

Allendale Lifelong Learners

August 2021

Allendale
Charter Township est. 1849

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From the Director's Desk

With this issue of the newsletter, it will be 17 years since I began this job. And I cringe when I say job, because it doesn't always feel like work. I am blessed that I get to do what I do!! And I enjoy it immensely! Thank you for being the people that I get to pass on these stories and information to. I always tell people that I grew up on Reader's Digest and Guideposts and I try to make this newsletter a combination of both. Thank you for your kind words, encouragement and readership. I appreciate you! Make sure you sign up for events listed. You can call, text or email and I will see that you get signed up. It helps to have a headcount when making reservations. Bunco, Mystery Trip and Racing are in addition to our normal activities this month. I hope you can join us for something and hope to see you soon. Until next month...Hugs,

Kathy



One day our lives will
be summarized by
two dates and a dash.

Make the most of
the dash.

Never regret a day in your life:
Good days—bring Happiness
Bad days—bring Experiences
Worst days—bring Lessons
Best days—bring Memories



Summer Concerts in the Park Series:

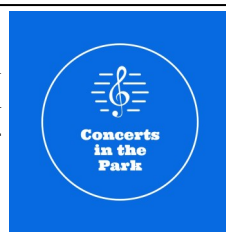
A beloved summer event of our town is the Concerts in the Park Series. Each concert will be at the band shell in the Allendale Community Park from 6:30-8:30pm. Various food trucks will be available at some of the concerts. We cannot wait to enjoy the music!

August 3, 2021 – 6-Pak (Oldies/50s/60s)

August 10, 2021 – Andrews String Band (Mix of styles)

August 17, 2021 – Country Current (Country)

Please call Elizabeth at the Township office at 616-892-3118 with any questions!



August 6, 8:58pm: *Raya and the Last Dragon*. In the newest animation movie from Disney, Raya is determined to find the last dragon. Bring a blanket or lawn chair. Free snacks provided.



SCAMS 101: Unfortunately, we are still faced with people claiming a variety of things in hopes that they can get someone to fall for whatever story they are telling. Despite the numerous warnings out there, people still fall victim to this far too often. It's impossible to cover every scam that's out there, but here are a few tips to help you avoid being duped.

- If it sounds too good to be true, it probably is. When in doubt, HANG UP!
- DO NOT give out personal information.
- Don't be tempted to click on links.
- Slow down and talk to someone you trust. Don't let a scammer rush you.
- Don't wire money, purchase gift cards, or send money to anyone. You won't get it back.
- Contact your bank right away if you think you've sent money to a scammer.
- If you were scammed and lost money, contact your local police department to file a report.
- If it was an attempted scam and you did NOT lose money, you can report it to the FBI by going to ic3.gov and logging the information.
- Don't take the bait – if they are claiming to be from a police department, business, IRS, social security office, etc. then hang up with them and call that agency directly to verify what they are telling you.

Call Kathy at 616-843-0572 or email khanes@allendale-twp.org
if you would like more information on the Allendale Lifelong Learners
or any of the activities listed in this newsletter.



A Little Bit of this and that...



Give me a sense of humor, Lord—Give me the grace to see a joke.
To get some humor out of life and pass it on to other folk!

- I danced like no one was watching, but someone was watching and thought I was having a seizure and called an ambulance!
- There are 3 phases of retirement: 1—the Go-Go years; 2—the Slow-Go years and 3—the No-go years! Which one are you?
- I'm not lazy. I'm on energy saving mode.
- Learn from the mistakes of others. You can never live long enough to make them all yourself!
- Retirement is saying, "But after this week things will slow down a bit!" over and over again until you die!
- My body is like a haunted house. It needs a lot of work, makes mysterious creaking sounds and contains the spirit of a creepy lady that's always moaning about something!
- Today I learned that if you flip a canoe over you can wear it as a hat. Because it is cap-sized!
- As you get older you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset I just thought, "Wow, That's the fastest I've moved in years!"
- I'm on O.P.T (Old People Time) I've got more time behind me than I do in front, so I got no time to be wasting!
- If you are wondering where I got this REO Speedwagon joke from...I heard it from a friend, who heard it from a friend, who heard it from another!
- If you play guitar and want to know the secret of making it sound better, please stay tuned!
- Do not sit on the floor without a plan on how you will get up!
- Just know that when I say "The other day", I could be referring to anytime between yesterday and 25 years ago.
- Have you ever wondered what your dog named you?
- Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming!
- Whatever you do in life, always give 100%...unless you're donating blood!
- Why are there no "knock-knock" jokes about America? Because Freedom rings!
- I'm giving up eating chocolate for a month. Sorry, bad punctuation. I'm giving up. Eating chocolate for a month!
- Old age comes at a bad time! When you finally know everything, you start to forget everything you know!



