

July 2025 Issue



Lighten Up "Chatterbox"

SOUP TA

NUTS

Silliness in the Garden

COULD THIS

BE TRUE?

Odds and Ends

HAPPY CANADA DAY

Begin Every Day With a Smile

Lighten Up



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Letter From The Editor: July has finally hit and another Canada Day celebration has come to a close. Everywhere Canadians celebrate...from music to games to parades and all such joy on faces right from the wee children right up to us old folks.

Local strawberries have been out and I have had a few feasts of them already. I usually freeze them for the next year, but in moving I had to depart with my freezer as there was no room for her in my new digs.

Hope you all have a wonderful July. See you in August. Liz Underhill

I Wish You Enough

Recently I overheard a father and daughter in their last moments together at the airport. They had announced the departure. Standing near the security gate, they hugged and the father said, "I love you, and I wish you enough."

The daughter replied, "Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Dad." They kissed and the daughter left.

The father walked over to the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?"

"Yes, I have," I replied. "Forgive me for asking, but why is this a forever good-bye?"

"I am old, and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral," he said.

"When you were saying good-bye, I heard you say, 'I wish you enough. May I ask what that means?'"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused a moment and looked up as if trying to remember it in detail, and he smiled even more. "When we said, 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them." Then turning toward me, he shared the following as if he were reciting it from memory.

wish you enough sun to keep your attitude bright no matter how gray the day may appear.

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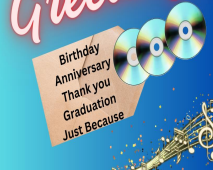
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Oliver's Hints

Ants, ants, ants everywhere.

Well, they are said to never cross a chalk line. So, get your chalk out and draw a line on the floor or wherever ants tend to march. See for yourself.

Use air freshener to clean mirrors. It does a good job and better still, leaves a lovely smell to the shine.

When you get a splinter, reach for the Scotch tape before resorting to tweezers or a needle. Simply put the Scotch tape over the splinter, and then pull it off. Scotch tape removes most splinters painlessly and easily. True!

Now look what you can do with Alka Seltzer....Clean a toilet. Drop in two Alka Seltzer tablets; wait twenty minutes, brush and flush.

Clean a vase.

To remove a stain from the bottom of a

glass vase or cruet, fill with water, and drop in two Alka Seltzer tablets.

Murphy's Other 15 Laws

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

9. It is said that if you line up all the cars in the world end-to-end, some-one from British Columbia would be stupid enough to try to pass them.

10. If the shoe fits, get another one just like it.

11. The things that come to those who wait may be the things left by those who got there first.

12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.

13. Flashlight: A case for holding dead batteries.

14. God gave you toes as a device for finding furniture in the dark.

15. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.



**"Soup ta Nuts"
Silliness in
The Garden
With Veggies
and Spices**

I sent Clem out the other day to get some leeks out of the garden. Moments later he was back no leeks in hand. In my most sweet voice I said "Why Clem, my darling, where are the darn leeks, can't you see I am working like a Trojan making stew and I need those leeks, like right now!"

Clem looked at me rather sheepishly and said "Klara, my pet, I didn't know that's what you wanted, I'm just coming in to wash these old work-worn hands, cause I thought you said to go outside for a leak and as I always follow your orders that's just what I did."

I was out in the garden and thinking about the incident and it got me to thinking how a lot of our veggies and even spices are action foods, and sometimes not very nice action either. That's probably why they're so good for us as they stir up all our innards and that gets the blood racing. Now before you think I am really off by rocker, think about it.

Lettuce look at squash, well I guess that's just about big enough to mince toes if it fell on them, and by golly after a few bouts of rye and some corn, why that could make you quite arugula. The last time I pump(ed)kin, for some information about what I was getting for my birthday my nephew art-ichoked me, and told me to keep quiet and wait for the surprise.

I don't know about E-coli, but I bet they mean bro-coli. I wish folks would learn to spell right.

I always wondered where they got the name nutmeg, but then realized that someone must have had a colour-

ful aunt named Meg who was a nut, and think about cardamom. That all-spice must have been a reminder to all who nipped at that to send their mom a card.

I was bent over weeding and felt a wee prick on the back of my leg and turned around to see a tur-nip grinning up at me. Now I don't know which veggie was the guilty party, as on the other side was a spin-itch waving to me in the breeze, looking like it didn't have a care in the world. Sneaky things.

I sprayed them all with mace to protect myself and beet it out of there, and as I did, my shoe flew off and the gar-licked my a-corn and caused me great pain. I limped into the house to face the ra-dishes and the thought that those veggies and spices were out to get me for giving Clem the whatever for not getting instead of taking a leek scared the dickens out of me.

Now that you know the inside scoop of veggies and spices, don't say you weren't given a heads-up. Just watch those gremlins the next time you go out in to your garden, and for those that buy local, feel sorry for the poor gardener and what they've had to put up with to get you your vitamins and minerals.

I think I should look at how fruits fit into all of this. Meanwhile, buy local. Klara (*Told you it was silliness*)

A Woman Should Have

A set of screwdrivers, a cordless drill,
and a black lace bra...

One friend who always makes her
laugh...and one who lets her cry.

