

Happy Chanuka and joyous holidays to all the residents of 2 Neptune and your families. As we head into the cold Canadian winter, may love and peace warm your hearts.

"When God solves your problems, you have faith in His abilities. When God doesn't solve your problems, He has faith in YOUR abilities."

May 2022 bring good health and joyous times with family and friends.



PRESIDENT'S MESSAGE - 2021 Toni Perl

It is November 9th at 1:35pm and I am in the council office; time to clean up some filing, prepping for another meeting of the council and feeling that the annual year end is almost upon us.

I've weathered a tremendously difficult 2 year stretch with the restrictions of Covid hanging on every idea, every plan with no real end in sight.

I grieve for the parties not had, the celebrations not recognized, and all the evening entertainment that was so very well attended and enjoyed by all.

The Mirror's year end issue allows me the opportunity as President to thank all those who supported our 2 Neptune Resident's Council and lent a hand wherever



necessary. I must express my appreciation to the council members and staff for all their guidance and staunch support.

I am excited to see where the next year brings us; wishing you all nothing but happiness, good health and blessings all around.

Stay safe.

Toni Perl, Your Council President

Take My Name in vain, and I'll make rush hour even longer. - GOD

REMEMBRANCE DAY 2021





* Some people live an entire lifetime and wonder if they have ever made a difference in the world. A veteran doesn't have that problem. Ronald Reagan

* The only thing worse than a battle won, is a battle lost.

* In war, there are no unwounded soldiers.

* Bravery is the capacity to perform properly even when scared half to death.

* A true soldier fights, not because he hates what is in front of him, but because he loves what is behind him.

*The greatest glory of a free-born people is to transmit that freedom to their children.

* Lord, bid war's trumpets cease.

Fold the whole world in peace...



A JEWISH LEGION WAS ESTABLISHED IN THE BRITISH ARMY DURING WWI TO FIGHT ALONGSIDE ITS ALLIES. THIS WAS THE IDEOLOGICAL BASIS OF THE ISRAEL DEFENSE FORCES:

THE

GETTING TO KNOW YOU Miriam Goldberg

Hello, this is a new addition to the Mirror, as we have acquired many new additions to our Neptune family.

First of all – Welcome to our new neighbours. I hope you will enjoy the 2 Neptune experience as much as we do.

I hope to get to know you shortly and am starting this new project so that we will be able to get to know each other.

My name is Miriam Goldberg and I am the reporter for our newsletter, "The Mirror" which we publish four times a year. We welcome your articles, criticisms and comments.

I have been at 2 Neptune for two years, having come from The Terraces at Baycrest where I lived for a year, having come from three years at Kensington. I had very good experiences at all of these retirement homes but I have found that 2 Neptune fits my needs at a new level. I was born in Germany in 1936 and left in 1938 just before Hitler came to power. I grew up in England and then moved at the age of 27 to Sydney, Australia for a 3 year stay with my Rabbinic husband. We then moved to Guelph, Ontario, followed by Vancouver and eventually back to Toronto. I have been here since 1983 when I became the caterer at B'nai Torah for 12 years and then the caterer at Beth David for another 12 years when I finally retired my company "Miriam's Table".

I have four children, 14 grandchildren and 25 great grandchildren, scattered all over the world. I guess they got their wandering feet from their grandparents. (I've also had two husbands in all this moving around.) I must say I'm happy to be settled once and for all in Toronto, Canada.



LIBRARY NEWS AND THE BOOK CLUB Sid Kardash

We are pleased to announce that the first meeting of the Book Club will take place on December 17th, time and place to be announced (but probably the 9th floor Games Room.)

We will begin with "The Man From Beijing" by Henning Mankell, a good espionage thriller involving Canada's "favourite" Asian country, Communist China. He has written other best sellers and this is a good read.

We have managed to secure two other books, "The Hundred Year Old Man Who Climbed Out of the Window and Disappeared" and "The Silent Patient". The latter is one of those "can't put it down" page turners, the end of which you must never share with anyone. You will ruin the story if you do. The other title is really a very humourous polemic on the care of the elderly, a subject on which we are experts.

