

Something to

CROWABOUT

e-Magazine of the

Wagga Wagga Senior Citizens' Club Inc.

Incorporating

WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB

Member of ASCCA (Australian Seniors Computer Clubs Association)

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Members of Wagga Wagga Senior Citizens' Club Inc and Wagga Wagga Senior Citizens' Computer Club wish to thank Wagga Wagga City Council for its support .

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A new service, "Internet Access for Seniors" was officially launched at the Seniors Community Centre on March 13th, 2014. Pictured above, flanking our new banner, is Jim Weeden (President, Wagga Wagga Senior Citizens' Club) and Edyta Wrobel (Wagga City Council's Youth and Community Development Officer). Representing Wagga Council, Councillor Alan Brown (Right) tries his hand at using one of the Computer Club's new touch screen computers .





Editor's Notes

G'day again folks,

This issue is a bit of a mixed bag, with no "big story" as such. There **are** major stories in the pipeline for future issues, including preferred items of personal experiences. As a magazine by seniors for seniors, stories and reminiscences of times past are most welcome. So, if you have ever thought of putting some of your experiences down on paper (perhaps for your grandchildren), please think of sharing it with this magazine. As always I try to include items which I think will be of interest to our age group, but would encourage anyone who has an item or ideas on how to improve this magazine to get in contact.

Congratulations to the 2014 Seniors Week Committee for organising such a successful and varied programme this year. Please note the changes to our weekly programme, more on that below.

See you at the Club - *Barry*

Dear Members,

Thank you to those members who came along on Monday 24th March to try out our first afternoon of games.

We had a fun time, playing quoits, magnetic darts, dominoes, pin the tail on the donkey, mini soccer, marbles & even tried play dough & blocks.

Barb (Vice Pres.)

Wagga Wagga Senior Citizens' Club Inc.

Membership (\$5.00 per year) to over 50's

Weekly Programme of Activities

Day	Activity	Time	Cost
Mon.	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 Per hr.
1st Mon. Of Month	Public Meeting Day Guest Speaker	1.30 pm	\$2.00
2nd Mon. Of Month	Indoor Bowls	12.30 pm	\$2.00
3rd Mon. Of Month	Luncheon Day	12 noon	\$5.00
4th Mon. Of Month	Games & Fun round-robin	1.00 — 3.00pm	\$2.00
Thursday	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 Per hr.
Thursday	500 Cards	1.00 pm	\$2.00
Thursday	Line Dancing	9.30 am - 11.30 am	\$2.00
Thursday	Craft	1.00 - 3.00 pm	\$2.00
Friday	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 per hr.
Friday	Indoor Bowls	1.00 - 3.00 pm	\$2.00

Wagga Wagga Senior Citizens' Club Inc Committee 2014

President	Jim Weeden	69331394
Vice President	Barbara Moorhead	69712049
Treasurer	Jo Jovanovic	69315926
Assistant Treasurer	Gwen Beazley	69310268
Secretary	Robyn Weeden	69331394
Assistant Secretary	Robyn McClure	69250273

Additional Committee: Bev Morley, Velma Spears, Fay King, Phyllis Ward, Dawn McDermott, Lise Chan, Helen Murley, Ellen Downey, Dudley Downey, Barry Williams.

WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB—COMMITTEE 2014

Chairperson	Judy Robertson	Ph.: 69316125 jroberts@draget.com.au
Secretary	Barry Williams	Ph.: 69253065 barrysonia@bigpond.com
Treasurer	Enid Pendergast	Ph.: 69218089 Enid.pendergast@gmail.com

Additional Committee: Dawn McDermott, Velma Spears, Bev Morley, Jim Weeden, Marlene Bowen, Robert Stakenburg.

Bi-Monthly Bus Trip: Normally 3rd Wednesday of month, destination decided at monthly meeting and bookings taken that day with payment.

Annual Bus Trip: Normally in October for 5 days.



"Sad Thing About This Joe... Is In 70 Years We'll Be Doing The Same Thing and Still Be Bald and No Teeth and Wearing Diapers";)

Reminder

General Club Meeting is held on the **1st Monday** of Month.
Computer Club Committee meets on the **2nd Monday** of Month

Seniors in Focus



Club members remember when life was a little slower paced during their visit to Temora Rural Museum in February 2014



Ellen Downey Phyllis Ward Barry Williams Helen Murley Jim Weeden
 Barb Moorhead Bev Morley Fay King
 Lise Chan Dawn McDermott Robyn McClure
 Velma Spears Gwen Beazley Robyn Weeden
 Dudley Downey

Wagga Wagga Senior Citizens' Club Inc—Committee 2014

THEN & NOW

MEMORIES OF HOW IT WAS.