THE OLDER I GET, THE MORE I HAVE IN COMMON WITH COMPUTERS. WE BOTH START OUT WITH LOTS OF MEMORY AND DRIVE, THEN WE BECOME OUTDATED, CRASH UNEXPECTEDLY, AND EVENTUALLY HAVE TO HAVE OUR PARTS REPLACED!

I have a friend who writes music about sewing machines. He's a singer songwriter.

Or sew it seams.

SCIENCE TIP

You can distinguish an alligator from a crocodile by paying attention to whether the animal sees you later or in a while.



TLC...All that Matters

How to get out of bed:

- 1.Roll onto your back and groan.
- 2 Locate edge of bed and groan.
- 3.Scoot over to proper distance from the edge and groan again.
- 4.Repeat #2 and #3 as necessary and groan each time.
- 5.Use your elbow and arm to sit up and groan.
- 6.Swing legs over the edge and groan.
- 7.Scoot forward until feet touch floor and groan.
- 8.Use arms to push yourself upright and groan.
- 9.Wipe drool off your face before you stand up and groan again.

My body creaks so much, my doctor just wrote me a prescription for wd-40!



Sassypants



The 10 Commandments of SENIOR CITIZENS

1. LET'S FACE IT AND ACCEPT IT. We are getting old or already old. Let's face its consequences and limitations.
2. FOCUS ON ENJOYING PEOPLE, not indulging or accumulating material things.
3. PLACE AND SPEND WHAT YOU SAVED. You deserve to enjoy it, and the few healthy years. Travel if you can afford it. Don't leave anything for your children or loved ones to quarrel about instead of helping, you can even cause more trouble when you are gone.
4. LIVE IN THE HERE AND NOW, NOT IN THE YESTERDAYS AND TOMORROWS. It is only today that you can handle. Yesterdays are gone, tomorrows may not even happen.
5. ENJOY YOUR GRANDCHILDREN BUT DON'T BE THEIR FULLTIME BABYSITTER. You have no moral obligation to take care of them. Don't have any false guilt about this. Your obligation to your children is finished.
6. ACCEPT PHYSICAL WEAKNESS, SICKNESS AND OTHER PHYSICAL PAINS. It is all part of the aging process. Enjoy whatever health can give you.
7. ENJOY WHAT YOU HAVE RIGHT NOW. Stop working hard for what you do not have. If you don't have them, it's too late.
8. JUST ENJOY YOUR LIFE WITH YOUR SPOUSE, CHILDREN, GRANDCHILDREN AND FRIENDS. People love you for yourself not for what you have. they will just give you misery.
9. FORGIVE AND ACCEPT FORGIVENESS. Forgive yourself and others. Enjoy peace of mind and peace of soul.
10. BEFRIEND DEATH. IT'S PART OF LIFE. Don't be afraid of it. It's the beginning of a new and better life. It's the beginning of the true and real life forever. So, prepare yourself, not for death, but for a new life.

Let's be happy and enjoy ourselves to the fullest!

BENEFITS OF A GOOD VOCABULARY!

I RECENTLY CALLED AN OLD ENGINEERING BUDDY OF MINE AND ASKED WHAT HE WAS WORKING ON THESE DAYS.