The logistics of forming our Book Club involved placing orders with the Toronto Public Library, which features a special arrangement with book club enthusiasts. Packages of 10 to 15 copies of the requested book are gathered and sent to the nearest branch which, in our case, is the Barbara Frum location.

Again, the Book Club packages comprise 10 - 15 copies of the books requested; we



already have 16 people registered as having an interest in the Book Club, so please order the book from your favourite library or online so that you will be prepared to offer an opinion in the discussion.

Our first meeting is rapidly approaching. In the meantime, try to read the assigned book on your own.

If you have any questions, please call me. At 647 – 340 – 8959 or email: skardash@rogers.com

DOLLY PARTON'S LASTING LEGACY

In 1990, the high school dropout rate for Dolly Parton's hometown of Sevierville, Tennessee, was at 34%. Research shows that most kids make up their minds in fifth/sixth grade not to graduate.

That year all fifth and sixth graders from Sieverville were invited by Parton to attend an assembly at Dollywood. They were asked to pick a buddy and if both students completed high school, Dolly Parton would personally hand them a \$500 cheque on their graduation day.

As a result, the dropout rate for those classes fell to 6%, and has generally retained that average to this day.

Shortly after the success of The Buddy Program, Parton learned in dealing with teachers from the school district that problems in education often begin in first grade when kids are at different developmental levels.

That year the Dollywood Foundation paid the salaries for additional teachers' assistants in every first grade class for the next 2 years, under the agreement that, if the program worked, the school system would effectively adopt and fund the program after the trial period.

During the same period, Parton founded the Imagination Library in 1995. The idea was that children from her rural hometown and low-income families often start school



at a disadvantage and, as a result, will be unfairly compared to their peers for the rest of their lives, effectively encouraging them not to pursue higher education.

The objective of the Imagination Library was for every child in Sevierville to receive one book, every month, mailed and addressed to the child, from the day they were born until the day they started kindergarten, 100% free of charge.

What began as a hometown initiative now serves children in all 50 states, Australia, Canada and the United Kingdom, mailing thousands of free books to children around the world monthly.

On March 1, 2018, Parton donated her 100 millionth book at the Library of Congress: a copy of "The Coat of Many Colors" dedicated to her father who never learned to read.

SOFTLY

Pearl Karal (Inspired by listening to songs by Frank Sinatra)

The smooth softness of his voice,

The sureness in his tone,

The lyrics bouncing with youthful exuberance and certainty,

The rhythm throbbing with vibrant energy.

Romantic, rueful,

Highs and lows,

Intensity,

Liveliness, playfulness, ease,

Pathos and disappointment and hope.

Some are mere shadows of songs, and their memories are clamped down.

"Not now!" Not enough time, no longer important like drumbeats that end in fortissimo. I can refresh, I can transport, I can select from memories.

I hear myself humming the words to some of the melodies, especially the happy ones. There need be no clash of cymbals, no blaring of saxophone.

But there is a decision to be made.

Do I follow the music into my past?

Or do I step aside and step forward?

I want reminiscences to lie softly in my memory.



WHAT WE SEE...

Every afternoon, when the man in bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine this picturesque scene.

One warm afternoon the man by the window described a parade passing by.

Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days, weeks and months passed.

One morning the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called for the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch and, after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside.

> He strained to turn slowly to look out the window beside the bed.

It faced a blank wall.

The man asked the nurse what could have motivated his deceased roommate to describe such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall.

She said, "Perhaps he just wanted the encourage you."

Epilogue:

There is tremendous happiness in making others happy, despite our own situations.

Shared grief is half the sorrow but happiness, when shared, is doubled.

If you want to feel rich, just count all the things you have that money can't buy.



THE GHOST IN MY BEDROOM Miriam Goldberg

Several weeks ago I bought an electric bed that featured the head and bottom going up or down when you press the appropriate buttons.

When the delivery guys left, having shown me how to operate the bed, I sat down to review the information, trying the various buttons.

At first everything was okay but then I noticed that the bed was moving up and down under its own power.

Little did I know that directly above my apartment there was a 3-year-old electric bed which did the same up and down as mine. Somehow the electrical wires were joined with mine, so when I pressed my bed buttons, her bed reacted – and vice versa!