City Baths officially opened, 28 November, 1953



New swimming complex "Oasis" opened in 2003



Ripper Slipper water slide at the Wagga Beach before being relocated to the Wagga Baths.



Wagga Beach Life Saving Club



Swimming clubs operated at Wagga Beach since 1890s, but mixed bathing was frowned upon before about 1915. Beach patrols operated until December 1971.



The Art of Learning to Swim in the Early 1940s.

By Val Howard

“Would you like to learn to swim?” Those words still echo in my mind. I was five years old, standing on the steep bank of the Murrumbidgee River, holding firmly onto Mum. This offer didn't have much appeal to me for I had often heard Mum and Dad say that there were a lot of snags in the river and a very swift undercurrent, dangerous even to strong swimmers. On this particular day, Mum was visiting with some of her friends who had several children. They lived in a small rustic cottage which backed right up to the Murrumbidgee River about three miles away from our farm.

The father was a keen fisherman who pursued river cod in his small rowing boat which also served as a swimming platform. His children at a tender age were taken out in the boat to the middle of the river. A rope was tied around them, and then they were thrown in and hauled back to the boat before the current could wash them away. As they progressed and became more proficient, they were hurled into the water from the steep bank on a very long rope.

I still shudder to this very day, but thinking back now, not one of his children ever drowned. He was, I have realised, a forward thinking man who wanted to protect his family in the only way he had. There was no beach nearby, no swimming pool, heated or otherwise. He just wanted to keep his children safe from the river that flowed past the back door. He was an educator and protector of his family.





SNOW SEASON

The fun places we go, of late, appear to be to the snow. On the way to Fall's Creek the early morning drive up the Kiewa Valley while all the passengers are asleep is one of the great drives. With a large number of dairies in the valley there are lots of beautiful cattle with lots of calves all up to their bellies in green feed, with mountains capped in snow as a background. The little villages coming to life with smoke rising from the chimney as the kettles go on to boil for the first cuppa - it gets to be your special time. The climb up to Falls Creek from Mount Beauty is slow. The 30km takes about 50 minutes but around every bend



there are the beautiful trees, the wattle, the waterfalls and the mountain streams rushing down the valley. On special days you even get to put the chains on to aid traction, dispelling thoughts that you are going to have a warm and comfortable day. On arrival at the bus park area you are greeted with a pure white landscape with cars buried under a blanket of snow. It really is a postcard picture.

After unloading the crew and reuniting them with their skis and snowboards you straighten up and realise CRIKEY its bleeding cold and you hop back into the bus to warm up and find the thermos, nothing like a cuppa to get you started. The rest of the day is pretty much yours till 3.30.

Each journey is different - one trip the day turned into a blizzard with winds up to 140 k closing down all the ski lifts for the day leaving the crew to enjoy the hospitality of the resort with lots of pubs and pizzas - there were not a lot of complaints. However mostly each trip is special and you go for a toddle around the village or down to the supermarket for the Sunday paper. A big surprise with the supermarket is the diversity of products available catering for a multicultural clientele and the reasonable prices considering the location.



Other days there are groups with handicapped skiers or special needs kids, the folk that bring the Alpine dogs for cross country races add a lot of interest and colour to the day. The cavalcade of snow bunnies and fancy cars can be amusing or CRIKEY where did they get the money for that. On occasion you get a giggle watching a motorist struggling through the slush with the chains on the wrong wheels or the dismay for the gent who found that his mighty four wheel drive can't take anymore and the engine explodes beside your bus with its engine contents running down the road and later being carted away on a flat top truck. The snow clearing crew do a marvellous job, doing everything from assisting folks that can't find their cars under the snow, to clearing the roads and paths.



CRIKEY its 3.30 already and here they come. It's clean up and reload and away we go heading home. After a short drive you are out of the snow and down to the beautiful trees again tall and straight. The drive home is fairly uneventful with the sound of a happy crew sending up ZZ's worn out after a day of high activity. I suppose I could have stayed home, doodled around the garden or read a book, nah wouldn't have enjoyed that as much.