HE REPLIED THAT HE WAS WORKING ON "AQUA-THERMAL TREATMENT OF CERAMICS, ALUMINUM AND STEEL UNDER A CONSTRAINED ENVIRONMENT."

I WAS IMPRESSED UNTIL, UPON FURTHER INQUIRY, I LEARNED THAT HE WAS WASHING DISHES WITH HOT WATER UNDER HIS WIFE'S SUPERVISION.

Everyone asked a 100-year-old man for his health secrets. The old man said:

I'll tell you a secret. I've been married for 75 years. I promised my wife when we got married that whenever we would quarrel, the loser had to walk for 5 miles. I've been walking 5 miles everyday for 75 years!

Everyone asked, "But how come your wife's as healthy as you are?"

The old man answered: I'll tell you another secret. She's been following me to make sure I really walk the 5 miles!!



- In my mind, I am still 29, but my back is 54, my knee is 63 and my right hip turns 72 next week!
- I did a cartwheel the other day, thinking it was like riding a bike. It's not!
- I've decided I'll never get down to my original weight. I'm okay with that. After all, 6lbs, 3 oz. is just not realistic!
- I often wonder who Pete is and why we do things for his sake.
- What if they close grocery stores and we have to hunt for our food. I don't even know where Little Debbie lives!
- I went to McDonald's and slammed \$10 down on the counter and said, "Surprise me! Because I never get what I ask for anyways!"
- Everyone in your life will have a last day with you and you don't even know when it will be. Love always!
- I've learned 2 very important lessons in my life. I can't recall the first one, but the second one is that I need to start writing things down.



Rambling Thoughts

This is a great read; especially if you fall within the stated age group. Those of us who yearn for a simpler time of life will surely enjoy this piece. If you are too young to fully appreciate the content, please feel free to pass it along to anyone you know "who fits the bill". And, if you are a member of this elite group, by all means, stand up and take a bow! It's great being part of the 1% Special Group!

The special group—born between 1930 –1946

In 2021, the age range of this group is between 75 & 91.

Are you, or do you know, someone who's still here?

Interesting Facts for you ...

You are the smallest group of children born since the early 1900s.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war which rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from gas to sugar to shoes to stoves.

You saved tin foil and poured fried meat fat into tin cans.

You saw cars up on blocks because tires weren't available.

You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

You are the last to see the gold stars in the front windows of grieving neighbors whose sons died in the War.

You saw the 'boys' home from the war, build their little houses.

You are the last generation who spent childhood without television; instead, you “imagined” what you heard on the radio.

With no TV until the 1950's, you spent your childhood "playing outside". There was no Little League.

There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like.

On Saturday mornings and afternoons, the movies gave you newsreels sandwiched in between westerns and cartoons.

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).

Computers were called calculators; they were hand cranked.

Typewriters were driven by pounding fingers, throwing the carriage and changing the ribbon.

INTERNET' and 'GOOGLE' were words which did not exist.

Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening.

As you grew up, the country was exploding with growth.

The Government gave returning Veterans the means to get an education and spurred colleges to grow. Loans fanned a housing boom.

Pent up demand coupled with new installment payment plans opened many factories for work.

New highways would bring jobs and mobility.

The Veterans joined civic clubs and became active in politics.

The radio network expanded from 3 stations to thousands.

Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into exploring opportunities they had never imagined.

You weren't neglected, but you weren't today's all-consuming family focus.

They were glad you played by yourselves until the street lights came on.

They were busy discovering the post-war world.

You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves and felt secure in your future though depression poverty was deeply remembered.

Polio was still acrippler.

You came of age in the 50s and 60s.

You are the last generation to experience an interlude when there were no threats to our homeland.

The second world war was over and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life with unease.

Only your generation can remember both a time of great war, and a time when our world was secure and full of bright promise and plenty.

You grew up at the best possible time, a time when the world was getting better...

You are "The Last Ones."

More than 99 % of you are either retired or deceased, and you should feel privileged to have "lived in the best of times!"

All Things Michigan...



