

November 2023 Issue

# Lighten Up

**Remembrance Day**

**Begin Every Day With A Smile**



# Lighten Up

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Since Remembrance Day is upon us, I wanted to feature poetry written by our readers of tribute to our troops past and present who have given to us the privilege of enjoying this wonderful land of ours without thought of looking over our shoulder in fear. Thanks to all.

I have included some articles that allude to memory of other kinds.

Please take the time not only on the 11th of November, but every day, to send a silent prayer of thanks to not only our troops, but everyone who is tirelessly working to make a better life for all of us. Liz Underhill



## **1910 MODEL FORD R**

*This will boggle your mind, I know it did mine!*  
\*\*\*\*\*

The year is 1910

One hundred years ago.

What a difference a century makes!

Here are some statistics for the Year 1910:

The average life expectancy for men was 47 years.

Fuel for this car was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

There were only 8,000 cars and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower!

The average wage in 1910 was 22 cents per hour.

The average worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at HOME.

Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as 'substandard.'

Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound.

Most women only washed their hair

once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into the country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The population of Las Vegas, Nevada, was only 30!!!!

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was no Mother's Day or Father's Day.

Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health." (Shocking? DUH! )

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the ENTIRE U.S.A.!

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OLD FARMER'S ADVICE: The biggest troublemaker you'll probably ever have to deal with watches you from the mirror every mornin'.  
Good judgment comes from experience and a lotta that comes from bad judgment.  
Live kindly. Leave the rest to God. Live simply. Love generously. Care deeply.

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ART**



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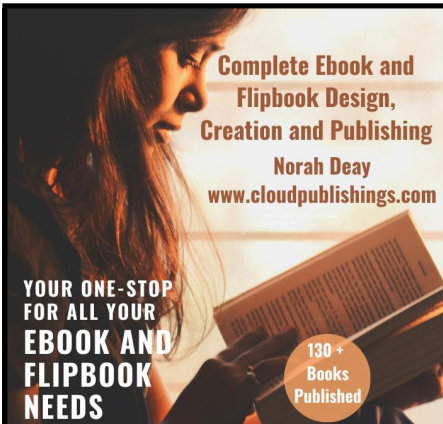
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Ham and Eggs. A day's  
work for a chicken, a  
lifetime commitment  
for a pig.

Ninety percent of being  
ready, is half mental.

## IF I HAD MY LIFE TO LIVE OVER

Erma Bombeck

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less

about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't

show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, 'Later... Now go get washed up for dinner.' There would have been more 'I love you's' - more 'I'm sorry's.'

But mostly, given another shot at life, I would seize every minute, look at it and really see it - live it and never give it back. STOP SWEATING THE SMALL STUFF!



## "Soup ta Nuts"

### Marriage & Funerals

I was thinking the other day about marriage as I sat at my cousin's funeral. Now don't ask me how the heck the two go together except sometimes I have been known to threaten my Clem with his life for not doing just what I want when I want. Not that I ever would, the dear thing. Why if something happened to him, who would get my slippers, well except Crabby Dog who would chew them to bits before I'd ever get my crooked toes into them, and that got me to thinking of all the things I would miss if my Clem weren't here; actually marriage can be fun some of the time, except marriage is for all time.

If he croaks before me, I would have to get up every morning and make my own breakfast, and Lord forbid that I had to drink my own cup of coffee. Last time I laid my hands on that was for my cousin mentioned above. He asked for a half cup of sugar for his wee cup of coffee along with a great dollop of our Croaker's (our pet cow) cream. Why he didn't leave any room for my delicious home-made coffee. Hey I wonder if it could have hastened his demise. Guess now I'll never know.

Clem even does most of the cooking since I near killed him when I cooked that special steak supper. If I remember right, after I pounded the dickens out of the thing with my hammer, I soaked the whole thing in pepper and Clem's moonshine. I believe he was laid up for a week or so.

My wifely chores used to include the laundry too, but I know you will sympathize with me when I tell you I only

produced one sock after each wash. I swore to Clem that I didn't hide them in the mending basket because I don't sew. He finally went out and bought a dozen bunch of socks all looking the same. I believe he's down to three socks left as we speak.

He finally took that chore over saying he couldn't afford to have me doing the laundry, and oh yes, I forgot to mention that his under shorts kept coming back from the wash and getting looser and looser. I just couldn't confess that Cranky Cat and Crabby Dog love getting hold of them and have been known to have a tug-of-war with the elastic part.

I told him that if he wasn't such a tight wad, he would get himself some expensive ones that didn't fall apart on the first wash.

Without Clem around, I would have to treat myself to dinner, do my own oil changes, change my tires, take the storms off in the spring, clean them and put them back on in the fall. I would have to get my butt out there and shovel the snow off the porch steps, take out the garbage, scratch my own back, laugh with myself, share old memories with the walls, cut my own wood for the stove, look after the livestock and heaven forbid plant and harvest my own garden.

