

Lorraine Bates

From: "Bill Trimble" <teemac@shaw.ca>
To: "Lorraine Bates" <ltbates@shaw.ca>; "toody" <ejohnman@shaw.ca>; "bev heron" <bluebird@dowco.com>; "trisha" <tnt-1@shaw.ca>
Sent: 19-Jan-04 6:06 AM
Subject: Fw: GROOVY HEN ADS

----- Original Message -----

Subject: GROOVY HEN ADS

SENIOR ADS

Some "Senior" personal ads seen in Florida newspapers: (Who says seniors don't have a sense of humor?)

FOXY LADY: Sexy, fashion conscious blue haired beauty, 80's, slim, 5'4" (used to be 5'6"), searching for sharp looking, sharp dressing companion. Matching white shoes and belt a plus.

LONG TERM COMMITMENT: Recent widow who has just buried fourth husband, and am looking for someone to round out a six unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW: I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

WINNING SMILE: Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES? I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get

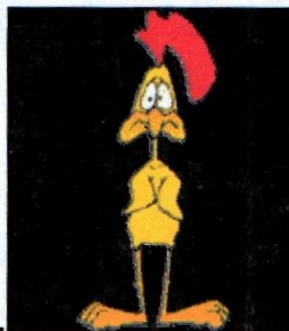
together and listen to my eight track tapes.

MEMORIES: I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION: Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves! . Isn't in running condition, but walks well.

American Medical Association researchers have made a remarkable discovery. It seems that some patients needing blood transfusions may benefit from receiving chicken blood rather than human blood.

It tends to make the men cocky and the women lay better.



Just thought you'd like to know.

Lorraine Bates

From: "Lorraine Bates" <ltbates@shaw.ca>
To: "Lorraine" <ltbates@shaw.ca>
Sent: 1-Feb-04 2:08 PM
Subject: Fw: Wear a Sweater

Subject: Wear a Sweater

Four married guys go fishing. After an hour, the following conversation took place:
First guy: "You have no idea what I had to do to be able to come out fishing this weekend. I had to promise my wife that I will paint every room in the house next weekend."

Second guy: "That's nothing, I had to promise my wife that I will build her a new deck for the pool."

Third guy: "Man, you both have it easy! I had to promise my wife that I will remodel the kitchen for her."

They continue to fish when they realized that the fourth guy has not said a word. So they asked him. "You haven't said anything about what you had to do to be able to come fishing this weekend. What's the deal?"

Fourth guy: "I just set my alarm for 5:30 am. When it went off, I shut off the alarm, gave the wife a nudge and said, "Fishing or Sex?" and she said, "Wear a sweater."

Lorraine Bates

From: "Bing Bates" <bingbates@shaw.ca>
To: "lorraine bates" <ltbates@shaw.ca>
Sent: 14-Feb-04 10:19 AM
Subject: Fw: DID YOU KNOW THAT

Subject: DID YOU KNOW THAT

 Did You Know That?

Drinking two glasses of Gatorade can relieve headache pain almost immediately – without the unpleasant side effects caused by traditional "pain relievers."

Did you know that Colgate toothpaste makes an excellent salve for burns?

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong Altoids peppermints. They'll clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore Throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with Alka-Seltzer. Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. Alka-Seltzer begins eliminating urinary tract infections almost instantly – even though the product was never been advertised for this use.

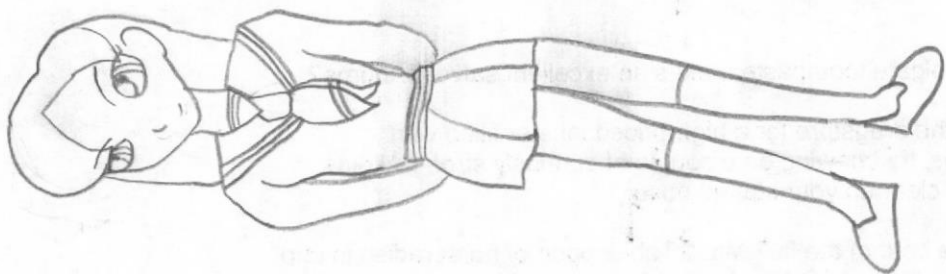
Eliminate puffiness under your eyes..... All you need is a dab of preparation H, carefully rubbed into the skin, avoiding the eyes. The haemorrhoid ointment acts as a vasoconstrictor, relieving the swelling instantly.