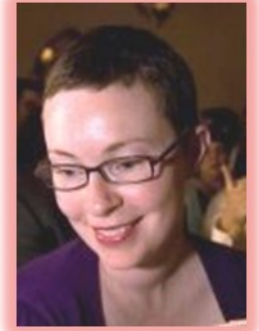
Regards
Eric the bus driver.



Finding your next favourite book by Amy Heap, Outreach and Promotions

Co-ordinator for the Riverina Regional Library

In our hectic lives we often turn on the TV to unwind, but reading is one of the most relaxing things you can do. A study was done in 2009 that showed that reading reduced stress levels by 68%. Subjects only needed to read, silently, for six minutes to slow down the heart rate and ease tension in the muscles. More than listening to music, a cup of tea or coffee or taking a walk, losing yourself in a book is the ultimate relaxation. It is also very cheap therapy and travel, so why wouldn't you read?



It's possible that some people don't read because they don't know what to read. It's hard to know what to choose when you are faced with the aisles of the library or bookshop, but there are some simple tools we can use to find books that we are likely to enjoy. One great source of reading ideas is our group of friends. Having conversations with your friends about what you are reading is a really good way to find out what they are enjoying and seeing if you might enjoy those books too. You can also browse the recent returns shelf at the library to get a feel for what others are reading. Library staff and booksellers love to recommend books! If you purchase books online, from places like Amazon, they'll recommend others you might like.

We have all been taught not to judge a book by its cover but in actual fact, the cover is a pretty good basis for judgement. Publishers put an awful lot of money into designing covers for books, not only to make them appealing but to be somehow representative of what the book is about. More than that, they are designed to appeal to the type of person who would enjoy the book. If you are borrowing books for free, you can always give up if you aren't enjoying it!

Lots of people like reading lists. You can find the Top 50 Books You Can't Put Down list at getreading.com.au and the ABC have done a few book lists for us – Australia's favourite 100 books, 10 Aussie books to read before you die and then the full 50 top Aussie books. It's fun to see how many you have read or you can work through the list.

Once you find a book that you enjoyed then you can try other books by the same author. If you liked *To Kill a Mockingbird*, you are out of luck as Harper Lee only wrote one book. If, however, you like Sue Grafton or James Patterson, you'll be reading for months, even years, before you run out. If you do run out, or if you want to read something just a little bit different, you can use tools to find out who writes like the authors you like. There are books at the library for that, but also lots of websites such as Gnooks, Fantastic Fiction and NovelList (you need to go through the library's website to access this one).

Goodreads (www.goodreads.com) is the world's largest site for readers and book recommendations. It's a social network so you can have friends, and it's linked to Facebook so you can have the same friends there, but you don't need to use the social side of it. Goodreads will give you a blurb on any book at all and show you people's ratings and reviews. So, if you look up a book and I have read it (and we are friends), then you will see what rating I gave it, and my review, and all the reviews that other Goodreads users have written. You can then mark the book as 'want to read'. After you have read it you can rate and review it. This is a great way of keeping track of what you have read, and what you want to read. If you read a review in the paper, or hear of a book on TV, you can go online, or use the app on your phone, to mark the book as to read. You can buy it straight away, too, if you like, Amazon recently bought goodreads. You can even scan the

ISBN number to save typing in the title.

The apps and websites do make things a lot easier, but there are some lovely old school ways of going about it as well. Keeping a book journal can remind you of what you have read and what you want to read, and talking to people about books is lovely in person! Whether you read eBooks or pBooks (print books!), it really doesn't matter, reading is the best, however you do it. "You can never get a cup of tea large enough or a book long enough to suit me." C.S. Lewis **Happy reading!** You can follow what I am reading at

<http://www.goodreads.com/Amyheap>



A good book can change your life ... and your brain

Is reading a book like living the story?

Stories, whether fact or fiction, are at the heart of human culture. A strong narrative can resonate with your personality and experiences, and help set a framework for your future. "That book changed my life" is a cherished maxim. So can a book change your brain too? A recent study led by Emory University's Gregory Berns has demonstrated that reading a novel produces physical changes in the brain similar to those that would result from living as one or more of the characters.



Neurobiological research using functional magnetic resonance imaging (fMRI) has begun to identify brain networks associated with reading stories. Most previous studies have focused on the cognitive processes involved in short stories, while subjects are actually reading them in the fMRI scanner. The Berns study, published in the journal *Brain Connectivity*, focused on changes in brain connectivity occurring between reading chapters of a novel, and the fading of those changes once the novel was finished.