I am now waiting for Clem to come home from getting groceries, so I can give him the biggest hug and tell I will take him out to dinner tonight, my treat. I thought about cooking him a special dinner, but I don't think that would be the best for his health at this time. Till next time. Klara

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### Oliver's Tips

- 1** To remove bleach smell from hands (and that slimy feeling) pour a little vinegar or lemon juice over your hands then rinse. (Bleach is alkaline, vinegar and lemon are acid, so they cancel each other out and balance the pH of your skin.)
- 2** To make a room smell nice spray a fragrance you like onto a light bulb and when you turn on the light bulb it will let off the smell with the heat. Caution: Only do this when the bulb is cold.
- 3** Keep your socks together in the wash and dry process. Get some safety pins and keep them by the washing machine for your socks. Pin the toes of the socks together so you save time matching them up after the laundry process.
- 4** Save on cleaning materials. The best thing for cleaning anything around the house is very hot water with a squirt of good quality washing up liquid, and a window cloth. Have the water as hot as possible; therefore, use rubber gloves, and ring out the cloth as much as possible. Use this for cleaning windows (inside and out), mirrors, tiles, marble furniture, even the bedroom furniture, dusting around the house, car windows, on anything that you might use cleaning products or polishes. Guaranteed not to leave smears.

# Remembrance Day



## With a little Bit of Luck

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

#### Reality Check

Back in the day young men proved their worth in the tobacco fields of southern Ontario, I eagerly looked forward to my turn to prove my manhood and earn big bucks on a farm near home.

I finally got my first chance at 15. Before we started harvesting the tobacco the farmer topped each plant at about 22 leaves so that all the plant nutrients would enrich these 22 leaves. The tobacco plant had other ideas. It tried to produce a new plant wherever the leaves protruded from the stem. This led to a number of techniques to keep the "suckers" from growing.

That year the technique was to use an applicator (the gun) to place a portion (the shot) of oil on the top of the stem so it would run down and burn any suckers that tried to grow.

So here I was working with a team of 10 with my own container of sucker control on my back, connected with a long hose and a gun that I placed over the top of each plant, squeezed the trigger and moved on.

It took eye and hand coordination and with over 50 acres of tobacco to treat, the pressure to move quickly was emphasized.

Making the huge sum of \$1.20 per hour I felt like a gunslinger from the Old West as I marched down the rows shooting each plant and quickly moving on. Many of my workmates were a bit older and I tried to learn their techniques and struggled to keep pace.

By day two I was feeling pretty good about myself. I had already earned over \$15 and had realized I was a bit slower, but I was basically getting the job done. That's when reality hit. As I was strolling down the streets of Dodge shooting bad guys, one of my workmates interrupted my daydream by saying he had heard the boss talking about me.

Suddenly I was all ears. "What did he say?" He said, "If that guy doesn't speed up, I am going to have to let him go." I suddenly realized that keeping up wasn't good enough.

As the new guy I had to prove myself. I quickly found another gear and with a little bit of luck worked five summers at that farm.



## POETIC ENDEAVOURS

Poet Cal

### H.M.C.S. TILLSONBURG

Of the Castle Class, she held her own  
South Western Ontario,  
town she was known  
Of three hundred twenty,  
Corvette, her style  
She rocked the waves,  
she rolled the while  
Sub Chaser ships were very good  
The Nazi navy, understood  
For thirty-three, their subs were sunk  
Sent to the deep, now rusted junk.

In this our year, two thousand ten  
Our Navy proud, remembers when  
They visit towns, those Corves did name  
Some near, some far,  
a "Thank You" game  
To Yellowknife, up further north  
Sailors, Vets, have memories worth  
Recalling those who made it through  
Those lives ended, honoured, too.

A tribute now, though years have flown  
Of memoried vessels, all Canada's Own  
Forgotten not, by those today  
Whose voices raise, "Ready, Aye"  
"Ready", Navy, Blues and Whites  
Sail those oceans, days and nights  
Corvettes, or Cruisers, large or small  
Fond memories ever, ever all!

Naval Reservist, Poet Cal,  
asks one and all to pause this Day  
in Remembrance.  
poetcall

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# Believe It or Not

## Water vs. Coke

### WATER



75% of Americans are chronically dehydrated. (Likely applies to half the world population)

In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger. Even MILD dehydration will slow down one's metabolism as 3%.

One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?



### COKE

In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the

highway after a car accident.

You can put a T-bone steak in a bowl of Coke and it will be gone in two days.

To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.

To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase of osteoporosis.

To carry Coca-Cola syrup, (the concentrate) the commercial trucks must use a hazardous Material placards reserved for highly corrosive materials.

The distributors of Coke have been using it to clean engines of the trucks for about 20 years!

Now the question is, would you like a glass of water?

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## Pet Peeves

Do you have Pet Peeves?

Send your pet peeves to: [liz@lizunderhill.com](mailto:liz@lizunderhill.com)

My pet peeve is about the newscasts. Why do they speed that little ticker tape underneath the current people talking? My ears and eyes are trying to listen to what the speaker is saying, and at the same time reading what the heck is going on elsewhere. No wonder people need bifocals and trifocals. *LM*

TV's that have shows with phones or door bells on it. I am forever up and down looking for where I put the phone. I even scramble through my purse to see if it is my cell phone. By the time I figure it all out, the program is over. *HJ*

I have trouble with people chewing and making a noise or eating with their mouths open. How gross! Don't they know how annoying and frustrating that can be? I wonder how these people would like it if I sang when they were eating. Believe me, when I sing it is not like any bird you have heard, more like a frog. *DM*

### FROM A DOG'S PERSPECTIVE

Taking me to the vet for "the big snip", then acting surprised when I freak out every time we go back!