Honey remedy for skin blemishes... Cover the blemish with a dab of honey and place a band-aid over it. Honey kills the bacteria, keeps the skin, sterile, and speeds healing. Works overnight.

Listerine therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in Listerine mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of Maybelline Crystal Clear nail polish to the threads of the screws before tightening them.

Coca-Cola cure for rust... Forget those expensive rust removers. Just



saturate an abrasive sponge with Coca Cola and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Cleaning liquid that doubles as bug killer... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of Formula 409. Insects drop to the ground instantly.

Smart splinter remover... just pour a drop of Elmer's Glue all over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

Hunt's tomato paste boil cure... cover the boil with Hunt's tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters... To disinfect a broken blister, dab on a few drops of Listerine... a powerful antiseptic.

Heinz vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Kills fleas instantly. Dawn dish washing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Good-bye fleas.

Rainy day cure for dog odor... Next time your dog comes in from the rain, simply wipe down the animal with Bounce or any dryer sheet, instantly making your dog smell springtime fresh.

Eliminate ear mites... All it takes is a few drops of Wesson corn oil in your cat's ear. Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

Vaseline cure for hair balls..... To prevent troublesome hair balls, apply a dollop of Vaseline petroleum jelly to your cat's nose. The cat will lick off the jelly, lubricating any hair in its stomach so it can pass easily through the digestive system.

Quaker Oats for fast pain relief.... It's not for breakfast anymore! Mix 2 cups of Quaker Oats and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

If you send this to 15 people and only one of them doesn't know about this, then it was all worth it. You might have saved a life.



Lorraine Bates

From: "Lorraine Bates"
To: "Lorraine" <ltbates@shaw.ca>
Sent: 27-Nov-02 4:48 PM
Attach: IMSTP.gif
Subject: Fw: Partridge

Subject: Partridge

There is one Christmas Carol that has always baffled me. What in the world do leaping lords, French hens, swimming swans, and especially the partridge who won't come out of the pear tree have to do with Christmas?

Well just read on:

From 1558 until 1829, Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for the young Catholics. It has two levels of meaning, the surface meaning plus a hidden meaning known only to members of their church. Each element in the carol has a code word for a religious reality which the children could remember.

1. The partridge in a pear tree was Jesus Christ.
2. Two turtle doves were the Old and New Testaments.
3. Three French hens stood for faith, hope and love.
4. The four calling birds were the four gospels of Matthew, Mark, Luke and John.
5. The five golden rings recalled the Torah or Law, the first five books.
6. The six geese a-laying stood for the six days of creating.
7. Seven swans a swimming represented the sevenfold gifts of the Holy Spirit--Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership and Mercy.
8. The eight maids a milking were the eight beatitudes.
9. Nine ladies dancing were the nine fruits of the Holy

Spirit--Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self Control.

10. The ten lords a leaping were the ten commandments.

11. The eleven pipers piping stood for the eleven faithful disciples..

12. The twelve drummers drumming symbolized the twelve points of belief in the Apostles Creed.

So there is your history for today. I found it interesting and enlightening and now I know how that strange song became a Christmas Carol.....So pass it on!

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Lorraine Bates

From: "Maureen"
To: <maureenpyne@shaw.ca>
Sent: 2-Feb-03 5:52 PM
Subject: Most Embarrassing First Date
A bit long, but worth the read!!

MOST EMBARRASSING FIRST DATE

Those who live in or have lived in snowy climates will appreciate this.

This was on the Tonight Show with Jay Leno. Jay went into the audience to find the most embarrassing first date that a woman ever had. The winner described her worst first date experience. There was absolutely no question as to why her tale took the prize!

Marilyn said it was midwinter, snowing and quite cold ... and the guy had taken her skiing to Lake Arrowhead. It was a day trip (no overnight). No, not Marilyn. They were strangers, after all, and truly had never met before.

The outing was fun but relatively uneventful until they were headed home late that afternoon. They were driving back down the mountain when she gradually began to realize that she should not have had that extra latte.

They were about an hour away from anywhere with a rest room and in the middle of nowhere! Her companion suggested she try to hold it, which she did for a while. Unfortunately, because of the heavy snow and slow going, there came a point where she told him that he had better stop and let her pee beside the road, or it would be the front seat of his car.