"You live several lives while reading." William Styron.

Twenty-one undergraduate students volunteered as subjects in the experiment. For the first five days, the participants came in to the lab every morning to obtain a base-line functional magnetic resonance imaging (fMRI) measurement of their brain at rest. Then for the next nine days, they were assigned a section of a novel to read at night, returning the next morning to take a quiz covering the material in the latest section, and then taking a new fMRI scan. When the novel was finished, the participants returned to the lab each of the next five mornings for an fMRI scan to track the evolution of any changes observed during the experiment.

The novel chosen was Robert Harris' *Pompeii*. This historical thriller follows its protagonist through his arrival in Pompeii as the new "aquarius," or hydraulic engineer, to run the aqueduct for the area surrounding the Bay of Naples. When the flow of water suddenly stops, he suspects a blockage near its sources on Mount Vesuvius. Investigating, he becomes embroiled in a fraudulent plan to cheat the Roman government of its water fees. Finding the proof, with the aid of a noblewoman, seems less important when the volcano decides to erupt. He rushes into Pompeii to rescue the noblewoman, and they both escape through the lower portions of the once again active aqueduct.

While prior studies suggest that connection to a story told in the first person may be more captivating (everything else being equal), the researchers chose the book due to its page-turning plot. "It depicts true events in a fictional and dramatic way," Berns says. "It was important to us that the book had a strong narrative line ... We want to understand how stories get into your brain, and what they do to it."

As we learn and experience, the connectome, or map of neural connections within our brain, changes. In the Emory experiment, two main classes of changes were seen. First, heightened connectivity was seen in the left temporal cortex, an area associated with understanding language. Remember that the students were not reading while the fMRI scans were being taken, which shows us that the brain remained "at alert" to continue this activity. This is called a "shadow activity."

Increased connectivity was also found in the central sulcus of the brain, which is located at the boundary between the motor and the sensory centres. The neurons in this area are not only activated when the body is active, but also when you think about being active. For example, thinking about running produces very similar changes in this region to those which occur when actually running.

The neural changes remained for the five days after the novel was complete. At this point the study stopped, leaving the

duration of their persistence an open question at present.

“The neural changes that we found associated with physical sensation and movement systems suggest that reading a novel can transport you into the body of the protagonist,” Berns says. “We already knew that good stories can put you in someone else’s shoes in a figurative sense. Now we’re seeing that something may also be happening biologically.”

The use of fMRI scans to study changes associated with experience offers a number of interesting possibilities. One of the more interesting to me is the possibility of increasing the strength of the effect using trans cranial direct current stimulation or trans cranial magnetic stimulation. It would be fascinating (or frightening) if the reading of a book could be transformed to a real-seeming experience in an internally visualized fantasy world.

Source: Emory University

The New Digital Age

A Book Review
By Barry G Williams

“The internet is among the very few things humans have built that they don’t truly understand. What began as a means of electronic information transmission from one room-sized computer to another room-sized computer – has transformed into an omnipresent and endlessly multifaceted outlet for human energy and expression. It is at once intangible and in a constant state of mutation, growing larger and more complex with each passing second. It is a source for tremendous good and potentially dreadful evil, and we’re only just beginning to witness its impact on the world stage”.

Thus we are led into this fascinating book on the digital age, the internet and associated technologies that are about to, and even now, affecting the world. Written by Google executives Eric Schmidt and Jared Cohen, this book offers us a glimpse into what the future holds for us, both in the physical and the virtual worlds.

