

The Chatterbox 2024 ISSUE

**SOUP TA
NUTS
REUNIONS**



**New Year's Resolutions
Lessons About the Way
We Treat People**

Begin Every With A Smile

The Chatterbox

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LETTER FROM THE EDITOR: Wow! What a year! I want to take this time to thank all our supportive friends who have laughed along with us and sent us articles and ideas.

I also want to take the time to thank our Poet Cal for his wonderful poetry and to "Buzz Lightly" (aka Doug Lester) for sharing his life's experiences. I mustn't forget Ms. Klara and Clem Kravitz.

And while I'm at it, you will notice that the name Chatterbox has returned. After many requests and a lot of thinking, we decided to return to our original name. All the best in the upcoming year. Liz Underhill



LAKE SUPERIOR FACTS

Lake Superior contains ten percent of all the fresh water on the planet Earth.

It covers 82,000 square kilometers or 31,700 square miles.

The average depth is 147 meters or 483 feet.

There have been about 350 shipwrecks recorded in Lake Superior.

Lake Superior is, by surface area, the largest lake in the world.

A Jesuit priest in 1668 named it Lac Tracy, but that name was never officially adopted.

It contains as much water as all the other Great Lakes combined, plus three extra Lake Erie's!!

There is a small outflow from the lake at St. Mary's River (Sault Ste Marie) into Lake Huron, but it takes almost two centuries for the water to be completely replaced.

There is enough water in Lake Superior to cover all of North and South America with water one foot deep.

Lake Superior was formed during the last glacial retreat, making it one of the earth's youngest major features at only about 10,000 years old.

The deepest point in the lake is 405 meters or 1,333 feet.

There are 78 different species of fish that call the big lake home.

The maximum wave ever recorded on Lake Superior was 9.45 meters or 31 feet high.

If you stretched the shoreline of Lake Superior out to a straight line, it would be long enough to reach from Duluth to the Bahamas.

Over 300 streams and rivers empty into Lake Superior with the largest source being the Nipigon River. The average underwater visibility of Lake Superior is about 8 meters or 27 feet, making it the cleanest and clearest of the Great Lakes. Underwater visibility in some spots reaches 30 meters.

In the summer, the sun sets more than 35 minutes later on the western shore of Lake Superior than at its southeastern edge.

Some of the world's oldest rocks, formed about 2.7 billion years ago, can be found on the Ontario shore of Lake Superior.

It very rarely freezes over completely, and then usually just for a few hours. Complete freezing occurred in 1962, 1979, 2003 and 2009.

Author Unknown

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“How do the geese know when to fly to the sun? Who tells them the seasons? How do we humans know when it is time to move on? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown. *Elisabeth Kubler-Ross*

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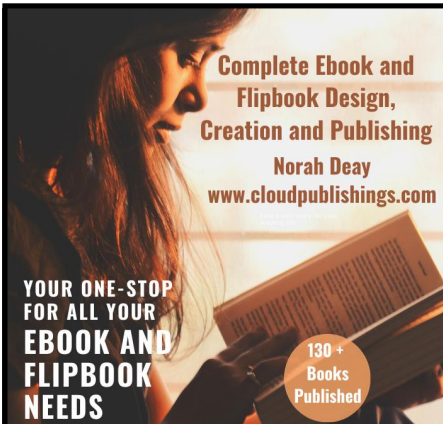
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Thoughts to Ponder

“Do what you feel in your heart to be right, for you’ll be criticized anyway. You’ll be damned if you don’t.”

Eleanor Roosevelt

Did You Know?

Elephants are the only animals that cannot jump.
The body’s strongest muscle is our tongue.
Statistically, people are more afraid of spiders than they are of dying.
All polar bears are left-handed.
Crocodiles cannot stick out their tongue.
Butterflies taste with their feet.
A cockroach can live 9 days without its head. It only dies because it cannot eat.
A duck’s quack has no echo and no-body knows why.
Each King on playing cards represent a King in real history. Spades: King David. Clubs: Alexander The Great.

Hearts: Charlemagne. Diamonds: Julius Caesar.
It is impossible to sneeze with your eyes wide open.
Starfish have no brains.
Multiplying $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$.
A statue in a park with a soldier on a horse with its 2 feet in the air means the soldier died in combat. If the horse has only 1 foot in the air, the soldier died of injuries from combat. If the horse has all 4 feet on the ground, the soldier died of natural causes.
Mosquitoes have teeth.
Thomas Edison was afraid of the dark.
The word “cemetery” comes from the Greek “koimetirion” which means dormitory.