They stopped and she quickly crawled out beside the car, yanked her pants down and started. Unfortunately, in the deep snow she didn't have good footing, so she let her butt rest against the rear fender to steady herself.

Her companion stood on the side of the car watching for traffic and indeed was a real gentleman and refrained from peeking. All she could think about was the relief she felt despite the rather embarrassing nature of the situation. Upon finishing however, she soon became aware of another sensation. As she bent to pull up her pants, the young lady discovered her buttocks were firmly glued against the car's fender.

Thoughts of tongues frozen to pump handles immediately came to mind as she attempted to disengage her flesh from the icy metal. It was quickly apparent that she had a brand new problem due to the extreme cold. Horrified by her plight and yet aware of the humour she answered her date's concerns about "what was taking so long" with a reply that indeed, she was "freezing her butt off and needed some assistance"! He came around the car as she tried to cover herself with her sweater and then, as she

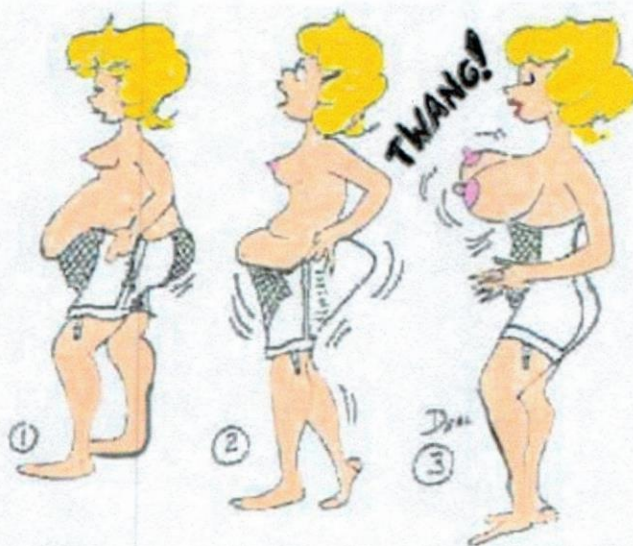
looked imploringly into his eyes, he burst out laughing. She too, got the giggles and when they finally managed to compose themselves, they assessed her dilemma.

Obviously, as hysterical as the situation was, they also were faced with a real problem. Both agreed it would take something hot to free her chilly cheeks from the grip of the icy metal! Thinking about what had gotten her into the predicament in the first place, both quickly realized that there was only one way to get her free so, as she looked the other way, her first time date proceeded to unzip his pants and pee her butt off the fender.

As for the Tonight Show ... she took the prize hands down ... or perhaps that should be "pants down." And you thought your first date was embarrassing. This gives a whole new meaning to being "pissed off."

Lorraine Bates

From: "Lorraine Bates"
To: "Lorraine" <ltbates@shaw.ca>
Sent: 26-Feb-03 10:53 AM
Attach: Wonder Woman Girdle1.jpg
Subject: Fw: Fw: Magic Girdle]



The Wonder Woman Girdle

Lorraine Bates

From: "Nat Terlson" <nterlson@shaw.ca>
To: "Janice Gallupe" <jansplace2003@telus.net>; "lorraine bates" <ltbates@shaw.ca>; "BOB GOSSEN" <bobgossen@shaw.ca>; "Bill Ferguson" <billmarf@shaw.ca>
Sent: 24-Feb-03 9:01 PM
Attach: Lycos Mail.jpg
Subject: Fw: Fwd: Scooter for Seniors



m

Lorraine Bates

From: "Lorraine Bates"
To: "Lorraine" <ltbates@shaw.ca>
Sent: 8-Dec-02 4:23 PM
Subject: Fw: True or False

Can you guess which of the following are true or false

1. Apples, not caffeine, are more efficient at waking you up in the morning.
2. Alfred Hitchcock didn't have a bellybutton.
3. A pack-a-day smoker will lose approximately 2 teeth every 10 yrs.
4. People do not get sick from cold weather; it's from being indoors a lot more.
5. When you sneeze, all bodily functions stop even your heart!
6. Only seven (7) per cent of the population are lefties.
7. 40 people are sent to the hospital for dog bites every minute.
8. Babies are born without knee caps. They don't appear until they are 2-6 years old.
9. The average person over fifty will have spent 5 years waiting in lines.
10. The toothbrush was invented in 1498.
11. The average housefly lives for one month.

