

November 2025 Issue

Lighten Up "Chatterbox"

SOUP TA

DADDY'S

NUTS

OST

POEM

Loving

Relationships

REMEMBRANCE DAY

Begin Every Day With a Smile

Lighten Up



Published monthly by
Red Barn Publishing

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Letter From The Editor: This is the month to remember our soldiers November 11, 2025. I believe every day should be remembrance day and a time to give thanks to all of those who gave their life so we could enjoy all the many blessings that surround us. Daddy's Poem was one of those articles that I felt needed to have a voice to help us all reflect on our blessings and to give thanks. It is a long one and therefore had to be spread over many pages.

I do not know the author, but I want to give thanks that it was written and passed my way. Take care..keep smiling. Liz Underhill

Daddy's Poem

Her hair was up in a pony tail,
Her favourite dress tied with a bow.
Today was Daddy's Day at school,
And she couldn't wait to go.

But her mommy tried to tell her,
That she probably should stay home.
Why the kids might not understand,
If she went to school alone.

But she was not afraid;
She knew just what to say.
What to tell her classmates
Of why he wasn't there today.

But still her mother worried,
For her to face this day alone.
And that was why once again,
She tried to keep her daughter home.

But the little girl went to school
Eager to tell them all.
About a dad she never sees
A dad who never calls.

There were daddies along the wall in
back,
For everyone to meet.
Children squirming impatiently,
Anxious in their seats

One by one the teacher called
A student from the class.

To introduce their daddy,
As seconds slowly passed.

At last the teacher called her name,
Every child turned to stare.
Each of them was searching,
A man who wasn't there.

"Where's her daddy at?"
She heard a boy call out.
"She probably doesn't have one,"
Another student dared to shout.

And from somewhere near the back,
She heard a daddy say,
"Looks like another deadbeat dad,
Too busy to waste his day."

The words did not offend her,
As she smiled up at her Mom.
And looked back at her teacher,
Who told her to go on.

And with hands behind her back,
Slowly she began to speak.
And out from the mouth of a child,
Came words incredibly unique.

"My Daddy couldn't be here,
Because he lives so far away.
But I know he wishes he could be,
Since this is such a special day.

(Continued...Page 3)

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(Continued from Page 2)

Daddy's Poem

And though you cannot meet him,
I wanted you to know.
All about my daddy,
And how much he loves me so.

He loved to tell me stories
He taught me to ride my bike.
He surprised me with pink roses,
And taught me to fly a kite.

We used to share fudge sundaes,
And ice cream in a cone.
And though you cannot see him.
I'm not standing here alone.

Cause my daddy's always with me,
Even though we are apart
I know because he told me,
He'll forever be in my heart"

With that, her little hand reached up,
And lay across her chest.
Feeling her own heartbeat,
Beneath her favorite dress.

And from somewhere here in the
crowd of dads,
Her mother stood in tears.
Proudly watching her daughter,
Who was wise beyond her years.

For she stood up for the love

Of a man not in her life.
Doing what was best for her,
Doing what was right.

And when she dropped her hand back
down,
Staring straight into the crowd.
She finished with a voice so soft,
But its message clear and loud.

"I love my daddy very much,
He's my shining star.
And if he could, he'd be here,
But heaven's just too far.

You see he is a Canadian soldier
And died just this past year
When a roadside bomb hit his convoy
And taught Canadians to fear.

But sometimes when I close my eyes,
It's like he never went away."
And then she closed her eyes,
And saw him there that day.

And to her mother's amazement
She witnessed with surprise.
A room full of daddies and children,
All starting to close their eyes.

Who knows what they saw before
them,
Who knows what they felt inside.
Perhaps for merely a second,

They saw him at her side.

"I know you're with me Daddy,"
To the silence she called out.
And what happened next made
believers
Of those once filled with doubt.

Not one in that room could explain it,
For each of their eyes had been closed.
But there on the desk beside her,
Was a fragrant long-stemmed rose.

And a child was blessed, if only for a
moment,
By the love of her shining star.
And given the gift of believing,
That heaven is never too far.

A minister waited in line to have his car
filled with gas just before a long holi-
day weekend. The attendant worked
quickly, but there were many cars
ahead of him. Finally, the attendant
motioned him toward a vacant pump.