This is a photo that began circulating shortly after the fire at Brigadoon on Mackinac Island at an afternoon wedding in May, 2021. Fire Chief Jason St. Onge tracked down the story of the pictured bride and groom and shares it below in his own words:

THE REST OF THE STORY....Now I don't mean to sound like Paul Harvey, but you must hear the REST of the story behind this photo taken on Mackinac Island by Cody Langhorne. Featured in the photo, (besides the fire) are newlyweds Jake and Elizabeth. Like so many young couples they decided to have their wedding on Mackinac Island and had in fact been married earlier in the day at St. Anne's Church. Like so many couples, their wedding had been postponed from last summer due to the pandemic.

At their reception, in the gardens behind the Yacht Club, Elizabeth's dad had just started his father of the bride speech when many of the guests started to notice smoke coming from the residence next door. Everything stopped. The house was ablaze, the Fire Department was arriving, and the magical day was suddenly interrupted, just as it had been canceled by Covid a year earlier. The guests were evacuated, and nobody really knew what would happen next.

That's when Jake and Elizabeth decided to head back to St. Anne's to pray and reflect. While walking to the church, unbeknownst to them, this photo was taken. A photo of two newlyweds whose perfect day was now in shambles. But that's not where the story ends....

Concurrently to the reception being evacuated, Brandon Sheldon, General Manager of Mission Point Resort was walking by. Brandon recognizing what was happening, picked up his phone, called his bosses and put a plan in action. The staff at Mission Point mobilized their convention personnel and many others including CEO Mark Ware and his sister, VP of Sales and Marketing Liz Ware. Within minutes, a plan was coming together. The wedding reception was being moved to Mission Point. Mark Ware would serve food, the head bellman would become a bartender, everyone would play a part.

Other properties were engaged to help. The kitchen staff from the Yacht Club was able to use The Island House Hotel Kitchen to finish the food, the Pink Pony sent dishes and other needed supplies and within 30 minutes the reception was back on!!! The best man was sent to St. Anne's to tell the bride and groom to head to Mission Point.

To accommodate the late start, Chris Shepler had one of his boats make a special run to return guests to the mainland. It all came together in a matter of minutes.

And this is the Mackinac way. Where else can a wedding get canceled and reconvened in under 30 minutes just a few hundred yards away? I have lived here my whole life and on plenty of occasions I have seen the worst situations met with the greatest compassionate people you would ever meet. And now Jake and Elizabeth have too.

And now you know the rest of the story.



Areas shaded in blue do not have road construction



SOME SAMPLES FROM

Eric Weaver's
tongue-in-cheek

"MICHIGAN ACCENT
PRONUNCIATION GUIDE"



Cloze: Clothes.
"That kidza real cloze-horse."



Cranz: Crayons.
"Her aent gaver some cranz for her birthday."



Fi-yerr: Fire.



Friggeraider: Refrigerator.
Why waste energy on that first syllable? "Maahm sez you left the melk outta the friggeraider again."



Graage: Garage.
"Ahhh, shuddup an' go parkk yer cahrr in the friggin' graage."



GROSHries: Groceries.
"Wouldjamind gotn' to the groshry store?"



Mier: Mirror.
"Don' lookin the mier ... yull breakit."



Pahp: Pop.
"Let's sahp by SevenuhLeven and gedduh pahp."



Ruff: Roof.

More examples: michigannative.com.



August 2021

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30 AM— Breakfast Club at Murphy's. Join us as we celebrate your birth- day this month.	3 6:30 PM —Music in the Park	4 11:30 AM—Lunch Bunch. Meet at the restaurant we choose. 5:30 PM—Bunco! \$5.00 at the door. Sign up so we know how many are coming!	5 11:00 AM —Exercise in the Park	6	7
8	9	10 6:30 PM —Music in the Park	11 12:00 Noon— Picnic in the Park. Bring your lunch and meet at the township park for food and fellow- ship. I'll bring des- sert.	12 11:00 AM —Exercise in the Park	13	14 5-8PM— Berlin Racing
15	16	17 6:30 PM —Music in the Park	18 9:00 AM— Mystery Trip. Join us as we venture out and visit places that are a little off the beaten path.	19 11:00 AM Exercise in the Park 5:00 PM— Supper club 5 to 7 PM— Back to School Fair	20	21
22	23	24	25 12 Noon— Monthly luncheon. Meet at Main St. Pub and enjoy a delicious lunch and catch up with one	26 11:00 AM —Exercise in the Park	27	28
29	30	31				