Luckily, Laurie Banks was on that floor when the bed seemed "possessed".

She remembered that I had had delivery of a similar bed a couple of days before and made the connection. Thus the mystery of the two "ghostly" beds was solved; the repair guys came, fixed the electrical problem and got rid of the "ghost".

So, lesson learned: Don't panic when something unusual occurs. There's always an explanation.

IMPOSSIBLE DREAMS...

When we dream, the impossible becomes possible.

In my youth, I dreamt I could fly.

Now, I dream wistfully of running.

I wonder if soon I will dream

of being able to walk...

Despair and Optimism Selma Lis

It is biological warfare! Make no mistake about it. The Covid 19 virus (C19) is seeking domination and control of its opponents – the human species!

C19 has one goal and one goal only - to win.

Knowing no boundaries and moving at meteoric speed,

It transmits its poisonous venom through the human respiratory system

And then performs acts of violence to vulnerable internal organs.

It is an assault on humanity's lifestyle!

* Hospital ICUs are in crisis mode.

* Long term effects of C19 often linger well after recovery, creating "long haulers.

- * Mental health issues are skyrocketing.
- * Social and physical interaction is stifled.
- * Schools are temporarily closed.
- * Small businesses are struggling to stay afloat.
- * Out of control deficits are plaguing world economies.
- * Politicians are challenged to avert a crisis of public trust.

Do not be fooled by a temporary lull in infection rates.

C19 is merely upgrading its ammunition to include new and more lethal

"weapons of mutation"

and, by extension,

their ever-changing variants of concern

which may resist a pharmaceutical solution.

The battles rages on:

Variants are outpacing the vaccine rollout.

The global death toll is a staggering 3 million and rising.

People are demoralized.

C19 and its variants appear to be winning.

A STERN WARNING then goes to C19:

BEWARE!!! HUMAN DETERMINATION IS A POWER TO BEHOLD.

The Devine Gift of brain matter

will fuse with scientific progress

to create an effective vaccine for all of humanity.

Human life will survive and, once again, return to normal

and perhaps

an "improved" normal.



Interview With Pauline Dobkin by the Mirror - October 2021

Pauline, you spent years in the fashion industry. How did you get started? Was it personal motivation, circumstantial happenstance or necessity?

It was a necessity. My husband and I had semi-retired to Arizona but we needed an income supplement.

How many years were you in the industry and what was your role?

My business lasted for four years. It took most of the first year to set up our suppliers (mostly in California). It was very much my business, with me setting the direction and my husband as the "hired help".

What did you like about it?

We concentrated on retirement homes, and what I liked most was how happy the residents were whenever we stopped in.

What did you dislike about it?

I often encountered poor living conditions and family mistreatment.

What were the main countries manufacturing garments years ago and has that changed?

Most of the items we purchased were manufactured in California, although we did sell a number of Italian-made sweaters at one point. I would expect that if I was starting the business now, my suppliers would be off-shore.

Did you ever have your own label?

No.

Were you profiled in magazines or on multi-media outlets?

Yes. Several times in local newspapers in the various areas we travelled to.

What would you do differently if you could start over again?

I'd be a lot younger when I started the business!

What can looking good do for a person's mood?

Looking good can remind you of better memories. You feel younger and stronger from confidence.

What does somebody need to consider if they want to look good? How important is a good hairstyle?

The face looks better. A hairstyle should compliment your age and shape of face.

How important are brand names?

Not important.

How important is it to be "in style"?

Co-ordination is more important.

Can hairstylists and clothing store personnel give good advice?

Not necessarily.

Do most of our friends give honest advice and opinions on our grooming?



A good friend, yes. An occasional friend, no.

What are some personal examples you've witnessed of transformations of mood when someone looks good?

I ran a fashion show with the residents at each retirement home as the models. I remember once when I was really busy dressing the models and a woman came in, demanding an outfit right then and there. I gave her an outfit that she resisted putting on, saying it wasn't her style. Eventually she did put it on and was thrilled at how she looked. In fact the models didn't recognize her at first as it was such a dramatic, positive change.