"Reverend," said the young man, "I'm
so sorry about the delay. It seems as if
everyone waits until the last minute to
get ready for a long trip."

The minister chuckled, "I know what
you mean. It's the same in my busi-
ness."



"Soup ta Nuts"

A Loving Relationship

10 Most Important Words in Any Loving Relationship

1. Trust
2. Intimacy
3. Communication
4. Commitment
5. Love
6. Friendship
7. Patience
8. Humour
9. Flexibility
10. Forgiveness

from "Love" by Gregory J.P. Godek

Hi Folks. I was reading these words about the most important words in a loving relationship.

Now I know why my sweetie Clem and I got on so well. Why, we had them all. We were the luckiest pair I do say.

Trust and boy did we have that. I trusted that old Clem would take the garbage out each Tuesday, and save me trotting out in the cold and heat what with my varicose veins and all. He trusted that I will let him.

Intimacy. Why one day Clem told me a secret. Said I was the only one he told and not to tell a soul. Well I sure could promise that especially with my fingers crossed behind my back.

Communication. Yep, we really had that one down pat. I told him just what to do and he did it every time, sometimes he seemed to be communicating something that looks like sign language. I just nodded my head like I understood.

Commitment. I warned him several

times that I would commit him to the loony bin if he doesn't stop talking to that darn rabbit.

Love. Why my Clem just loved to do my bidding without question. I knew because I loved to watch the expressions on his face. They were so sweet.

Friendship. We had such a friendship. Clem always tried to keep the peace by keeping me happy, and because he succeeded, we knew we'd be friends for life.

Patience. I had the greatest patience folks. I realized Clem couldn't jump to attention when I gave my "suggestions" like he used to. His get up and go is got up and left. It took all his patience to even hear me what with all the hair in his ears.

Humour. Why he laughed at all my jokes even when they were aimed at him. I laughed with him so as he wasn't laughing alone.

Flexibility. Well, he's fell down a little on this one as he was getting a little bent over. I noticed him shuffling and that he was a bit stooped as he dragged the garbage bags out to the curb. My flexibility has gone down the tubes, what with the arthritis that wouldn't let me go out and help.

Forgiveness. I told him I would forgive most anything as long as he changed his ways to my liking. He forgave me for being so bossy.

I must add that old wasband Clem has passed, bless his pee pickin heart. Meanwhile, how was your week. Liz

Remembrance Day





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Oh These Poor Men!

"It's just too hot to wear clothes today," Jack says as he stepped out of the shower.

"Honey, what do you think the neighbours would think if I mowed the lawn like this?"

"Probably that I married you for your money," she replied.

Flying on the Royal Canadian Air Force CC-150 Polaris, the Prime Minister's plane, Stephen Harper looked at Mike Duffy and said "You know, I could throw a \$1,000 bill out the window right now and make somebody very happy.

Mike Duffy shrugged his shoulders and replied, "I could throw ten \$100 bills out the window and make 10 people very happy.

Pamela Wallin, who was sitting back, sipping on champagne and dining on caviar, then added: "That being the case, I could throw one hundred \$10 bills out the Window and make a hundred people very happy.

Hearing their exchange, the pilot rolled his eyes and said to his co-pilot, "Such big-shots back there. I could throw all three of them out of the window and make 35 million people very happy.

Time flies when you're having fun

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Then

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The Lie Detector!

Colin was a salesman's delight when it came to any kind of unusual gimmicks. His wife Roberta had long ago given up trying to get him to change.

One day Colin came home with another one of his unusual purchases. It was a robot that Colin claimed was actually a lie detector. It was about 5:30 that afternoon when Jack, their 11 year-old-son, returned home from school. Jack was over two hours late.

"Where have you been? Why are you over two hours late getting home?" asked Colin.

"Several of us went to the library to work on an extra credit project," said Jack.

The robot walked around the table and slapped Jack, knocking him completely out of his chair.

"Son," said Colin, "This robot is a lie detector, now tell us where you really were after school."

"We went to Richard's house and watched a movie." said Jack.

"What did you watch?" asked Roberta.

"The Ten Commandments." answered Jack.

The robot went around to Jack and once again slapped him, knocking him off his chair.

With his lip quivering, Jack got up, sat down and said, "I am sorry I lied. We really watched a tape called Sex Queen."

