

Exercise?

It is well documented that for every minute you exercise, you add a minute to your life. This enables you, at 85 years of age, to spend an additional 5 months in a nursing home at \$5000 per month!

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is!

The only reason I would take up exercising is so that I could hear heavy breathing again.

I joined a health club last year and spent about 400 bucks. Haven't lost a pound. Apparently you have to show up. I have to exercise early in the morning before my brain figures out what I'm doing.

I like long walks... especially when they are taken by people who annoy me.

I have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is that you die healthier.

And last, but not least, I don't exercise because it makes the ice jump right out of my glass!

You could run this over to your friends but why not just e-mail it to them?

One large tree can lift up to 100 gallons of water out of the ground and discharge it into the air in a day.

Bob, a 70-year-old, extremely wealthy widower, shows up at the Country Club with a breathtakingly beautiful and very sexy 25-year-old blonde who knocks everyone's socks off. She hangs on Bob's arm and listens intently to his every word.

Bob's buddies at the club are all agog. They finally corner him alone and ask, "Bob, how'd you get the trophy girlfriend?"

"What do you mean, girlfriend?" Bob replies. "She's my wife!" They're knocked over, and press on. "How in the world did you persuade her to marry you?" they ask.

"Well," he admits, "I lied about my age."

"You cad!" one says, breaking the shocked silence.

"What, did you tell her you were only 50 or something?" asked another.

"No," Bob smiles. "I told her I was 90."

A couple of Kentucky hunters are out in the woods when one of them falls to the ground. He doesn't seem to be breathing, his eyes are rolled back in his head. The other guy whips out his cell phone and calls 911. He gasps to the operator, "My friend is dead! What can I do?"

The operator, in a calm soothing voice says, "Just take it easy. I can help. First, lets make sure he's dead."

There is a silence, then a shot is heard.

The guy's voice comes back on the line. He says, "OK, now what?"

The Difference If You Marry a Canadian Girl

Three friends married women from different parts of the world...

The first man married a Asian girl. He told her that she was to do the dishes and house cleaning. It took a couple of days, but on the third day, he came home to see a clean house and dishes washed and put away.

The second man married a Greek girl. He gave his wife orders that she was to do all the cleaning, dishes and the cooking.

The first day he didn't see any results, but the next day he saw it was better. By the third day, he saw his house was clean, the dishes were done, and there was a huge dinner on the table.

The third man married a girl from Canada . He ordered her to keep the house cleaned, dishes washed, lawn mowed, laundry washed, and hot meals on the table for every meal.

He said the first day he didn't see anything, the second day he didn't see anything either but by the third day, some of the swelling had gone down and he could see a little out of his left eye and his arm was healed enough that he could fix himself a sandwich and load the dishwasher.

He still has some difficulty when he pees.

Lemons contain more sugar than strawberries.

Peanuts are one of the ingredients in dynamite.

Events - 2012

June 4 - Lions Meeting 6 pm
June 9-10 - Jamboree
June 29 - FLS Graduation

July 1 - Pelly Celebrates

Suggestions left by hikers:

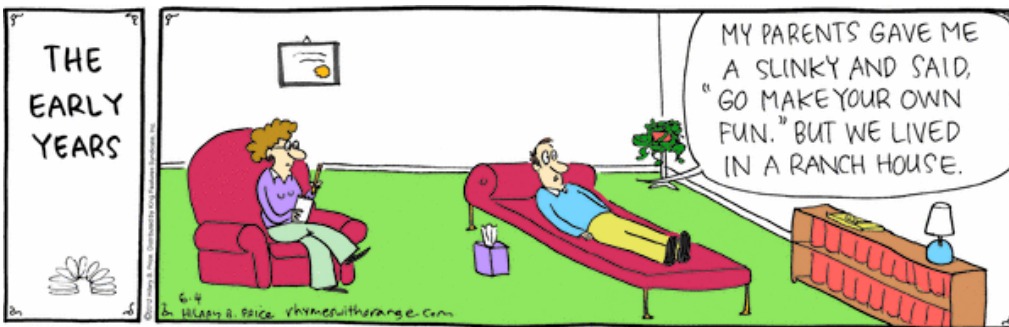
- Trail needs to be reconstructed. Please avoid building trails that go uphill.
- Too many bugs and leaches and spiders and spider webs. Please spray the wilderness to rid the area of these pests.
- Please pave the trails so they can be plowed of snow during the winter.

Two young businessmen in Florida were sitting down for a break in their soon-to-be new store in the shopping mall. As yet, the store wasn't ready, with only a few shelves and display racks set up.