You can text or call and leave a message @ 616.843.0572 or
send an email to khanes@allendale-twp.org



Did you know

The Albatross is a large bird that can go **years** without landing. They spend their first **6 years** of life flying over the ocean without even touching the ground.



This sheep escaped a farm and spent 6 years in the mountains, during which time he grew 60 pounds of wool. Wolves tried to eat him, but their teeth could not penetrate the wool. You don't have to turn hard to survive the wolves, just be really, really soft and fluffy.



In 2017, a family fled as California wildfires consumed their neighborhood, leaving behind Odin, who refused to leave the eight goats he protected at night. The next day, the owner came back to find his home was among 5,700 destroyed by the fires. However, Odin was waiting for him with all of the goats.

The great Pyrenees possibly guided the herd to a high outcropping of rocks to avoid the flames. A group of deer had joined the flock seeking Odin's protection.



Hi, I'm a tippie, NOT a mosquito. You may have killed me without realizing that I am not a danger to anyone. Actually I'm a help. I don't suck blood, but I feed on the nectar of flowers helping to pollinate them. Now that you know me please don't kill me, if I mistakenly



enter your house, just walk me out, and don't destroy me.

You can text or call and leave a message @ 616.843.0572 or send an email to

WHAT'S HAPPENING

8:30 AM—Monday, August 2 at 8:30 AM, Breakfast—Join the group as we gather for breakfast at Murphy's restaurant in Allendale. No more free breakfast, but warm your heart and tummy with good food, good fellowship and hot coffee! No need to call, just show up!

Wednesday, August 4 at 11:30 AM—Meet at China Chef in Standale for some lunch and trivia. Let me know if you can join us!

Wednesday, August 4 at 5:30 PM—Bunco and Supper! We are back with Bunco on the first Wednesday of each month! Cost is \$5.00 at the door. Sign up so we know how many to plan for! An easy to learn game that's good fun for all!

Thursdays at 11:00 AM—Exercise class!!! Join the group as we meet in the township park, by the blue exercise equipment, for exercise class led by Northern Ivy PT staff and interns. This class will continue into fall. Hope you can join us! FREE!!

Wednesday, August 11 at 12 noon—Picnic in the Park. Bring your lunch and we will meet in the Allendale Township Park for lunch and fellowship. I'll bring dessert. Call Kathy if you have questions. 616.843.0572.

Wednesday, August 18, 9:00AM to 3:00 PM—Mystery Trip—They're ba-ack! We welcome back one of our favorite outings as we set off for unknown places, but always have a good time. **Cost is \$30.00 per person and should be paid by Wednesday, August 4.** North, south, east or west. Where ever we go, it's always the best! You can still sign up, but note that seating is limited. There will be some walking, but this is a one star trip. Dress is casual.

Thursday, August 19 at 5:00 PM—Supper Club at Mancino's of Allendale—Meet for supper at the restaurant. Please call Kathy to save a seat! 616.843.0572.

Wednesday, August 25 at 12:00 noon—Luncheon at Main St. Pub. We will order off the menu, visit with one another and hand out next month's Newsletters. Let me know if you can join us! We will be bringing in some guests again, so let me know if you hear of something of interest to the rest of the group. I hope you can join us!

You can text or call and leave a message @ 616.843.0572 or send an email to khanes@allendale-twp.org

Coming up...

- **Saturday, August 21**—Racing at Berlin Raceway in Marne.
- **Wednesday, October 20**—Mystery Trip.
- **Annual Dues (\$20.00)** will be collected beginning in September.

Here is information on area businesses and individuals who provide classes or events for your needs.