"I am ashamed of you son," said Colin. "When I was your age, I never lied to my parents." The robot walked around to Colin and delivered a whack that nearly knocked him out of his chair.

Roberta doubled over in laughter, almost in tears and said, "Boy, did you ever ask for that one! You can't be too mad with Jack. After all, he is your son!"

The robot walked around to Roberta and knocked her out of her chair.

Thoughts To Ponder

Don't let your worries get the best of you; remember, Moses started out as a basket case.

Some people are kind, polite, and sweet-spirited until you try to sit in their pews.

The Good Lord didn't create anything without a purpose, but mosquitoes come close.

People are funny; they want the front of the bus, middle of the road, and back of the church.

Some minds are like concrete: thoroughly mixed up and permanently set.

Yummy Cucumbers! For More Than Eating?

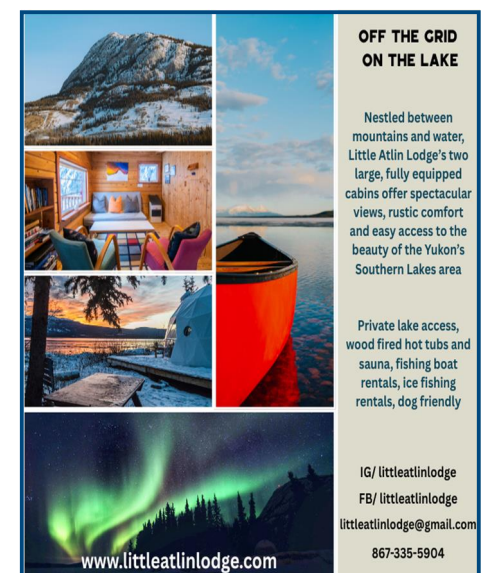
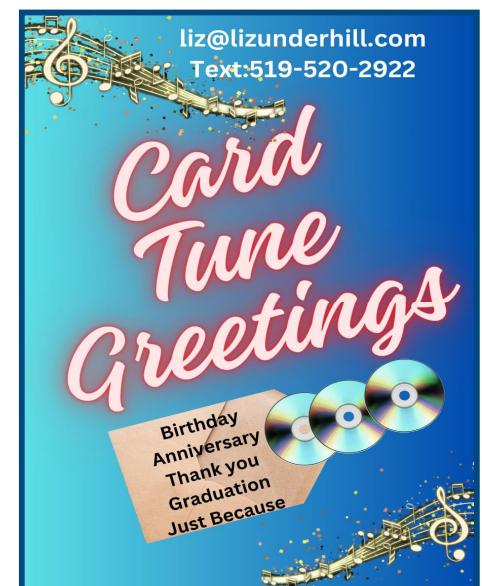
Cucumbers contain most of the vitamins you need every day, just one cucumber contains vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, Folic Acid, vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.

Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!



Hangin' By My Boob!

While conducting some business at the Courthouse, I overheard a lady, who had been arrested for assaulting a mammogram technician, say, "Your Honor, I'm guilty but.....there were extenuating circumstances, Sarcastically, the judge said, "I'd certainly like to hear those extenuating circumstances." I did too, so listened as the lady told her story.

"Your Honor, I had a mammogram appointment, which I actually kept. I was met by this perky little clipboard carrier, smiling from ear to ear, and she tilted her head to one side and crooned, 'Hi! I'm Belinda! All I need you to do is step into this room right here, strip to the waist, then slip on this gown. Everything clear'?"

I'm thinking, "Belinda, try decaf. This ain't rocket science." Belinda then skipped away to prepare the chamber of horrors.

With the right side finished, Belinda flipped me (literally) to the left and said, "Hmmm...can you stand on your tippy toes and lean in a tad so we can get everything?"

"Fine!" I answered. I was freezing, bruised, and out of air, so why not use the remaining circulation in my legs and neck to finish me off? My body was in a holding pattern that defied gravity, (with my other breast wedged between those two 4 inch pieces of square glass), when I heard and felt a zap! Complete darkness, the power was off!

Belinda said, "Uh-oh, maintenance is working, bet they hit a snag." Then she headed for the door.

"Excuse me! You're not leaving me in this vise alone are you?" I shouted.

Belinda kept going and said, "Oh, you fussy puppy...the door's wide open so you'll have the emergency hall lights. I'll be right back."