Is the push to "always be in style" harmful or helpful?

Being in style makes you more aware of current trends and interests.

Can we dress in a way that suits our own bodies and yet is still appropriate for the setting we are entering or do we sometimes have to compromise? (ie If black is expected for a funeral occasion yet the colour washes us out, what do you suggest?)

Wear a colour that suits you and put on a black jacket.

I feel that looking good is not just something we do for ourselves; it's something we do for others. Do you agree that we should look good for others?

Yes. Look good for yourself and others will see that.

Do you have any gripes about the messages that the fashion industry has given us throughout the years? Has the fashion industry, for example, been too formal, too informal, too sexual, too unrealistic about people's bodies, etc?

The fashion industry uses young and slim models, which can be frustrating for many.

What is your view on polyester?

Very positive. It doesn't need to be ironed and keeps its shape and colour when washed.

SEENAGER

I just discovered my age group! I am a SEENAGER (senior teenager).

I have everything I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. (I like the wine store best.) The people I hang around with are not scared of getting pregnant - they aren't scared of anything. They have been blessed to live this long - why be scared? And I don't have acne. LIFE is GOOD! Also, , if you are a SEENAGER, you will feel much more intelligent after reading this: brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is Nature's way of making older people do more exercise.

SO THERE!

IT'S THE LITTLE THINGS You (yes, you) can help save the planet.)

Here are 2 tips that won't cost you a penny but will go a long way to help the environment.

1. Use our SAFE BATTERY DISPOSAL here at 2 Neptune. Please bring your expired

batteries (hearing aid, electronic devices, flashlight, etc.) to the concierge for safe disposal as well as any used printer ink cartridges.

2. No-Nos in the Blue Recycling Bins:

* Do NOT throw used aluminum foil into the Blue bin. It goes into the garbage.

* Do NOT throw used Black Plastic containers from take-out foods into the Blue bin. They go into the garbage.

Thank you for helping our future generations.



HOW DO WE REMAIN POSITIVE Paul St. Paul (Concierge)

During a time such as this pandemic, it's been a struggle to feel positive about life. I'm wearing masks most of the time and feel constrained. One day I plopped down on a bus seat and realized that I was so out of touch with my surroundings that my best friend could have been sitting beside me and I wouldn't have known it.

In an effort to remain positive I've learned several things. I've learned that plants and nature are there to help us out. If, on a day off, I can walk through a park where I am completely surrounded by nature without buildings, I feel different afterwards, refreshed. The Centennial greenhouse especially has been my refuge throughout past winters.

Beauty is also important to me and can be found throughout nature, but what also lifts my spirits is new architecture. Walking through a new neighbourhood, seeing new houses with foliage around them can be very refreshing. I can walk through a new neighbourhood, insert my imagination into the area and pretend it's a place from back home in Alberta. It's uplifting.

I like to watch movies with beautiful scenes and settings. I'm also learning to appreciate artwork, and working at 2 Neptune is really helping me with that.

Wonderful therapy for me, when I have the energy, is to create beauty through drawing or painting. Playing with colours is healing and I often inject brighter colours than expected into a scene. Praying and spiritual activities are wonderful for handling stress. Although these are limited at the moment, there is much on-line that I can access and forums for participation.

As well, I go jogging as often as possible, try to work out and power walk; I have weights at home that are a good supplement to any programme.

The thing I miss most is the gym. There were machines there that saved my life, specific machines to help release tension as I focused on my core (stomach and back.)

Life is complex and takes wisdom to live, and nowadays we need even more wisdom. But I have hope for better days ahead, even if it takes many years.





FROM THE FOUNTAIN PEN OF RALPH FEN

- * With words we make war and peace.
- * A good teacher teaches. A great teacher inspires.
- * Yesterday's terrorists are today's government.
- * We have civilized the weapons, but not the people.
- * Politics is the art of lying effectively and sincerely.
- * It is only the man who fully appreciates a woman, who deserves her.
- * There are no "just wars," just wars.
- * The secret of efficiency is simplicity.
- * When it comes to "food for thought", most people are on a hunger strike.
- * Life without scandal and its excitement is dull provided it's happening to others, not ourselves.
- * An office without a desk is a room.
- * My wealth is my pens and ideas. The more I produce, the wealthier I become.