Any haircut that involves bows or ribbons. Now you know why we chew your stuff up when you're not home.

Yelling at me for barking. I'M A DOG!

Taking me for a walk, then not letting me check stuff out. Exactly whose walk is this anyway?



An elderly couple had dinner at another couple's house, and after eating, the wives left and table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great...I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know...the one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



### More Church Bulletins

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement, Friday at 7pm. The congregation is invited to attend this tragedy.

Morris, an 82-year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that", I said "You've got a heart murmur, be careful."

### Oxymorons

Is it good if a vacuum really sucks? Why is the third hand on the watch called the second hand? If a word is misspelled in the dictionary, how would we ever know? If Webster wrote the first dictionary, where did he find the words? Why do we say something is out of 'Whack'? What is a whack? Why do 'tug' boats push their barges? Why do we sing 'Take Me Out To The Ball Game' when we are already there?

### Rewrite of 1960's Music

To accommodate aging baby boomer's

Splish, Splash, I was Havin' A Flash

Mrs. Brown, You've Got A Lovely Walker

I Get By With A Little Help From Depends

How Can you Mend A Broken Hip?

The First Time Ever I Forgot Your Face

I Can't See Clearly Now

Fifty Ways to Lose Your Liver

Once, Twice, Three Times To The Bathroom



A White Shade of Hair

Papa's Got A Kidney Stone

Knock 3 Times on the Ceiling If You Hear Me Fall

I Am Woman, Hear Me Snore

It's My Procedure, and I'll Cry If I Want To

On The Commode Again



## MATH QUIZ

Here is a math exercise that may amaze you.

1. Grab a calculator.
2. Key in the first three digits of your phone number (not area code)
3. Multiply by 80
4. Add 1
5. Multiply by 250
6. Add the last four digits of your phone number
7. Add the last four digits of your phone number again.
8. Subtract 250
9. Divide by 2

Do you recognize the answer?



## Medical Secretary Typing Bloopers!

1. The patient has no previous history of suicides.
2. Patient has left her white blood cells at another hospital.
3. Patient's medical history has been remarkably insignificant with only a 40-pound weight gain in the past three days.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status: Alive, but without my permission.
10. Healthy appearing decrepit 69-year-old male, mentally alert, but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in casualty, she was examined, x-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.

17. Rectal examination revealed a normal-size thyroid.
18. She stated that she had been constipated for most of her life until she got a divorce.
19. I saw your patient today, who is still under our care for physical therapy.
20. The lab test indicated abnormal lover function.
21. Skin: Somewhat pale, but present.
22. Patient has two teenage children, but no other abnormalities.
23. When she fainted, her eyes rolled around the room.
24. The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
25. She slipped on the ice and apparently her legs went in separate directions in early December.
26. The patient was to have a bowel resection. However, he took a job as a stock broker instead.
27. By the time he was admitted, his rapid heart had stopped, and he was feeling better.
28. Between you and me, we ought to be able to get this lady pregnant.

### "LEST WE FORGET"

*(To a Dear & Special Friend)*

It was the day I forgot to say thank you

To a friend with a story to tell  
With a heart as big as a temple  
Where Jesus chooses to dwell  
Honour and valour become him  
My friend not of stature or fame  
But never a word do I hear him  
Speak of himself in that vain  
Humble and giving I hear him  
Describe the places he's been

With a smile and a tear that beget him

Reminiscing in time once again  
The years come and go in tomorrow  
Yesterday is a vivid refrain

Today is the script of a trooper  
Who quietly endures just the same  
To my friend I want to say thank you

Forgive me for being so lame  
Taking for granted my freedom

The freedom you gave me with pain  
You're not just a friend for a season

You're not just my friend for today

Your life gives me purpose and reason

For you, I thank God when I pray

*Nancy Clark*

## GUIDE FOR LIVING

1. Compliment three people every day.
2. Be the first so say, "Hello".
3. Live beneath your means.
4. Never give up on anybody. Miracles happen.
5. Never deprive someone of hope. It may be all he has.
6. Pray not for things, but for wisdom and courage.
7. Be tough-minded but tender-hearted.
8. Be kinder than necessary.
9. Don't forget, a person's greatest emotional need is to feel appreciated.
10. Keep your promises.
11. Remember that overnight success usually takes about 15 years.
12. Leave everything better than you found it.
13. Remember that winners do what losers don't want to do.
14. When you arrive at your job in the morning, let the first thing you say brighten everyone's day.
15. Don't rain on other people's parades.
16. Never waste an opportunity to tell someone you love them.

Ladies being a cougar takes more than just being over 40/50 years old. You need your own house, money and good credit. If you don't have any of that you're just a stray cat