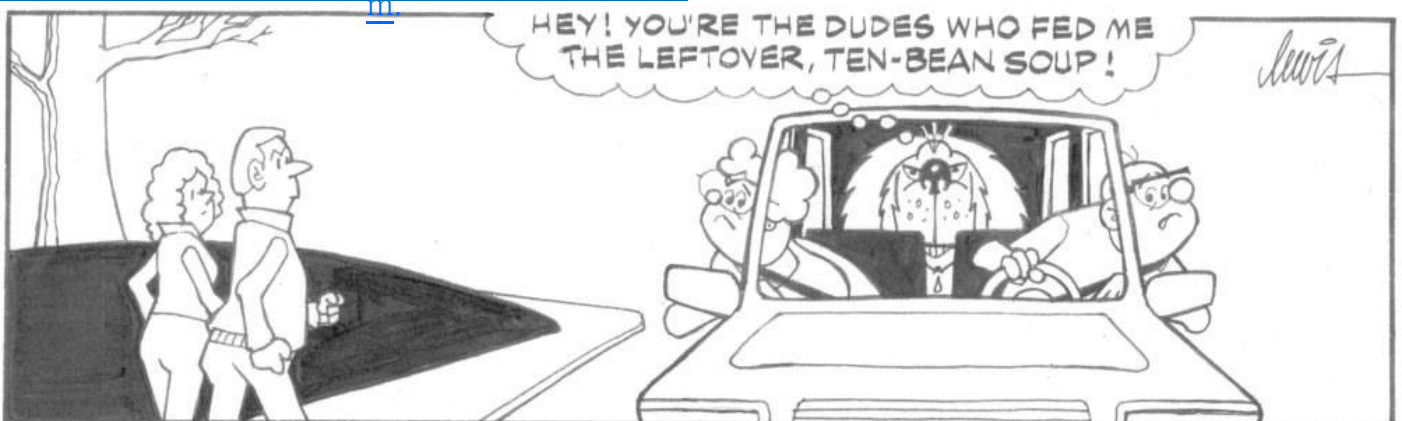
“Moore’s Law, the rule of thumb in the technology industry, tells us that processor chips – the small circuit boards that form the backbone of every computing device – double in speed every eighteen months. That means a computer in 2025 will be sixty times faster than it is in 2013. Another predictive law, this one of photonics (regarding the transmission of information), tells us that the amount of data coming out of fibre-optic cables, doubles roughly every nine months. Even if these laws have natural limits, the promise of exponential growth unleashes possibilities in graphics and virtual reality that will make the online experience as real as real life, or perhaps even better.

Imagine having the holodeck from the world of *Star Trek*, which was a fully immersive virtual-reality environment! Indeed, the next moments in our technological evolution promise to turn a host of popular science fiction concepts into science fact: driverless cars, thought controlled robotic motion, artificial intelligence (AI) and fully integrated augmented reality, which promises a visual overlay of digital information onto our physical environment. Such developments will join with and enhance elements of our natural world. This is our future, and these remarkable things are already beginning to take shape”.



LES&MAY
LAFFING WITH (AND AT) OLDER AMERICANS™

by **Larry Lewis**
www.lesandmay.co



Seniors in The News

Meet Essie, a Facebooker at 98

Nov. 5, 2013 *The Daily Advertiser*

AT 98 years old, Facebook-loving Essie Fountain is a living example it is never too late to learn something new.

The sharp-minded Essie said she threw the crochet hooks away because she was "sick of making things people didn't want", a move that coincided with an introduction to computers and the internet.

It was 1999, Essie was 84, and a younger friend had offered to help send an email to her Sydney-based daughter, who was at first bewildered, then excited by her mother's tenacity.

"He just said 'write and I'll fix any grammar mistakes for you'," Essie said.

"So I did ... which led to my daughter offering me a computer to learn on because she was selling her business."

Technology was never a high priority for Essie, who was born during World War I and remembers neighbours crowding around the electrician's shop at Temora in the 1950s because the owner had a television.

A mother-of-five, Essie said until middle-age her life was about "getting through the day" until gradually each of her children left home, leaving her with an increasing amount of free time.

"(Before discovering computers) I had been crocheting for a few years and I thought: 'wake-up to yourself, what's going to happen to you if I do this forever'.

Two terms completing a computer course at TAFE, a new laptop at 94 years old and Essie hasn't looked back.

She keeps in contact with her five children, grandchildren and 13 great-grandchildren through Facebook, and email.

"You can get hold of them instantly with Facebook you just look for the green dot," Essie said, referring to Facebook chat. "Email takes a bit longer."

But with her 100th birthday around the corner, Essie is passionate about her love of computers and the internet, even uploading photos and watching television series' on her laptop.

"I always say it's important to learn at least one new thing each day," Essie said.

"So when I go to bed at night, I ask myself 'what have you learnt today?'"

Meet Melbourne's iGranny, Edna Gray, who uses her iPad to keep in touch with her grandchildren *Herald Sun January 08, 2014*

ONE-hundred-year-old Edna Gray could be Australia's most switched-on granny.

The tech-loving Sandringham resident, who still lives at home, is ready to accept your friend request on Facebook and is even up for a battle on the Words with Friends app.

