full and everything was tidied up and ready for the next day.

The tobacco was wet with dew each morning and when it rained we worked unless the lightning was flashing close by. By afternoon the August sun was merciless.

Within a week I was tired and discouraged. The pace was hectic. The women were tough. They could smoke and swear with the best of the men and they wanted to get the job done and any lagging or incompetence on my part was not going to be tolerated.

I was pushed like never before and wondered if I could make it. Then about half way through the second week as I was at home scrubbing the black gunk off my arms and hands, I had an epiphany—I realized that I could choose my attitude. I came to work the next day determined to do my best and to whistle and sing no matter what.

My new attitude had an immediate impact. My workmates still had their grumbly moments and I still made mistakes but the days went by quicker and I soon found myself looking forward to the next day. There was laughter and

joking. I was part of the team. I knew that I had passed the test and with a little bit of luck I would be back again next year.

#### My Resimay

To hoom it mae concern:

I waunt to apply for the job what I saw in the paper. I kin Type realee qwik wit one finggar and do sum counting.

I think I am good on the fone and I no I am a people person. Pepole realee seam to respond too me well. Certain men and all the ladies.

I no my spelling is not too good but find that I Offen can get a job wit my persinalety.

My salerery is open so we kin discuss wat you want to pay me and wat you think that I am werth. I kin start emeditely.

Thank too in advance fore yore anser. Hopifuly I'm Yore best applicant so farr.

Sinseerly, Bubba. P.S. Because my resimay is a bit short – turn over to the Page six and there is a pickture of me.

TEACHER: How old is your father?  
KID: He is 6 years  
TEACHER: What? How is this possible?  
KID: He became a father only when I was born.  
(Logic!! Children are quick and always speak their minds.)

TEACHER: Maria, go to the map and find North America.  
MARIA: Here it is.  
TEACHER: Correct. Now, class, who discovered America?  
CLASS: Maria.

TEACHER: Glen, how do you spell 'crocodile'?  
GLEN: K-R-O-K-O-D-I-L-A-L'  
TEACHER: No, that's wrong.  
GLEN: Maybe it is wrong, but you asked me how I spell it.  
(I love this child)

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?  
CLYDE: No sir, it's the same dog. (I want to adopt this kid!!!!)

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#### Twelve Commandments for Seniors

1. Talk to yourself. There are times you need expert advice.
2. "In Style" are the clothes that still fit.
3. You don't need anger management. You need people to stop getting you upset.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, "I don't need to write that down, I'll remember it."
6. "On time" is when you get there.
7. Even duct tape can't fix stupid, but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn't shut you up
12. You still haven't learned to act your age and hope you never will.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?  
HAROLD: A teacher.

**Realized I had to use the bathroom.**

**Got up and walked across the house, to the pantry.**

**Couldn't remember why I was in the pantry.**

**remembered I had to use the bathroom.**

**Walked across the house to the bathroom.**

**Sitting on the throne I remembered why I went to the pantry...**

**Toilet paper.**

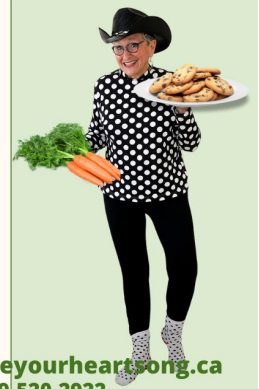
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**My whole life I never read a warning label telling me not to eat laundry detergent or put glue in my hair somehow I just knew.**

### ***Things You Say After 50***

Where the h\*\*\* is my phone?

How did I get this bruise?

That isn't my password either? WTH!?

How do they expect you to read this small print?

Where did I put my glasses?

I don't care if it doesn't look fashiona-

ble, it's comfortable!

Who the heck is calling at 9:00pm?