NEW SENIOR'S EXAM

(You need only 4 correct answers out of 10 to pass.)

- 1. How long did the Hundred Years War last?
- 2. Which country makes Panama hats?
- 3. From which animal do we get cat gut?
- 4. In which month do Russians celebrate the October Revolution?
- 5. What is a camel's hair brush made of?
- 6. The Canary Islands in the Atlantic are named after what animal?
- 7. What was King George VI's first name?
- 8. What colour is a purple finch?
- 9. Where are Chinese gooseberries from?
- 10. What is the colour of the black box in a commercial airplane?

REMEMBER, YOU NEED ONLY 4 CORRECT ANSWERS TO PASS.

ANSWERS TO THE QUIZ

- 1. How long did the Hundred Years War last? 116 years.
- 2. Which country makes Panama hats? Ecuador.
- 3. From which animal do we get cat gut? Sheep and horses.
- 4. In which month do Russians celebrate the October Revolution? November.
- 5. What is a camels hair brush made of? Squirrel fur.
- 6. The Canary Islands in the Atlantic are named after what animal? Dogs.
- 7. What was King George VI's first name? Albert.
- 8. What colour is a purple finch? Crimson.
- 9. Where are Chinese gooseberries from? New Zealand.
- 10. What is the colour of the black box in a commercial airplane? Orange (of course)

What do mean you failed? Me too...



YEHOSHUA COHEN (A story from early Israel) Miriam Robinson

To supplement his income, my grandfather rented out a room in his house, which was next to ours on the last street in the village of Kfar Saba.

Early one summer in the early 1940's, two young men, strangers to our village, came to my grandfather to rent the room. They explained that they were students who would like a quiet place to study during the summer. They paid in advance, my grandfather was happy – and they moved in.

They never went out during the day except to go to the outhouse.

My mother used to go to sleep late, and when she went to the outhouse she could see the door of the rented room. Every night she saw Yehoshua Cohen, a member of the Lechi, coming to visit the two men. Yehoshua was a friend of my brother, Shimshon, and was wanted by the British who considered him a terrorist with a price on his head. The British offered a lot of money for any information about Yehoshua's whereabouts, but my mother never said a word to anyone.

Early one morning, my mother went to buy something at the grocery store when she saw the two lads carrying heavy backpacks and walking to the bus stop. Yehoshua followed a distance behind them.

I was standing in the yard at exactly the same time as the two reached the bus stop when I saw some British police coming. Guiding them was a member of the Hagana. They surrounded my grandfather's house but missed the two they were looking for. They searched the room and found it filled with army equipment. They sealed the room,



Yehoshua with David Ben Gurion

appointed a man to guard the house, and then left.

In February 1942, the British killed Yair Stern in cold blood, claiming he had tried to escape. Yehoshua Cohen, brave and daring, took over the leadership of the Lechi group.

In 1944, someone denounced him to the British, and so they found Yehoshua, dressed as an Arab, sitting in a small coffee house. He was arrested and sent to Eritrea to be with all the other political prisoners. (After our Independence, all the Eritrean prisoners came back home.) One day Yehoshua came to visit us. When my mother asked him what happened to the other two, Yehoshua was startled. How did she know that he knew them? When she told him, he was touched. He knew how poor we were and how the money offered by the British for his head would have made our lives so much easier. My mother, Sara Erlich, had demonstrated friendship, honour and dignity.

Yehoshua told us that one of the two, when near the bus, had realized that he had forgotten something important, so he went back – straight into the hands of the British. He too was sent to Eritrea. The other one was killed. In September 1948, Yehoshua with a couple of friends, killed the UN Envoy to Palestine, Folke Bernadotte. It was a wrong thing to do and when a furious Ben Gurion gave an order to arrest him, he hid in the orange grove in our village.

In 1952 Kibbutz Sde Boker was established. Yehoshua and his wife, Neha, joined. A few years later Ben Gurion had resigned as Prime Minister; he and his wife joined the same kibbutz and there, Yehoshua became his bodyguard. Now the hunter and the hunted became the best of friends, their friendship becoming legendary.