12. 40,000 Americans are injured by toilets each year.
13. A coat hanger is 44 inches long when straightened.
14. The average computer user blinks 7 times a minute.
15. Your feet are bigger in the afternoon than the rest of the day.
16. Most of us have eaten a spider in our sleep.
17. The REAL reason ostriches stick their head in the sand is to search for water.
18. The only 2 animals that can see behind itself without turning it's head are the rabbit and the parrot.
19. John Travolta turned down the starring roles in "An Officer and a Gentleman" and "Tootsie".
20. Michael Jackson owns the rights to the South Carolina State anthem.
21. In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
22. Prince Charles and Prince William NEVER travel on the same airplane just in case there is a crash.
23. The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
24. Most hospitals make money by selling the umbilical cords cut from women who give birth. They are reused in vein transplant surgery
25. Humphrey Bogart was related to Princess Diana. They

were 7th cousins

26. If coloring weren't added to Coca-Cola, it would be green

ALL OF THE ABOVE ARE TRUE.....

Lorraine Bates

From: "Bing Bates" <bingbates@shaw.ca>
To: "Bob B" <bobenson@adelphia.net>; "Jack Etherington" <etherje@shaw.ca>; "alf egerton" <egetec@egetec.ca>; "Ed & Marilyn Hall" <ej649@telus.net>; "SANNI/BOB MACFARLANE" <rmacsan2@telus.net>; "Casey Hilton" <kseahil10@shaw.ca>; "Lorraine" <ltbates@shaw.ca>; "Alan" <awb43@shaw.ca>
Sent: 11-Mar-03 12:58 PM
Subject: Fw: Subject: France

Subject: Fw: Subject: France

----- Original Message ----- Tom Brokaw: "My favorite bumper sticker in Washington D.C. right now is the one that says 'First Iraq, then France'."

Jay Leno: "The French announced today that they would not help us remove Saddam from Iraq. Well Duh! They didn't even help us remove Hitler from France."

Dave Letterman: "France said this week they need more evidence to convince them Saddam is a threat. Yeah, last time France asked for more evidence it came rolling through Paris with a German flag on it."

Why are all the highways in France lined with trees? So the Germans can march in the shade!!!

Dennis Miller: "The only way the French are going in is if we tell them that we found truffles in Iraq."

Rep. Roy Blunt, R-Mo.: "Do you know how many Frenchmen it takes to defend Paris? It's not known, it's never been tried."

Blunt again: "Somebody was telling me about the French Army rifle that was being advertised on eBay the other day-the description was:'Never shot. Dropped once.'"

And even an unwitting French President Jacques Chirac: "As far as I'm concerned, war always means failure."



Do you know it only took Germany three days to conquer France in World War II? And that's because it was raining," said John Xereas, manager of the DC Improv.

According to Defense Secretary Donald Rumsfeld: "Going to war without the French is like going deer hunting without your accordion."

FOR YOUR NEXT
CRAFT PROJECT 😊

Lorraine Bates

From: "Lorraine Bates" <lbates@shaw.ca>
To: "Lorraine" <lbates@shaw.ca>
Sent: 21-Feb-03 2:52 PM
Attach: pic16512.jpg
Subject: Fw: Martha Stewart easy to make

Subject: FW: Martha Stewart easy to make slippers

>
 >>>How to make bedroom slippers out of maxi pads: (See bottom for visual)
 >>>
 >>>You will need four maxis to make a pair. Two of them get laid out
 > flat,
 >>>for the foot part. The other two wrap around the toe area to form the
 >> top.
 >>>Tape
 >>>or glue each side of the top pieces to the bottom of the foot part.
 >>>Decorate the tops with whatever you desire, silk flowers, etc.
 >>>
 >>>Pad About Slippers *
 >>>Soft and Hygienic * Non-slip grip strips on the soles * Built in
 >> deodorant
 >>>feature * Keeps feet smelling fresh * No more bending over to mop up
 >> spills
 >>>* Disposable and biodegradable. Environmentally safe * Three convenient
 >>>sizes: Regular, Light Day and Get out the Sand Bags
 >>
 >> <<pic16512.jpg>>

26/02/2003



Lorraine Bates

From: "Maureen" <maureenpyne@shaw.ca>
To: "Danica Lunge"
Sent: 10-Feb-03 7:09 PM
Attach: Penthouse.jpg
Subject: Our new Whistler Condo.....