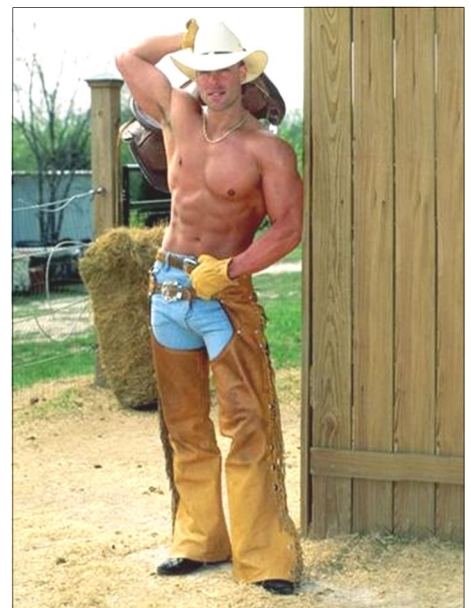
Does anyone say please and thank you anymore?

This scale can't be right!

WTH is wrong with people nowadays?

Why did I come into this room?

### ***My Resimay Contd..from page 5***



### ***Employer's Response***

It's OK, Bubba...we've got spell check...See you Monday!





Only a Canadian would get this: Two American tourists were driving through Nova Scotia. As they were approaching Shubenacadie (shoe-ben-ack-id-dee), they started arguing about the pronunciation of the town's name.

They argued back and forth until they stopped for lunch. As they stood at the counter, one tourist asked the employees, "Before we order, would you please settle an argument for us? Would you please pronounce where we are...ver-r-ry slo-o-wly?"

The waitress leaned over the counter and said:

"Tiiiiiiii Hoorrrrrtoooooonsssss..."

### ***Sometimes We Just Need to Remember What The Rules of Life Really Are.***

1. Never give yourself a haircut after three margaritas.
2. You need only two tools, WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use the tape.
3. The five most essential words for a healthy, vital relationship: "I apologize" and "You are right."
4. Everyone seems normal until you get to know them.
5. When you make a mistake, make amends immediately. Crow is easier to eat while it's still warm.
6. The best advice that your mother ever gave you was, "Go! You might meet somebody!"
7. If someone says that you're too good for him or her, believe it.
8. Learn to pick your battles. Ask yourself, "Will this matter one year from now? How about one month?"
9. If you woke up breathing, congratulations! You have another chance!
10. Be really nice to your friends and family. Some day, you may need them to empty your bedpan.

### **Answers for August Anagram**

August, barbeque, baseball, beach, bicycle, boat, boating, camping, concerts, cottages, crops, festivals, fishing, flowers, fresh fruit, fresh vegetables, garage sales, gardening, grass, heat, holidays, jamborees, July, mice, mosquitoes, motorcycle, music, parties, picnic, potato salad, rain, rodeos, roller blading, RV, shorts, sidewalk sales, swimming, tan, tenting, trailer, travel, visiting

## **AUGUST ANAGRAM**

**Subject is Summer Fun - 42 Words - Answers Bottom Left Page 7**

L	W	H	G	A	R	A	G	E	S	A	L	E	S	D	L	G	H	B	L	W	N	S	Z	M
R	R	R	Q	V	Z	N	G	C	F	Z	R	M	U	S	I	C	G	A	N	L	N	E	N	X
J	W	J	T	T	I	N	T	L	K	C	T	D	S	L	W	X	W	S	D	Z	T	I	S	X
T	K	Z	G	T	I	B	R	T	M	K	O	Z	T	R	G	W	T	E	R	T	N	T	E	Q
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F	I	L	Q	O	L	G	L	R	R	T	W	R	Z	A	L	H	H	I	A	B	D	D	H	R
B	Y	R	Z	S	L	S	K	N	A	P	X	C	L	E	L	S	S	N	N	C	R	W	S	O
V	J	N	Y	Q	E	H	T	Q	Q	B	K	Z	F	B	E	R	F	H	R	E	B	T	E	T
W	K	Y	J	U	R	O	F	I	S	H	I	N	G	R	N	Y	E	T	O	O	D	M	R	O
L	T	W	R	I	B	L	L	L	T	K	H	X	F	K	K	A	B	K	A	R	G	R	F	M
F	T	K	Q	T	L	I	K	G	N	I	P	M	A	C	T	F	B	T	H	T	T	R	A	N
X	W	C	L	O	A	D	Z	T	R	A	V	E	L	Q	V	D	H	N	Z	N	L	S	N	G
T	Z	H	Q	E	D	A	J	C	P	T	S	U	G	U	A	R	B	N	P	T	F	H	N	K
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P	B	A	N	K	N	S	X	P	I	C	N	I	C	C	N	V	S	S	A	R	G	W	K	M
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V	D	N	F	D	A	L	A	S	O	T	A	T	O	P	J	T	N	L	W	J	P	D	B	M
N	G	Y	T	N	Z	K	N	N	S	E	L	A	S	K	L	A	W	E	D	I	S	F	Q	J