A feeling of control over her
destiny.

A way to fall in love without losing her-
self.

Maya Angelou





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I Wish You Enough

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

He then began to cry and walked away.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them; but then an entire life to forget them.

Could This Be True?

The liquid inside young coconuts can be used as a substitute for blood plasma.

No piece of paper can be folded in half more than seven (7) times. Oh go ahead...I'll wait...

Donkeys kill more people annually than plane crashes or shark attacks. (So, watch your Ass.)

You burn more calories sleeping than you do watching television.

Oak trees do not produce acorns until they are fifty (50) years of age or older.

The first product to have a bar code was Wrigley's Gum.

The King of Hearts is the only king WITHOUT A MOUSTACHE

American Airlines saved \$40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

Venus is the only planet that rotates clockwise. Since Venus is normally associated with women, What does this tell you? (That women are going the 'right' direction...?)

Apples, not caffeine, are more efficient at waking you up in the morning .

Most dust particles in your house are made from DEAD SKIN!

The first owner of the Marlboro Company died of lung cancer. So did the first 'Marlboro Man'.

Walt Disney was afraid of MICE!
PEARLS DISSOLVE IN VINEGAR!

The three most valuable brand names on earth: Marlboro, Coca Cola, and Budweiser, in that order.

It is possible to lead a cow upstairs...but not downstairs.

A duck's quack doesn't echo, and no one knows why.

Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles of contamination resulting from the flush. (I keep my toothbrush in the living room now!)

And the best for last...

Turtles can breathe through their

butts. (I know some people like that, don't YOU ?) So.....

Remember, knowledge is everything, so pass it on.....and go move your toothbrush!!!

HAPPY CANADA DAY!



Little Larry



A new teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!" After a few seconds, little Larry stood up. The teacher said, "Do you think you're stupid, Larry?"

"No, Ma'am, but I hate to see you standing there all by yourself!"



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Definitions



ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

CHICKENS: The only animals you eat before they are born and after they are dead.

COMMITTEE: A body that keeps minutes and wastes hours.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISIN: A grape with a sunburn.

SECRET: Something you tell to one person at a time.

SKELETON: A bunch of bones with the person scraped off.

TOOTHACHE: The pain that drives you to extraction.

TOMORROW: One of the greatest labor saving devices of today.

YAWN: An honest opinion openly expressed.

And MY personal favourite!

WRINKLES: Something other people have, similar to my character lines.

Up, Up and Away?

This two-letter word in English has more meaning than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv], [prep], [adj], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP.

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

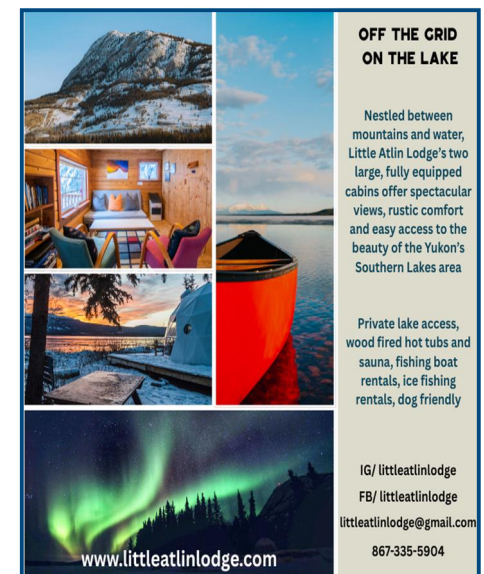
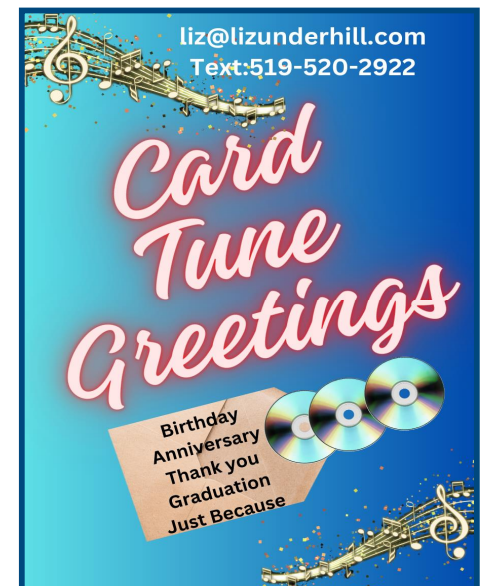
If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it soaks UP the earth. When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night?

U
P!

Did that one crack you UP?





Bring on the Pineapple!

The pineapple is a member of the bromeliad family.

It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today.

It is a multiple fruit. One pineapple is actually made up of dozens of individual flowerets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.

Pineapples stop ripening the minute they are picked. No special way of storing them

will help ripen them further.

Colour is relatively unimportant in determining ripeness.

Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste.

After you cut off the top, you can plant it. It should grow much like a sweet potato will.

This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit.

We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today.

If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis.

The juice has an anthelmintic effect which means it helps get rid of intestinal worms.

Let's look at how pineapple affects other conditions.

Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount.

It is particularly helpful to older adults, whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently.

Bromelain is also considered an effective anti-inflammatory.

Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief.

In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.

Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.



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