- **SNAP FITNESS**—If you are members of a Medicare health plan, you may have access to the SilverSneakers® Fitness Program. Stop in and see for yourself or visit the website www.silversneakers.com/snap/
- **Silver and Fit** is a program that promotes exercise for the healthy, aging population. If interested, reach out to our professional staff at **Northern PT of Allendale at 616-895-4050** to get set up on your individualized programming.
- **PICKLE BALL-Every Wednesday and Friday from 9:30 to 11:30** at the new and improved Pickle Ball courts in the township park in summer and at Life Stream (6561 Lake Michigan Drive) in winter. Not sure if you like to play? Stop by and check it out. There are many friendly people there to help! Equipment is provided.
- **Walking Fit—Tuesdays at 5:00 PM**—Join Terri, from Northern Ivy Physical Therapy and take a walk outside. Walking Fit is outside which hopefully will be attractive as gets a bit warmer. We walk at The Village Condos so it is safe, away from traffic, flat ground and a good space to visit, yet distance. Join as they go by or meet at Northern PT by 5:00 PM



Just to Warm your Heart...

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hm...mm..," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "Today I'm going to wear my hair in a pony tail." So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "YAY!" she exclaimed. "I don't have to fix my hair today!"

Attitude is everything. Be kinder than necessary, for everyone you meet is fighting some kind of battle. Live simply, Love generously, Care deeply, Speak kindly. Be Grateful!



I'm Fine

There's nothing whatever the matter with me.

I'm just as healthy as I can be,

I have arthritis in both my knees

and when I talk, I talk with a wheeze!

My pulse is weak and my blood is thin,

But I'm awfully well for the shape that I'm in!

I think my liver is out of whack, and a terrible pain is in my back!

My hearing is poor, my sight is dim,

most everything else is in need of a trim

But I'm awfully well for the shape that I'm in!

I have arch supports for both my feet,

or I wouldn't be able to cross the street.

Sleeplessness I have night after night,

And in the morning I'm just a sight!

My memory is failing and my head's in a spin.

I'm peacefully living on aspirin.

But I'm awfully well for the shape that I'm in!

The moral is, as this tale we unfold,

That for you and me who are growing old,

It's better to say, 'I'm fine' with a grin,

Than to let them know the real shape that we're in!



COWS DON'T GIVE MILK

A father used to say to his children when they were young: When you all reach the age of 12 I will tell you the secret of life. One day when the oldest turned 12, he anxiously asked his father what was the secret of life. The father replied that he was going to tell him, but that he should not reveal it to his brothers.

The secret of life is this: The cow does not give milk. "What are you saying?"

Asked the boy incredulously. —As you hear it, son: The cow does not give milk, you have to milk it. You have to get up at 4 in the morning, go to the field, walk through the corral full of manure, tie the tail, hobble the legs of the cow, sit on the stool, place the bucket and do the work yourself.

That is the secret of life, the cow does not give milk. You milk her or you don't get milk. There is this generation that thinks that cows GIVE milk. That things are automatic and free: their mentality is that if "I wish, I ask...I obtain."

"They have been accustomed to get whatever they want the easy way, but no, life is not a matter of wishing, asking and obtaining. The things that one receives are the effort of what one does.

Happiness is the result of effort. Lack of effort creates frustration."

So, share with your children from a young age the secret of life, so they don't grow up with the mentality that the government, their parents, or their cute little faces is going to give them everything they need in life.

Remember: "Cows don't give milk; you have to work for it."



You will always be 'too much' for some...

Too loud...too soft...too this...too that.

But you will always be perfect

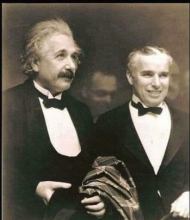
for the people who really love you!