We're pretty excited as we have recently purchased a penthouse apartment in Whistler BC, as an investment. (anticipating 2010 Olympics). We've held off telling any of you until it was finalized.

It is available to be rented on weekends or week days. It's easy to find & I have attached a photo. We will handle the initial bookings while we search for an appropriate management company. Weekends will start at \$100.00 (friends and family rate) per night and \$500.00 for the week.

With the amazing views of the local area I think it will be popular, so you will want to book early. The only down side is there are a few stairs to climb to get to it, as it is on a hill, but then again, where isn't there a hill at Whistler??

Please let me know if you are interested.
Have a great Day!!!!

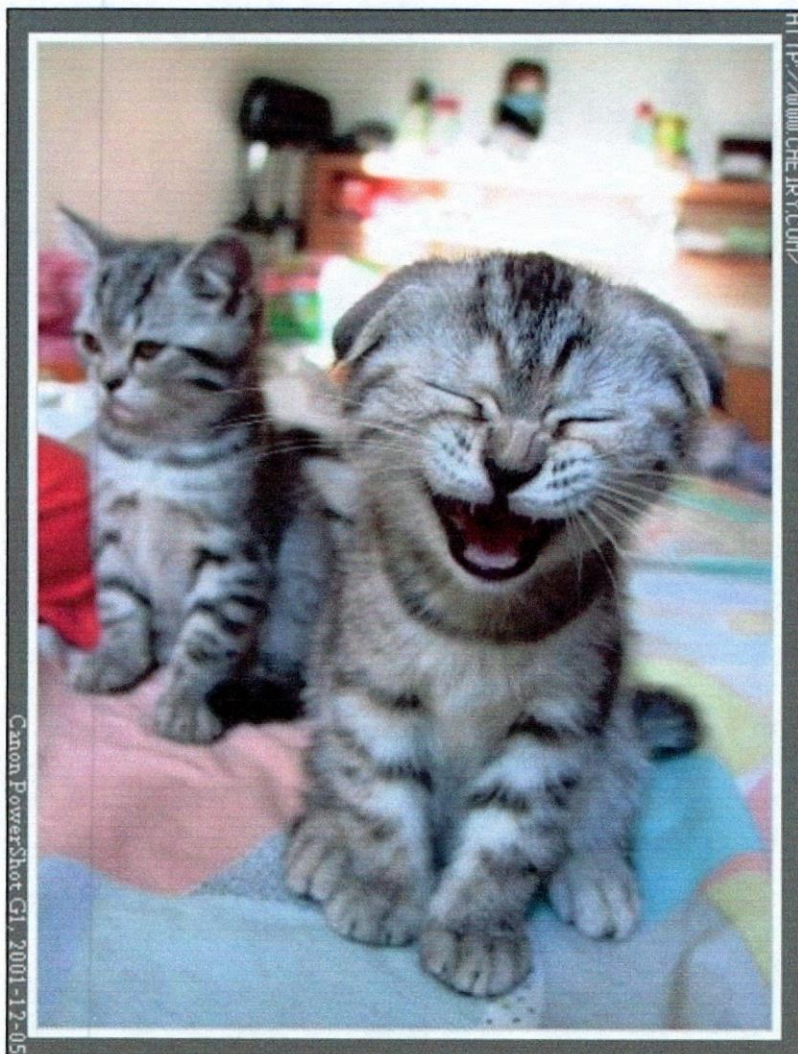


Lorraine Bates

From: "Lorraine Bates" <lbates@shaw.ca>
To: "Lorraine" <lbates@shaw.ca>
Sent: 5-Feb-03 7:53 PM
Attach: laugh_3.JPG
Subject: Fw: when your kitten sees you

>Subject: when your kitten sees you naked
>

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Lorraine Bates

From: "Bing Bates" <bingbates@shaw.ca>
To: "bob t benson" <robtbenson@verizon.net>; "jack etherington" <etherje@shaw.ca>; "alf egerton" <egetec@egetec.ca>; "ed hall" <ej649@telus.net>; "bob/sanni macfarlane" <rmacsan2@telus.net>; "casey hilton" <kseahil10@shaw.ca>; "Roland and Joan Mitchell" <RandJMitch@telus.net>; "lorraine bates" <ltbates@shaw.ca>
Sent: 21-Jan-04 11:43 AM
Subject: Fw: The Wonderful English Language