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**Circuses struggling to find new clowns as top prospects continue to go into politics**



## Just When He Was Havin Fun!

A cowboy, who just moved to Alberta from Manitoba, walks into a bar and orders three mugs of Canadian. He sits in the back of the room, drinking a sip out of each one in turn. When he

finishes them he comes back to the bar and orders three more.

The bartender approaches and tells the cowboy, "You know, a mug goes flat after I draw it. It would taste better if you bought one at a time."

The cowboy replies, "Well, you see, I have two brothers. One is in BC, the other is in ON. When we left our home in Winkler, MB, we promised that we'd drink this way to remember the days when we drank together, so I'm drinking one beer for each of my brothers and one for myself."

The bartender admits that this is a nice custom and leaves it there. The cowboy becomes a regular in the bar and always drinks the same way. He orders three mugs and drinks them in turn.

One day he comes in and only orders

two mugs. All the regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss."

The cowboy looks quite puzzled for a moment then a light dawns in his eyes and he laughs. "Oh no, everybody's just fine," he explains. "It's just that my wife and I joined the church and I had to quit drinking. Hasn't affected my brothers though."

*Don't yah  
just love those  
cowboys*



An elderly man on a Moped, looking about 90 years old, pulls up next to a doctor at a street light. The old man looks over at the sleek shiny car

and asks, "What kind of car yah got there, sonny?"

The doctor replies, "Ferrari GTO. It cost half a million dollars!"

"That's a lot of money," said the old man. "Why does it cost so much?"

"Because this car can do up to 220 miles an hour!" states the doctor proudly.

The Moped driver asks, "Mind if I take a look inside?"

"No problem," replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting

back on his Moped, the old man says, "That's a pretty nice car all right...but I'll stick with my Moped!" Just then the light changes so the doctor decides to show the old man just what his car can do. He floors it, and within 20 seconds the speedometer reads 140 mph. Suddenly he notices a dot in his rear-view mirror. It seems to be getting closer! He slows down to see what it could be and suddenly WHOOOOSSSHH!, something whips by him going much faster!

"What on earth could be going faster than my Ferrari?" the doctor asks himself. He presses harder on the accelerator and takes the Ferrari up to 180 mph. Then, up ahead of him he sees that it's the old man on the Moped! Amazed that the Moped could pass his Ferrari, he gives it more gas and passes the Moped at 200 mph and he's feeling pretty good until he looks in the mirror and sees the old man gaining on him AGAIN! Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 220 mph. Not ten seconds later, he sees the Moped bearing down on him again! The Ferrari is flat out and there's nothing he can do! Suddenly the Moped plows into the back of his Ferrari, demolishing the rear end. The doctor stops and jumps out and unbelievably the old man is still alive. He runs up to the banged-up old guy and says, "I'm a doctor...Is there anything I can do for you?"

The old man whispers, "Unhook my suspenders from your side-view mirror!"

When I was a kid, you could go to a store with just \$1.00 and come home with 4 comics, 3 chocolate bars, 2 packs of trading cards, a bag of chips and a cold drink.



Now, they've got  
cameras everywhere!

*Hope You're  
Enjoying Your  
Summer*