When the English settlers landed in Australia, they noticed a strange animal that jumped extremely high and far. They asked the aboriginal people, using body language and signs, about this animal. They responded with “Kan Ghu Ru”. The English then adopted the word kangaroo. What the aboriginal people were really trying to say was “we don’t understand you”. “Kan Ghu Ru”.
During historic civil wars, when troops returned without any casualties, a writing was put up so all could see, which read: “O Killed”. From here we get the expression “O.K.” which means all is good.



"Soup ta Nuts"

Reunions

Have you ever wondered how old you really look to other people? I know that I haven't aged much, well not too much. I have found the odd laughing line of course, by looking in a strong magnifying glass.

Clem declares I am still his young spring chicken, but somehow a few of my springs are missing, and the ones left have lost their bounce and I now sport a few soft spots here and there. Don't you just love it when your man tries to tell you that you are growing old, but adds a bit of sweetness to it? I used to think he said it lovingly, but now I know it's because he didn't want to go flying out the front door bouncing full tilt on his own cracked springs.

The other day out to the get the mail I went and there was a letter in there from an old high school I went to in my teens saying there was a school reunion coming up for all who attended in the year 1959.

My immediate reaction was to wonder if Benny Doberman, my first love, would be there. He was tall, handsome, tanned, the blackest of hair, and arms on him like the branches of our old oak tree. I wondered if he would recognize me after all these years. I hadn't really changed much except for my hair, a few laugh lines and as I said a few sagging springs here and there.

I decided I just had to go to see my heart throb and decided I had better fix some of my rusty features that getting a wee bit older had caused. The first of the fixings was to get these old teeth cleaned.

When I called to make an appointment they told me old Dr. Baisley had finally taken holiday and a new dentist had taken his place until he came back. Getting my teeth cleaned was no big deal, so in I went. When it was my turn, and the lady put me in that chair, in shuffles this decrepit man who looked somewhat familiar to me. I kept staring at him as he cleaned my teeth, all the while thinking I didn't know any old man, other than Clem that is, but all

the same, something groaned in my memory banks. When he was finished and I was finally sitting in a respectable position, I asked him if he had gone to HB Beal School in London. He said, yes he had. My skin was starting to itch...it does that sometimes when I know I'm on to something.

"Did you happen to graduate in 1959?" I felt my baby blues starting to twitter, whether out of excitement or shock, I don't recall which, as I for sure recognized this old codger as Benny, but now with drooping jowls, white hair, and arms that looked more like the old weeping willow that we used to swing on down by the creek.

"Yes, as a matter of fact I did", he said smartly.

"Oh golly is your name Benny Doberman?"

"Sure is. Why do you ask?"

"I believe you were in my class."

He studied me for a minute and I could see the dawn of recognition slowly begin in his squinty eyes. It took a minute for his eyes and brain to register.

"I remember you", he said with a white-toothed grin. "Weren't you my teacher?"

What! I didn't have the nerve or the breath to tell that old codger off. Me the belle-of-the-ball - his teacher?

I grabbed my coat and purse and rushed out the office door almost knocking his receptionist down. Send me the bill, I shouted over my shoulder.

I decided the only thing that should have been cleaned that day was his clock! Imagine. How was your week? Klara

Special Poem For Older Folks



A row of bottles on my shelf
Caused me to analyze myself.

One yellow pill I have to pop
Goes to my heart so it won't stop.

A little white one that I take
Goes to my hands so they won't shake.

The blue ones that I use a lot
Tell me I'm happy when I'm not.

The purple pill goes to my brain
And tells me that I have no pain.
The capsules tell me not to wheeze
Or cough or choke or even sneeze.

The red ones, smallest of them all
Go to my blood so I won't fall.
The orange ones, very big and bright
Prevent my leg cramps in the night.

Such an array of brilliant pills
Helping to cure all kinds of ills.

But what I'd really like to know
Is what tells each one where to go!

Author Unknown

I knew the romance was dead when I drank champagne out of the old girl's slipper and choked on a Dr. Scholl's foot pad.

I knew I was going bald when it was taking longer and longer to wash my face.

The local paper sent a reporter out for my 90th birthday. He asked the secret to my longevity. "Simple," says I to him ... "KEEP BREATHING!"

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**Happy
New
Year!**

LESSONS ABOUT THE WAY WE TREAT PEOPLE

1 - First Important Lesson - Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one:

"What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say 'hello.' I've never forgotten that lesson. I also learned her name was Dorothy.

2. - Second Important Lesson - Pickup in the Rain

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960's. The man took her to safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached. It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away... God Bless you for helping me and unselfishly serving others." Sincerely, Mrs. Nat King Cole.

3 - Third Important Lesson - Always remember those who serve.

In the days when an ice cream sundae

cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it.

"Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient.

"Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

4 - Fourth Important Lesson - Giving When it Counts.