More than 30 years ago, Pam and her husband Bob were serving as missionaries to the Philippines and praying for a fifth child. Pam contracted amoebic dysentery, an infection of the intestine caused by a parasite found in contaminated food or drink. She went into a coma and was treated with strong antibiotics before they discovered she was pregnant. Doctors urged her to abort the baby for her own safety, telling her the medicines had caused irreversible damage to her baby. She refused the abortion and cited her Christian faith as the reason for her hope that her son would be born without the devastating disabilities physicians predicted. While pregnant, Pam nearly lost their baby four times, but still refused to consider abortion. She made a pledge to God with her husband: If you will give us a son, we'll name him Timothy and we'll make him a preacher. Pam ultimately spent the last two months of her pregnancy in bed and eventually gave birth to a healthy baby boy August 14, 1987. Pam's youngest son is indeed a preacher. He preaches in prisons, makes hospital visits, and serves with his father's ministry in the Philippines. He also played football and now baseball. His name is Tim Tebow.



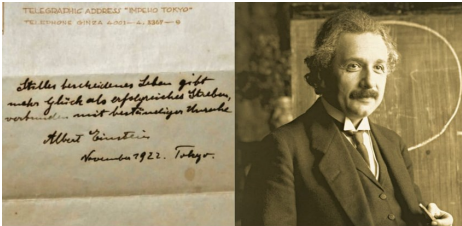
Age is Nothing But a State of Mind

How old are you?
Personally, at this moment, I have no idea how old I am. I do remember a few milestone birthdays, you know...like 10, 18, 21, 50!
But in my head, nothing has ever changed. I keep wondering when everyone is going to catch on to the fact that for the last thirty, forty or fifty years I've been masquerading as an adult!
Perhaps we are, like the old saying goes, "only as old as we feel!" In that case, I'll stay lost in my bewilderment...because really, life is what we make it. And age is nothing but a state of mind...



When Albert Einstein met Charlie Chaplin in 1931, Einstein said, "What I admire most about your art is its universality. You do not say a word, and yet the world understands you." "It's true" replied Chaplin, "But your fame is even greater. The world admires you, when no one understands you."

PICTURE COURTESY: NOBELPRIZE.ORG @ HISTORYALLDAY



In 1922, Einstein gave a handwritten note to a courier in Tokyo instead of a tip. The note, written in German, said: "A calm and humble life will bring more happiness than the pursuit of success and the constant restlessness that comes with it." In 2017, it was sold for \$1.56 million.

@ HISTORYMYSTERY.NET

I don't want to show off, but I just have to share...
When you work hard all your life and you are doing so well, you are allowed to treat yourself, right?
I can't express the happiness I am feeling! White was the only color, but that doesn't matter. I've just purchased four of these wonderful garden chairs!



When you are sad or upset always remember these points:

- Pain is part of growing
- Everything in life is temporary
- Worrying and complaining change nothing
- You scars are symbols of your strength
- Every little struggle is a step forward
- Other people's negativity is not your problem
- What's meant to be will eventually BE!
- The best thing you can do is to keep going



PUBLIC SERVICE ANNOUNCEMENT: So we've all heard not to drink really cold water in the heat, but a lot of us haven't heard the why or experienced it first hand. Cold water is good, so how could it be bad? Well, yesterday I found out. We were out working in 100° weather (not a good idea in itself) when my dad noticed my face was getting pretty red and suggested that I take a break. I immediately grabbed a cold bottle of water and drank it. After he did a little more work he suggested that I get in the truck and blast the air conditioning in the truck. I drank some more cold water and very shortly started feeling strange. I started seeing spots, my stomach got extremely nauseous and my hands and feet started tingling. I felt like I was going to throw up so I opened the truck door and the next thing I know I'm face first in the ground and my dad's rolling me over and wiping off my face. He said my eyes had rolled back a bit and I didn't come to for a few minutes. Emergency units arrived and asked what was going on. Immediately the guy knew what happened. Apparently, if you're too hot and chug a bottle of cold water, it can send your body into shock. It thinks that the stomach is going hypothermic and so it takes the warm blood from your hands, feet and head and sends it to the stomach. You will lose consciousness. He said cold water is good, but only in sips. Room temperature water is better if you need fast rehydration. I just figured I would share in case anyone could benefit from my mishap. Summer's here and it may help somebody. Stay cool.