Subject: The Wonderful English Language

FOR THOSE WHO ENJOY LANGUAGE

- A. Those who jump off a bridge in Paris... are in Seine.
- B. A backward poet writes ... inverse.
- C. A man's home is his castle..., in a manor of speaking.
- D. Dijon vu - the same mustard as before.
- E. Practice safe eating - always use condiments.
- F. Shotgun wedding: A case of wife or death.
- G. A man needs a mistress ... just to break the monogamy.
- H. A hangover is the wrath of grapes.
- I. Dancing cheek-to-cheek is really a form of floor play.
- J. Does the name Pavlov ring a bell?
- K. Condoms should be used on every conceivable occasion.
- L. Reading while sunbathing makes you well red.
- M. When two egotists meet, it's an I for an I.
- N. A bicycle can't stand on its own because it is two tired.
- O. The definition of a will?... (It's a dead giveaway.)
- P. Time flies like an arrow. Fruit flies like a banana.
- Q. In democracy your vote counts. In feudalism your count votes.
- R. She was engaged to a boyfriend with a wooden leg but broke it off.
- S. A chicken crossing the road is poultry in motion.
- T. If you don't pay your exorcist, you get repossessed.
- U. With her marriage, she got a new name and a dress.
- V. When a clock is hungry, it goes back four seconds.
- W. The man who fell into an upholstery machine is fully recovered.
- X. You feel stuck with your debt if you can't budge it.
- Y. Local Area Network in Australia: ... the LAN down under.
- Z. He often broke into song because he couldn't find the key.
- AA. Every calendar's days are numbered.
- AB. A lot of money is tainted - It taint yours and it taint mine.
- AC. A boiled egg in the morning is hard to beat.
- AD. He had a photographic memory that was never developed.
- AE. A plateau is a high form of flattery.
- AF. A midget fortune teller who escapes from prison is a small medium at

Christmas Carols for the Psychiatrically Challenged

SCHIZOPHRENIA:

Do you Hear What I Hear?

MULTIPLE PERSONALITY DISORDER:

We Three Queens Disoriented Are

DEMENTIA:

I Think I'll Be Home for Christmas

NARCISSISTIC:

Hark the Herald Angels Sing About Me

MANIC:

Deck the Halls and Walls and House and Lawn and Streets and Stores and Office and Town and Cars and Busses and Trucks and Trees and Fire Hydrants and...

PARANOID:

Santa Claus is Coming to Get Me.

PERSONALITY DISORDER:

You Better Watch Out, I'm Gonna Cry, I'm Gonna Pout, Maybe I'll tell you Why.

DEPRESSION:

Silent Anhedonia, Holy Anhedonia, All is Flat, All is Lonely. (Dictionary: anhedonia = Total loss of feeling of pleasure in acts that normally give pleasure.)

OBSESSIVE-COMPULSIVE DISORDER:

Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle

Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle
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Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell, Jingle
Bell, Jingle Bell Rock, Jingle Bell, Jingle Bell, Jingle Bell Rock, Jingle Bell,
Jingle Bell, Jingle Bell Rock.....
(better start again)

PASSIVE-AGGRESSIVE PERSONALITY:

On the First Day of Christmas My True Love Gave to Me (and then took it all away).

BORDERLINE PERSONALITY DISORDER:

Thoughts of Roasting on an Open Fire.



🎵 Jingle Bells

Lorraine Bates

From: "Marge Litzenberger"
To: <raymarg@shaw.ca>
Sent: 5-Apr-03 10:02 PM
Subject: FW: The story of Yam Potato

You know that all potatoes have eyes. Well, Girl Potato and
>
>Boy Potato had eyes for each other, and finally they got married, and
>
>had a little sweet potato, whom they called 'Yam.'
>
>Of course, they wanted the best for Yam. When it was time,
>
>they told her about the facts of life. They warned her about
>
>going out and
>
>getting half-baked, so she wouldn't get accidentally
>
>mashed, and get a bad name for herself like 'Hot Potato,' and end up with a
>
>bunch of Tater Tots.
>
>Yam said not to worry, no Spud would get her into the sack
>
>and make a rotten potato out of her! But on the other hand she
>
>wouldn't stay home and become a Couch Potato, either. She would get
>
>plenty of exercise and eat well so as not to be skinny like her
>
>Shoestring cousins.
>
>When she went off to Europe, Mr. and Mrs. Potato told Yam
>
>to watch out for the hard-boiled guys from Ireland. And the
>
>greasy guys from France called the French Fries. And when she went out
>
>west, to watch out for the Indians so she wouldn't get scalloped.
>
>Yam said she would stay on the straight and narrow, and
>
>wouldn't associate with those high class Yukon Golds, or the ones
>
>from the other side of the tracks who advertise their trade on all
>

>the trucks that say, 'Frito Lay.'