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the colour returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

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The Black Bra (as told by a woman)



I had lunch with 2 of my unmarried friends. One is engaged, one is a mistress, and I have been married for 20+

years.

We were chatting about our relationships and decided to amaze our men by greeting them at the door wearing a black bra, stiletto heels and a mask over our eyes. We agreed to meet in a few days to exchange notes.

Here's how it all went.

My engaged friend:

The other night when my boyfriend came over he found me with a black leather bodice, tall stilettos and a mask. He saw me and said, "You are the woman of my dreams. I love you." Then we made passionate love all night long.

The mistress:

Me too! The other night I met my lover at his office and I was wearing a raincoat, under it only the black bra, heels and a mask over my eyes. When I opened the raincoat he didn't say a word, but he started to tremble and we had wild sex all night.

Then I had to share my story:

When my husband came home I was wearing the black bra, black stockings, stilettos and a mask over my eyes. When he came in the door and saw me he said: *What's For Dinner Zorro!*



Oliver's Tips Honey

Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing". When this happens I loosen the lid, boil some water, and sit the honey container in the hot water, turn off the heat and let it liquefy. It is then as good as it ever was. Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

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pet Peeves

Do you have Pet Peeves?

Send your pet peeves to:

liz@lizunderhill.com. You can remain
anonymous if that is your wish.

My pet peeve is when I am calling a company to straighten something out or to acquire some information and I am connected to someone in customer service that does not understand what I am trying to convey, nor do I understand the answer they are giving to me. I am sure they are trying their best, so for my New Year's resolution I decided to take out my frustration and devise a solution.

Something to think about... I want to ask each of you to consider doing the following when you are talking on the phone to any Canadian customer-service representative that is based in a foreign country (like India). I have done this twice and it works! Any time you call an 800 number (for a credit card, banking, charter communications, health insurance, insurance, you name it) and you are transferred to a representative that is based in another country please consider doing the following:

After you connect and you realize that the customer service representative is not from Canada (you can always ask if you are not sure about the accent), please say very politely (be polite: this is not about trashing other cultures), "I'd like to speak to a customer service representative in Canada." The representative might suggest talking to his/her manager, but, again, politely say, "Thank you, but I'd like to speak to a customer-service representative in Canada." YOU WILL BE IMMEDIATELY CONNECTED to a representative in Canada.

It only takes less than one minute to have your call re-directed to Canada. Tonight, when I got re-directed to a Canadian representative, I asked again to make sure I was speaking to someone in Canada, and yes, the woman to whom I was speaking was from Toronto.

Imagine tomorrow, if every Canadian citizen who has to make such a call, requests a Canadian representative how that would ultimately impact the number of Canadian jobs that would need to be created ASAP. Imagine what would happen if every Canadian citizen insisted on talking to only Canadian phone representatives from this day on.

Remember: the goal here is to restore jobs back here at home, not to be abrupt or rude to a foreign phone representative. F.M.

How To Plant A Garden



For the garden of your daily living,

Plant three rows of peas:

1. Peace of mind 2. Peace of heart 3. Peace of soul

Plant four rows of squash:

1. Squash gossip 2. Squash indifference
3. Squash grumbling 4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful 2. Lettuce be kind
3. Lettuce be patient 4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings 2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other 2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

With a little Bit of Luck

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

Tough Sledding

There was time back in the day before golf courses got sued that the local golf course was filled with winter activities. On any given Saturday hundreds of locals of all ages in stages would head to the steepest hill on our local course to try their luck and demonstrate their courage.

Although there were times when we didn't see straight for a week or two we kept our stories to ourselves for fear of being grounded by an overcautious parent.

At the time there were three types of rides down the hill - a wooden toboggan, a sled with runners, or a large piece of cardboard from a packing box. Then, with standing up, adding extra bodies, experimenting with jumps and ramps, the possibilities were endless.

About my twelfth birthday my father and a friend's father both got creative. My dad liked to work with wood so under our Christmas tree we discovered a shiny new bright red home-made sleigh with brushed aluminum edging attached to its runners. It looked great but when we field-tested it, we soon discovered that it was not meant to slide. We took a running start threw it down with great gusto and soon rolled off the front as our new sleigh refused to carry us down the hill.

My neighbour's dad worked with steel so he welded together a sled that was indestructible. It could also slide. It had two drawbacks - both connected to its weight. It took two of us struggling to pull it up the hill. It slid well but even a wild-eyed twelve-year-old was smart enough to know that if it ever hit us or someone else there would be serious injuries.

It was impossible to steer so it was an accident waiting to happen. One day with each of our father's hard work was more than enough. With a little bit of luck we survived the field testing of both our new sleds and managed to return to using an old toboggan without bruising ourselves or our fathers' egos.

