



Things You Learn In Marriage

During the banquet celebrating their 40th wedding anniversary, Tom was asked to give his friends a brief account of the benefits of a marriage of such long duration.

"Tell us Tom, just what is it you have learned from all those wonderful years with your wife?"

Tom responds, "Well, I've learned that marriage is the best teacher of all. It teaches you loyalty, forbearance, meekness, self-restraint, forgiveness, and many other qualities you wouldn't have needed if you'd stayed single in the first place."

I accompanied my husband when he went to get a haircut. Reading a magazine, I found a hairstyle I liked for myself. I asked the receptionist if I could take the magazine next door to make a copy of the photo.

"Leave some ID, a driver's license or a credit card," she said.

"But my husband is here getting a haircut," I explained.

"Yes," she replied. "But I need something you'll come back for."

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

NBA player Steven Adams is the youngest of 18 children. The boys in his family have an average height of 6 feet 9 inches and the girls average at 6 feet. One of his sisters is an Olympic Gold Medalist in shot put.

A young mother paying a visit to a doctor friend and his wife made no attempt to restrain her five-year-old son, who was ransacking an adjoining room. But finally, an extra loud clatter of bottles did prompt her to say, "I hope, doctor, you don't mind Johnny being in there."

"No," said the doctor calmly, "He'll be quiet when he gets to the poisons."

The University of California pays its coaches more than they do their Nobel winning professors. They are paid on average, three times more than the system's full-time Nobel laureates.

The average human has about 10,000 taste buds however, they're not all on the tongue. Some are under the tongue; some are on the inside of the cheeks; some are on the roof of the mouth. Some can even be found on the lips these are especially sensitive to salt.



Question: What's the best way to make a small fortune in the stock market?

Answer: Start off with a big one.

Eat Kale and Tone your muscles
Plant compounds in kale (lipoic acid and nitrate) soak into muscle cells and switch on the metabolic pathways that prompt muscles to grow stronger and more toned.

Enjoy one cup of kale a day and Swiss researchers say you could see noticeable improvements in your muscle tone within ten days. (Does anyone grow this stuff?)

Light travels faster than sound. This is why some people appear bright until they speak.

The super-rich can watch theatrically-released movies at home via a \$35,000 streaming box for \$500 each (if you own a 100+ inch screen and pass a background check first).

Events 2016

- May 19 - Garbage day
- May 21 - Garage Sale at John Debolt's 8am - 4 pm
- May 23 - Victoria Day
- May 26 - Garbage Day

- June 10/11/12 - Annual Pelly Jamboree in the Hall
- June 19 - Father's Day

July 1 is on July 1 this year, same as last year.

There are no more WW1 veterans left.

In Massachusetts, snoring is prohibited unless all bedroom windows are closed and securely locked and it is illegal to go to bed without first having a full bath.



I came across this exercise suggested for seniors, to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on. The article suggested doing it three days a week. Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax. Each day, you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb. potato sacks. Then 50-lb. potato sacks, and then eventually try to get to where you can lift a 100-lb. potato sack in each hand and hold your arms straight for more than a full minute.

Once you feel confident at that level, put a potato in each sack.

(1957) "When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."

(1957) "The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."

Political Quotes

- ◆ "I resent your insinuations."
- ◆ "If we don't make some changes, the status quo will remain the same."
- ◆ "We're going to have the best-educated American people in the world."
- ◆ "I support efforts to limit the terms of members of Congress, especially members of the House and members of the Senate." -- Dan Quayle
- ◆ "If Lincoln were alive today, he'd roll over in his grave."
- ◆ "We do not have censorship. What we have is a limitation on what newspapers can report."
- ◆ "Candidly, I cannot answer that. The question is too suppository."
- ◆ "Outside of the killings in Washington DC, we have one of the lowest crime rates in the nation." -- Marion Berry
- ◆ "Let's jump off that bridge when we come to it."
- ◆ "To be demeaned like that is an exercise in fertility."
- ◆ "I deny the allegations, and I defy the allegators."
- ◆ "If somebody's gonna stab me in the back, I want to be there."
- ◆ "When you're talking to me, keep your mouth shut."
- ◆ "Let's do this in one foul swoop."

A Chinese billionaire once charged a \$170 million painting to his Amex card just to accrue the points.

A woman goes to the local psychic in hopes of contacting her dearly departed grandmother. The psychic's eyelids begin fluttering, her hands float up above the table, and she begins moaning. Eventually, a coherent voice emanates saying, "Granddaughter? Are you there?"

The woman, wide-eyed and on the edge of her seat, responds, "Grandmother? Is that you?"

"Yes granddaughter, it's me."

"It's really, really you, grandmother?", the woman repeats.

"Yes, it's really me, granddaughter."

The woman looks puzzled, "You're sure it's you, grandmother?"

"Yes, granddaughter, I'm sure it's me."

The woman pauses a moment, "Grandmother, I have just one question for you."

"Anything, my child."

"Grandmother, when did you learn to speak English?"

My wife has not spoken to me in three days. I think it has something to do with what happened on Sunday night when she thought she heard a noise downstairs.

She nudged me and whispered,

"Wake up, wake up!"

"What's the matter?" I asked.

"There are burglars in the kitchen. I think they're eating the tuna casserole I made tonight."

"That'll teach them!" I replied.

There's an Italian sport called Calcio Storico that is a combination of rugby, football, and bare-knuckle fighting. It's known as the 'most violent sport' in the world.

I just tried to make reservations at the library. Couldn't get one though. They were fully booked.

Stress Management

Having a rough day?

Just in case you've had a rough day, here's a stress management technique recommended in all the latest psychological texts. The funny thing is that it really works.

1. Picture yourself near a stream.
2. Birds are softly chirping in the cool mountain air.
3. No one but you knows your secret place.
4. You are in total seclusion from the hectic place called "the world,".
5. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
6. The water is crystal clear.
7. You can easily make out the face of the person you're holding underwater.
8. See, you're smiling already.

(1957) "Did you hear the post office is thinking about charging a dime just to mail a letter?"



Q: How do you make holy water?

A: You boil the hell out of it.

"Dad, Can you write in the dark?"

"I think so. What is it you want me to write?"

"Your name on this report card."