One said to the other, "I'll bet that any minute now some senior is going to walk by, put his face to the window, and ask what we're selling." Sure enough, just a moment later, a curious senior gentleman walked up to the window, looked around intensely and rapped on the glass, then in a loud voice asked, "What're you selling' here?"

One of the men replied sarcastically, "We're selling assholes." Without skipping a beat, the old timer said, "You must be doing well. Only two left."

Did you know that during a lifetime the average person eats about 35 tonnes of food.



Diet Advice

1. A chocolate mousse that you did not order has no calories. Therefore, have your companion order dessert and you taste half of it.
2. Chocolate chips are fattening, about 50 calories a tablespoon. However, chocolate chips eaten while making chocolate chip cookies have no calories whatsoever. Therefore make chocolate chip cookies often but don't eat them.
3. All food eaten while standing has no calories. Exactly why is not clear, but the current theory relates to gravity. The calories apparently bypass the stomach flowing directly down the legs and through the soles of the feet into the floor, like electricity. Walking seems to accelerate this process, so that a frozen custard or hot dog eaten at a fair actually has a calorie deficit.
4. Anything produced, purchased or intended for minors is calorie-free when eaten by adults. This category covers a wide range, beginning with a spoonful of baby tapioca, consumed for demonstration purposes, up to and including *biscuits baked and sent to college.
5. Pies and cakes should be cut neatly, in even wedges or slices. If not, the responsibility falls on the person putting them away to "straighten up the edges" by slicing away the offending irregularities, which have no calories when eaten.
6. Anything eaten in front of the TV has no calories. This may have something to do with radiation leakage, which negates not only the calories in the
7. If you have a drink in your right hand, anything eaten with the other hand has no calories. Several principles are at work here. First of all, you're probably standing up at a cocktail party (see "Food on Foot"). Then there's the electronic field: a wet



- glass in one hand forms a negative charge to reverse the polarity of the calories attracted to the other hand. I'm not exactly sure how it works, but it's reversible if you're left-handed.
8. All cakes are horrendously fattening. However, the calories can be eliminated simply by inscribing "Happy Birthday, Bob" or "Good Luck, Pauline" in coloured icing. Not only is it unnecessary to decline, it's impolite.
 9. Sausages, cheese and the like are all fattening unless impaled on frilled toothpicks. The insertion of a sharp object allows the calories to leak out the bottom.
 10. If you are rushed through a meal, the entire meal doesn't count. Conversely, if you have ordered something fattening and now regret it, you can minimize its calories by gulping it down.
 11. Anything somebody made 'just for you' must be eaten regardless of the calories because to do otherwise would be uncaring and insensitive.
 - 12.

Ten Food Facts - To Give You Fodder For Thought

- 1) Apple is made of 25% air, that is why they float.
 - 2) Avocado has the highest protein and oil content of all fruits.
 - 3) Carrots were originally purple in colour, changing in the 17th Century to orange with newer varieties.
 - 4) Celery requires more calories to eat and digest than it contains.
 - 5) Cherries are a member of the rose family.
 - 6) Corn always has an even number of ears. It only makes up about 8% of the weight in a box of corn flakes.
 - 7) Honey is the only edible food for humans that will never go bad.
 - 8) Lemons contain more sugar than strawberries.
 - 9) Peanuts are one of the ingredients in dynamite.
 - 10) Pear is a fruit that ripens from the inside out.
- Did you know that during a lifetime the average person eats about 35 tonnes of food.

A man goes into a pet store and asks the clerk, "Do you have any dogs that go cheap?"

The salesman says, "No, we have birds that go cheap. Our dogs go BARK!"

I've never understood why women love cats. Cats are independent, they don't listen, they don't come in when you call, they like to stay out all night, and when they're home they like to be left alone and sleep. In other words, every quality that women hate in a man, they love in a cat.

Marriage is the chief cause of divorce.

If you can be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when loved ones are too busy to give you time,
If you can overlook when people take things out on you when, through no fault of yours, something goes wrong,
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
Then.....
.....you are probably a dog.

"Laughing at our mistakes can lengthen our own life. Laughing at someone else's can shorten it."
Cullen Hightower

Carrots were originally purple in colour, changing in the 17th Century to orange with newer varieties.

Cherries are a member of the rose family.

The best way to get most husbands to do something is to suggest that perhaps they're too old to do it. (Ann Bancroft)

When a man steals your wife, there is no better revenge than to let him keep her.

The Doctor was puzzled "I'm very sorry but I can't diagnose your trouble, O'Flaherty. I think it must be drink."
"Don't worry about it Dr Cullen, I'll come back when you're sober." said O'Flaherty.