Books you've never read!

You're Kidding! by Shirley U. Jest
Robots by Anna Droid
Gambling by Monte Carlos
Teach Me! by I. Wanda Know
Falling Trees by Tim Burr
Life in Chicago by Wendy City
Equine Leg Cramps by Charlie Horse
Snakes of the World by Anna Conda
Tyrant of Potatoes by Dick Tater
The Industrial Revolution by Otto Mattick
Fifty Yards to the Outhouse by Willy Makit, Forward by Betty Wont
The Excitement of Trees by I. M. Board
I Win! by U. Lose
Danger! by Luke Out
Cloning by Irma Dubble II
The Palace Roof has a Hole by Lee King
Turtle Racing by Eubie Quick



Why ‘tock-tick’ does not sound right to your ears.

I just love things like this—maybe more than most people. But I thought this would be interesting to some of you, so I'm sharing...

Ever wondered why we say tick-tock, not tock-tick, or ding-dong, not dong-ding; King Kong, not Kong King? Turns out it is one of the unwritten rules of English that native speakers know without knowing.

The rule is: “If there are three words then the order has to go I, A, O. If there are two words then the first is I and the second is either A or O. Mish-mash, chit-chat, dilly dally, tip top, hip hop, flip flop, tic tac, sing song, ding dong, ping pong.

There's another unwritten rule at work in the name Little Red Riding Hood. Adjectives in English absolutely have to be in the order: Opinion, size, age, shape, color, origin, material, purpose noun. So you can have a lovely, little, old, rectangular, green, French, silver, whittling knife. But if you mess up that word order in the slightest you'll sound like a maniac.

That explains why we say things like, “little green men” and not “green little men.” Big Bad Wolf sounds like a gross violation of the “opinion (bad), size (big), noun (wolf). But it won't, if you recall the first rule about the I-A-O order.

That rule seems inviolable; “All four of the horse's feet make exactly the same sound. But we always say clip-clop, never clop-clip”

This rule even has a technical name, if you care to know it—the rule of ablaut reduplication—But then life is simpler knowing that we know the rule without knowing it! Cheery-O!



THE REST OF THE STORY...

I believe in the rest of the story. I believe there's still ink in the pen.... and someday all that's hazy through a clouded glass will be clear at last.

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "how heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. "In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." "Relax; pick them up later after you've rested. Life is short. Enjoy it!

And then he shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.

How do you measure up?

It's kind of a count your blessings day for me as I read this from a friend. Don't know where it came from, but, well, rather eye opening! The population of Earth is around 7.8 Billion. For most people, it is a large figure, that is all. However, if you condensed 7.8 billion in the world into 100 persons, and then into various percentage statistics. The resulting analysis is relatively much easier to comprehend.

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

49 live in the countryside and 51 live in cities

12 speak Chinese, 5 speak Spanish, 5 speak English, 3 speak Arabic, 3 speak Hindi, 3 speak Bengali, 3 speak Portuguese, 2 speak Russian, 2 speak Japanese, 62 speak their own language.

77 have their own houses and 23 have no place to live.

21 are over-nourished and 63 can eat full, but 15 are under-nourished

1 ate the last meal, but did not make it to the next meal.

87 have clean drinking water and 13 either lack clean drinking water or have access to a water source that is polluted.

75 have mobile phones and 25 do not

30 have internet access 70 do not have conditions to go online

7 received university education and 93 did not attend college.

83 can read and 17 are illiterate.

33 are Christians

22 are Muslims

14 are Hindus

7 are Buddhists

12 are other religions

12 have no religious beliefs.

26 live less than 14 years, 66 died between 15 - 64 years of age and 8 are over 65 years old.

If you have your own home, Eat full meals & drink clean water, Have a mobile phone, can surf the internet, and have gone to college, you are in the miniscule privileged lot. (in the less than 7% category) You did not leave this world before the age of 64 years like the 92 persons who have gone before you. You are already the blessed amongst mankind.