"I also sometimes wonder if they have any idea of the age of their opponent," Ms Gray said.

She describes the app as "quite addictive" and has played with two of her granddaughters, even when they travelled overseas.

Edna uses her iPad to keep up with her nine grandchildren.

Yet when she was born in 1914, penicillin had not been discovered and the first Mac computer was still 70 years away. She survived the Depression, World War II and teaching police recruits to touch-type.

Ms Gray said the typing skills she learned as a secretary made the transition to computers a lot easier. She has used those skills to teach others basic computer skills. Edna Gray still lives at home at 100 and is ready to accept your friend request on Facebook.

"I had tried in vain to teach my daughter to touch type and write shorthand when she was at university, but was told rather scornfully that she wasn't planning to be a secretary.

"She has lived to regret that comment with the coming of computers - and I got my revenge in the nicest way when I subsequently taught all my grandchildren to touch type at a very early age," Ms Gray said.

Today, she has mastered everything from text messages to emails, proving that life does not stop at triple digits.

Ms Gray retired in her 70s but continued to ride horses until she was 80 and drive until she was 98.

Now her latest hi-tech addition, an iPad, helps her keep tabs on her nine grandchildren who roam around the world. And she has also discovered Facebook chat.

"I do love this. This is a wonderful way to keep in touch with the young ones." Her advice? "Enjoy each day.

"My attitude has been described as the glass is always half full and I think this positive outlook has helped me in my life," she said.



Essie Fountain sits next to her computer at her Temora home. The 98-year-old is an avid user of Facebook, and keeps in contact with friends and family through email.



Computer Hints & Tips



Questions And Answers

Q: My internet searches come up with so many answers! I only want one.

A: Enter more definite information or use speech marks or quotation marks ie “” around search words which belong together such as a first and second name.

Q: What is the I'm Feeling Lucky button seen on the Google home page

A: This skips the search results page and goes directly to the first ranked page for that search phrase. It's useful if you are confident that the website you are looking for includes the phrase you are searching.

Q: Is there any privacy in social networking?

A. No! People need to be mindful about what they are posting on Twitter and Facebook. Disclosing information on these kind of sites can have a downside.

Q: If I click "Ignore" on a Friend Request in Facebook, will the person be notified?

A: They won't be notified, but if they are a savvy Facebooker, and they really want to, they can figure it out. Until you respond to the friend request, it will show as “Friend Request Sent.”

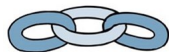
If you click Ignore, this message will go away (and the person can send you another friend request). If you really don't want them reading your Facebook Page, but you don't want to offend, you have two choices. You can just leave the request alone ("Sorry, I didn't notice it"). Or you can add them to a list and customise your Facebook settings so that people on that list can't see your posts. There is lots of information about Lists and how to use them on Facebook's Help page.

Keeping Ink Cartridges from Drying Out

Any inkjet printer is not happy being idle for long periods of time. That will cause the cartridge to dry out. It can happen in as short as 3-4 weeks. It is not a bad idea to print out something once a week, but if you have a colour printer, you would want to make sure it is also printing something with colour. It is not a bad idea to turn the printer off and on occasionally, as most printers will run a cleaning and prep cycle that could keep the ink from drying out. A suggestion on that would be every time you do restart your computer, go ahead and restart your printer.

An alternative if you use your printer infrequently is to look for a laser printer. They are more expensive, but their ink will not dry out. Inkjet cartridges are liquid, and when exposed to air does what any liquid does. A laser printer uses powder, not liquid, so it won't dry out no matter how long you leave it idle. As stated, though, they are much more expensive.

Some Links For U 2 Try



(Just click on the links below but Please be aware some links may disappear with time)

A tour inside of the Space station

This is an inside tour of the space station. The only way most of us will ever be able to see it. Very interesting.