QUOTABLE QUOTES

Inside every older person is a younger person – wondering what the heck happened?

Cora Harvey Arm strong

Inside me lives a skinny woman crying to get out but I can usually shut her up with cookies.

Unknown

The hardest years in life are those between ten and seventy.

Helen Hayes (at 73)

I refuse to think of them as chin hair. I think of them as stray eyebrows.

Janette Barber

Thirty-five is when you finally get your head together and your body starts falling apart.

Caryn Leschen

If you can't be a good example – then you'll just have to be a horrible warning.

Catherine

I'm not going to vacuum it until Sears makes one you can ride on.

Roseanne Barr

Behind every successful man is a surprised woman

Maryon Pearson

When life hands you lemons, ask for tequila and salt and call me over!!



POETIC ENDEAVOURS

Poet Cal

SUNDAY MORNING SILENCE

In eerie midnight quiet
the depth of whiteness grew
Settling, ever deeper
hushed sounds of life withdrew

To build upon the rooftops
on the leafage of the ground
The steepness of the steeple
no flakes there to be found

The park, all minus people
the trees in mute display
No gust of morning's airflow
unbroken silence day

Await the peal of church bells
calling sinners to their pew
The Pastor, and his Deacons
to spread His word, anew

The wonderment of townsight
all clad in snowfall grand
Bright sunlight of the morning
upon new dressed up land

Another day of weather
this church, in beauty, grace
This silence, utter silence
of wintertime's embrace!

The journey of a thousand miles begins with a broken fan belt and a leaky tire.

It's always darkest before dawn. So, if you're going to steal your neighbour's newspaper, that's the time to do it.

If you think nobody cares if you're alive, try missing a couple of car payments.



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My Favourite Animal



Our teacher asked what my favourite animal was, and I said, "Fried chicken."

She said I wasn't funny, but she couldn't have been right, be-

cause everyone else laughed. My parents told me to always tell the truth. I did. Fried chicken is my favourite animal.

I told my dad what happened, and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too. Especially chicken, pork and beef. Anyway, my teacher sent me to the principal's office.

I told him what happened, and he laughed, too. Then he told me not to do it again.

The next day in class my teacher asked me what my favourite live animal was.

I told her it was chicken.

She asked me why, so I told her it was because you could make them into fried chicken.

She sent me back to the principal's office.

He laughed, and told me not to do it again.

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am.

Today, my teacher asked me to tell her what famous person I admired most.

I told her, "Colonel Sanders". Guess where I am now?

Believe It or Not

AUGUSTA, Ga. - A U.S. Marine reservist collecting toys for children was stabbed when he helped stop a suspected shoplifter in eastern Georgia. Best Buy sales manager, Orvin Smith, told The Augusta Chronicle the man was seen on surveillance camera Friday putting a laptop under his jacket at the Augusta store.

When confronted, the man became irate, knocked down an employee, pulled a knife and ran toward the door. Outside were four Marines collecting toys for the service branch's "Toys For Tots" program.

Smith said the Marines stopped the man, but he stabbed one of them, Cpl. Phillip Duggan, in the back. The cut did not appear to be severe.

The suspect was transported to the local hospital with a fractured skull, two broken arms, a broken leg, seven broken ribs, broken nose, ruptured spleen, eight broken fingers, 5 missing teeth, and assorted lacerations and bruises which he obtained when he fell, trying to run after stabbing the Marine.

The suspect, whose name was not released, was held until police arrived. The Richmond County Sheriff's office said it is investigating.



Happy New Year!

For The Love of Grandmas

Grandmas are moms with lots of frosting. ~Author Unknown

What a bargain grandchildren are! I give them my loose change, and they give me a million dollars' worth of pleasure. ~Gene Perrot

Grandmothers are just 'antique' little girls. ~Author Unknown

Perfect love sometimes does not come until the first grandchild.
~ Welsh Proverb

A grandmother is a babysitter who watches the kids instead of the television. ~Author Unknown

Never have children, only grandchildren. ~Gore Vidal

Becoming a grandmother is wonderful. One moment you're just a mother. The next you are all-wise and prehistoric. ~Pam Brown

Grandma always made you feel she had been waiting to see just you all day and now the day was complete. ~ Marcy Demure

Grandmas never run out of hugs or cookies. ~Author Unknown

Grandmas hold our tiny hands for just a little while, but our hearts forever.
~Author Unknown

If I had known how wonderful it would be to have grandchildren, I'd have had them first. ~Lois Wyse

My grandkids believe I'm the oldest thing in the world. And after two or three hours with them, I believe it, too.
~Gene Perrot