>

>Mr. and Mrs. Potato sent Yam to Idaho P.U. (that's Potato

>

>University) so that when she graduated she'd really be in

>

>the Chips. But in spite of all they did for her, one day Yam came home

>

>and announced she was going to marry Tom Brokaw.

>

>Tom Brokaw! Mr. and Mrs. Potato were very upset. They told

>

>Yam she couldn't possibly marry Tom Brokaw because he's

>just.....

>

>Are you ready for this?.....

>

>Are you sure?.....

>

>OK! Here it is!.....

>

>A COMMON TATER

>

Lorraine Bates

From: "Maureen Pyne" <maureenpyne@shaw.ca>
To: <maureenpyne@shaw.ca>
Sent: 31-Jul-03 4:50 PM
Subject: Getting in shape . . .

Round is a shape, too!

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetables). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Is beer or wine bad for me?

A: Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral, and vegetable. We all know that beer and wine are not animal, and they are not on the periodic table of the elements, so that only leaves one option, right? My advice: Have a burger and a beer and enjoy your liquid vegetables.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good.

Q: Aren't fried foods bad for you?

A: You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: What's the secret to healthy eating?

A: Thicker gravy.

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO...Cocoa beans...another vegetable! It's the best feel good food around!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. Have another cookie...flour is a veggie!

One more thing...When life hands you lemons, ask for a bottle of tequila and a little salt."

NATIONAL POST

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Prairie hard-times play brings farmers to tears

'Nobody does Saskatchewan like Saskatchewan'

Joseph Brean

National Post

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ROSETOWN, Sask. - Laverne Friesen doffs his baseball cap, sips his beer, and admits he hasn't acted since high school.

What's worse for the 60-year-old star of the Prairies' hottest travelling musical is he has no singing experience, either. Oh sure, he sings, but only to himself, he says, perhaps while out driving or while making the sausages he grinds each fall from a neighbour's pigs.

"I don't sing in front of people," says Mr. Friesen, a retired teacher who lives in this little town tacked onto the train tracks west of Saskatoon. He told as much to his friend Beth Robertson last fall when she asked him to play the wise hired hand, Pete, in a musical she wrote about the changing life of Prairie farmers, but she didn't listen.

"Oh, you will," she told him.

He agreed at least to audition for a part in *The Pull of the Land* and found himself uncontested. So he practised all winter and now, after a run that was supposed to last a weekend but instead caught on across the countryside and has earned bookings well into the fall, he is somewhat of a star.

When the musical about a city boy returning to his parents' farm reached Rosetown, Sask., it caught the ear of Joanne Crawford, Saskatchewan's Minister of Youth, Culture and Recreation, who decided one of the songs, *Sky High*, should be a candidate for theme song of the province's centenary year in 2005. Then, just last month, Elwin Hermanson, the leader of the opposition Saskatchewan Party, lauded the actors in the legislature and drew calls of "hear, hear."

"Then Kindersley wanted us," Mr. Friesen says, and now Elrose, Gravelbourg, Swift Current, Lancer and Yorkton.

"Nobody does Saskatchewan like Saskatchewan," was the front-page praise from the West Central Crossroads newspaper after *The Pull of the Land* played in a local school, wetting the eyes of farmers and offering an inspiration to keep struggling through the drought that has been a blight on the Prairies for three years.

Even more than drought, though, the musical offers a reason for younger generations to resist the pull of cities and to farm the land their parents hand down to them.

"A lot of the people on the farm now are older people and you have young people trying to make a start of it," says Mr. Friesen, who grew up on a farm with eight brothers and sisters, which he says is nothing compared to his grandparents' families of 20 or more.

He sketches the dilemma of the play's young protagonist, who comes home from a job in Calgary and struggles with the pull of his roots. "You pay \$250,000 for a combine, how's a young guy going to start this? You got a good job in the city, maybe you should keep doing that and forget this farming thing," he says.