Before I could shout "N0000!" she disappeared. That's exactly how Bubba and Earl, 'maintenance men extraordinaire' found me...half-naked with part of me dangling from the Jaws of Life and the other part smashed between glass!

After exchanging a polite 'Hi, how's it going' type greeting, Bubba (or possibly Earl) asked, to my utter disbelief, if I knew the power was off.

Trying to disguise my hysteria, I replied with as much calmness as possible, "Uh, yes, I did but thanks anyway."

"OK, you take care now," Bubba replied and waved good-bye as though I'd been standing in the line at the grocery store.

Two hours later, Belinda breezes in wearing a sheepish grin. Making no attempt to suppress her amusement, she said, "O, I am sooo sorry! The power came back on and I totally forgot about you! And silly me, I went to lunch. Are we upset?"

"And that, Your Honor, is exactly how her head ended up between the clamps...."

The judge could hardly contain her laughter as she said, "Case Dismissed."

Thoughts To Ponder

Don't let your worries get the best of you; remember, Moses started out as a basket case.

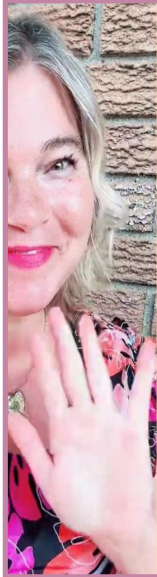
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Learn a lesson from your dog,- no matter what life brings you, kick some grass over the crap and move on!

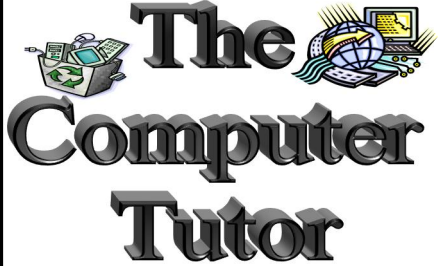


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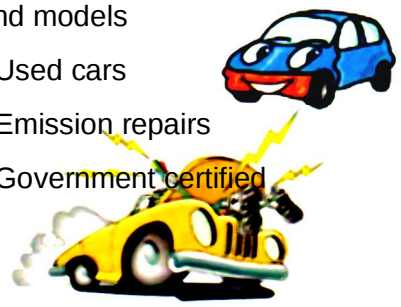
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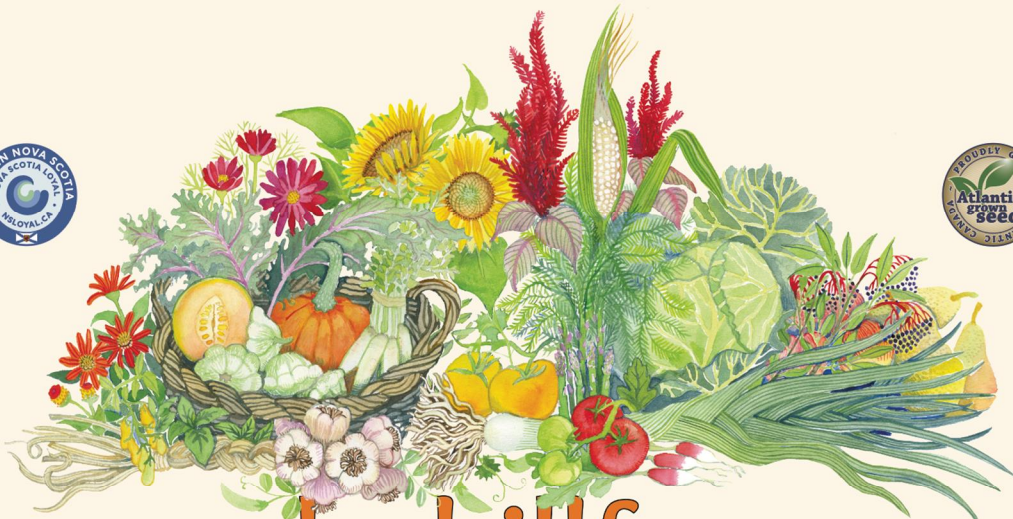
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it is a privilege denied to
many

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Live your life and forget
your age—what makes your
heart sing?

Signs

Whoever said diamonds are
a girl's best friend never
owned a dog.



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