[Departing Space Station Commander Provides Tour of Orbital Laboratory - YouTube](#)

Dog and Daddy Reunion

<http://www.youtube.com/watch?v=JC5DXGIC8s8>

One for the birds..

www.youtube.com/watch_popup?v=UXm-dBSUGCs&vq=medium

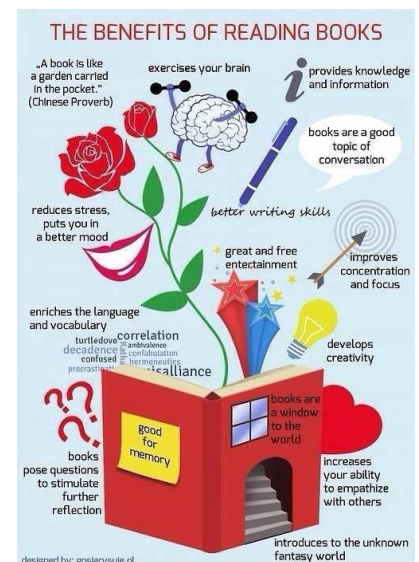
<http://www.scamwatch.gov.au>

This is a most useful website – very credible and with a great side menu.

Welcome to the World's Greatest Virtual Museum!

Another great web site for art lovers. 5.000 PAINTINGS, this is like a GIGANTIC ART GALLERY

<http://www.mystudios.com/artgallery/>





The Crows Joke Page

A senior couple had finally learned how to send and receive texts on their cell phones.

The wife, being a romantic at heart, decided one day that she'd send her husband a text while she was out of the house having coffee with a friend.

She texted:

If you are sleeping, send me your dreams.

If you are laughing, send me your smile.

If you are eating, send me a bite.

If you are drinking, send me a sip.

If you are crying, send me your tears.

I love you.

The husband, being a no-nonsense sort of guy, texted back:

I'm on the toilet. Please advise.



The long line at the pearly gates

After living to a ripe old age, Dr Smith, a world-famous surgeon, passed away during his sleep one night. He found himself at the back of an extremely long line leading to the Pearly Gates.

After waiting what seemed like an eternity, the surgeon had it in his mind that he shouldn't have to wait in line.

He walked up the Pearly Gates and said to Saint Peter, "I'm Doctor Gregory Smith, world-famous surgeon. While on earth I saved many lives and cured uncounted illnesses. I don't think I should have to wait in this line."

Saint Peter curtly replied: "Here in Heaven, everyone is treated the same. Go to the back of the line, please."

As he was walking to the back of the line, he noticed a gentleman with a leather bag and a stethoscope, obviously a doctor, walk to the front of the line.

Saint Peter waved him right through.

Furious, Doctor Smith ran up to Saint Peter and shouted: "Why did that doctor get to go right

through?!"

Saint Peter smiled and said: "Oh, that was God. Sometimes, he just likes to play doctor."



Another problem when getting old...! I got a new stick deodorant today. The instructions said: Remove cap and push up bottom. I can barely walk, but whenever I fart, the room smells lovely.

Submitted by David

Why men prefer a dog to a wife!

1. The later you are the more excited your dog is to see you.

2. Dog's don't notice if you call them by another name.

3. Dogs like it if you leave a lot of things on the floor.

4. A dog's parents never visit.

5. Dogs understand that you have to raise your voice to get your point across.

6. Dogs find you amusing when drunk.

7. Dogs like to go hunting and fishing.

8. A dog will not wake you up at night to say "If I died would you get another dog?"

9. If a dog has babies you can put an ad in the paper and give them away.

10. A dog will let you put a studded collar on him.

11. If a dog smells another dog on you they don't get mad.

12. If a dog leaves it won't take half your stuff.

13. If you lock your dog and your wife in the garage for an hour, guess who would be pleased to see you...



Murphy says to Paddy, "What ya talkin to an envelope for?" "I'm sending a voicemail ya thick sod!"



OK

During historic wars, when troops returned without any casualties, a writing was put up which all could see which read "0 Killed". From here we get the expression "O.K" which means all is good.

How to Stay Young

- 1) Keep only cheerful friends, the grouches pull you down.
- 2) Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle brain is the devil's workshop. And the devil's name is Alzheimer's.
- 3) Enjoy the simple things
- 4) Laugh often, long and loud. Laugh until you gasp for breath.
- 5) Tears happen. Endure, grieve and move on. The only person who is with us our entire life is our self. Be alive while you live.
- 6) Surround yourself with what you love whether its family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
- 7) Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- 8) Don't take guilt trips. Take a trip to the Mall, even a foreign country. But not to where guilt is.
- 9) Tell the people you love that you love them at every opportunity.
- 10) And always remember life is not measured by the number of breaths we take, but by the moments that take our breath away.



Why does "slow down" and "slow up" mean the same thing?

Dust If You Must

by Anonymous

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.



MOVING RECTANGLES

Slight motion in the circle?
It's all in your mind.