Beth Robertson, a bright-eyed woman with a curly shock of white hair, couldn't be prouder.

Over dinner with 60 others at the Harris, Sask., weekly potluck, she and Elaine Kowpak, her co-writer, explain why grain elevators are the central image of their play and the subject of one of the songs. As centralized grain depots take over from the little elevators, Prairie farmers are losing their sense of pride over the land, and as the elevators fall, the towns here appear to be shrinking back into the earth.

"The Thirties saw them empty in the farmers' plight; the Forties saw them filled with Prairie gold," their song goes. "We call them Prairie Sentinels; they reach up to the sky; they sheltered every Prairie town and greeted passersby. Now one by one they're torn down; with tears we say goodbye; who will guard the Prairies now?"

Their answer, however sad for the elevators, is the land.

When the father in the play asks his wife why their son would give up a sure thing in the city for a struggle with falling grain prices on the farm, she says, "He's his father's son, isn't he? He feels the same pull of the land that we feel. I think he feels the need to try."

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Marian - Your card group may
like these?
Have fun!

Lorraine Bates

From: "Joan Bamlett" <jbam@telus.net>
To: "Betty Hugo" <bhugo@shaw.ca>
Sent: 10-Jul-03 6:36 PM
Subject: Fw: I got 17

Subject: I got 17

Let me know...and u can't cheat by retaking it either. lol

This is pretty cool. I got 17 full out, but I think I should get 1/2 marks for questions 4 ...got 4 of the 6 and I checked my phone because I said they were all there and I was right, so I should have 18 correct.

Now this probably originated in the States by some of the questions...So I'm expecting higher results from my American friends. lol lol

Have fun with this and pass it on if you'd like.

There are 29 questions about things we see every day or have known about all our lives. How many did you get right? These little simple questions are harder than you think--it just shows you how little we pay attention to the common place things of life. Put your thinking caps on.

Can you beat 18?? (The average is 7) Write down your answers and check answers (on the bottom) AFTER completing all the questions. No cheating!

1. On a standard traffic light, is the green on the top or bottom? ✓
2. How many states are there? (Don't laugh, some people don't know) ✓
3. In which hand is the Statue of Liberty's torch? ✓
4. What six colors are on the classic Campbell's soup label? ✓
5. What two letters don't appear on the telephone dial? (No cheating!) ✓
6. What two numbers on the telephone dial don't have letters by them? ✓
7. When you walk does your left arm swing w/your right or left leg? ✓
8. How many matches are in a standard pack? ✗
9. On the United States flag is the top stripe red or white? ✗
10. What is the lowest number on the FM dial?
11. Which way does water go down the drain, counter or clockwise?

12. Which way does a "no smoking" sign's slash run?
13. How many channels on a VHF TV dial?
14. Which side of a women's blouse are the buttons on?
15. On a NY license plate, is New York on the top or bottom?
16. Which way do fans rotate?
17. Whose face is on a dime?
18. How many sides does a stop sign have?
19. Do books have even-numbered pages on the right or left side?
20. How many lug nuts are on a standard car wheel?
21. How many sides are there on a standard pencil?
22. Sleepy, Happy, Sneezzy, Grumpy, Dopey, Doc. Who's missing? ✖
23. How many hot dog buns are in a standard package?
24. On which playing card is the cardmaker's trademark?
25. On which side of a venetian blind is the cord that adjusts the opening between the slats?
26. On the back of a \$1 bill, what is in the center?
27. There are 12 buttons on a touch tone phone. What 2 symbols bear no digits?
28. How many curves are there in the standard paper clip?
29. Does a merry-go-round turn counter or clockwise?

Don't look at answers below until you complete all the questions:

1. Bottom
2. 50 (please tell me you got this one!)
3. Right
4. Blue, red, white, yellow, black, & gold
5. Q, Z
6. 1, 0

7. Right
8. 20
9. Red
10. 88
11. Counter (north of the equator)
12. Towards bottom right
13. 12 (no #1)
14. Left
15. Top
16. Clockwise as you look at it
17. Roosevelt
18. 8
19. Left
20. 5
21. 6
22. Bashful
23. 8
24. Ace of spades
25. Left
26. ONE
27. *, #
28. 3
29. Counter