MISCELLANEOUS QUOTATIONS

"No punishment has ever possessed enough power of deterrence to prevent the commission of crimes" - Hannah Arendt

"Intuition is knowing without knowing why"

"Every time I paint a portrait, I lose a friend" -John Singer Sargent (20th century English portrait painter)

"There's a new Dial-a Prayer for atheists. You dial the number and no one answers."

> "Architecture is frozen music." - Goethe

"It doesn't matter how many people vote, only who counts them." -Joseph Stalin

"The strength of a country comes from the integrity of its homes." - Confucius (about 500 BCE)

> * The Jew is an emblem of eternity. - Leo Tolstoy

* The opposite of love is not hate, it's *indifference*."

"The opposite of beauty is not ugliness, it's *indifference*."

"The opposite of faith is not heresy, it's *indifference*; and the opposite of life is not death, it's *indifference*." - Elie Wiesel



JERUSALEM

YERUSHALMI KUGEL Adeena Sussman

(A delicious Israeli variation of an all-time favourite, the sweet and peppery flavour of Jerusalem kugel)

1 - 12 oz. package of thin egg noodles, cooked, drained, cooled

1 ¹/₂ cups sugar

1/2 cup oil

4 eggs

1 tsp. salt

2 tsp. black pepper (not an error)

* In a small saucepan, dissolve sugar and oil over medium heat. Cook until sugar turns dark but not burnt, stirring occasionally (about 10 to 15 minutes). *If you burn it, start over*.

* IMMEDIATELY pour caramelized sugar over cooled noodles and stir with wooden spoon to separate lumps. (Some will remain. Sugar will re-melt during baking.)

* Mix eggs with salt and pepper, and add to noodles. Mix well.

* Pour into well-greased 9 x 13 Pyrex. Cover with foil.

* Bake 30 minutes. Remove foil and bake an additional 30 minutes.

ALTERNATELY: Pour caramelized sugar onto a greased cookie sheet. When hardened, smash into small pieces and add to noodles.

ONE HUNDRED AND ONE YEARS AGO

The year is 1920. "One hundred and one years ago." What a difference a century makes! Here are some statistics for Year 1920:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14% of homes had a bathtub.

Only 8% of homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average US wage in 1919 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year.

A dentist earned \$2,500 per year.

A veterinarian between \$1,500 and \$4,000 per year.

And a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all doctors had NO COLLEGE EDUCATION! Instead, they attended socalled Medical Schools, many of which were condemned in the press AND in the government as "substandard".

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law prohibiting poor people from entering their country for any reason.

Crossword puzzles, canned beer and iced tea hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day. Two out of every 10 adults couldn't read nor write.

Only 6 percent of all Americans had graduated from high school.



Marijuana, heroin and morphine were available over the counter at local drug stores. Back then, pharmacists said, "Heroin clears the complexion,, gives buoyancy to the mind, regulates the stomach and bowels, and is a perfect guardian of health!"

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the ENTIRE U.S.A.

The Five leading causes of death were:

- 1. Pneumonia and influenza
- 2. Tuberculosis
- 3. Diarrhea

SOUTHERN COPS HAVE A WAY WITH WORDS!

These are actual comments from car videos of South Carolina Troopers.

1. "You know stop lights don't come any redder than the one you just went through."

2. "Relax. The handcuffs are tight because they're new. They'll stretch after you wear them a while."

3. "If you take your hands off the car, I'll make your birth certificate a worthless document."

4. "If you run, you'll only go to jail tired."

5. "Can you run faster than 1200 feet per second? Because that's the speed of the bullet that'll be chasing you."

6. "You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?"

7. "Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I'm the shift supervisor?"

8. "Warning! You want a warning? OK, I'm warning you not to do that again or I'll give you another ticket."



9. The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"

10. "Fair? You want me to be fair? Listen, fair is a place where you go to ride rides, eat cotton candy and corn dogs, and step in monkey poop."

11. "Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."

12. "Just how big were those 'two beers' you say you had?"

13. "No sir, we don't have quotas anymore. We used to but now we're allowed to write as many tickets as we can."

14. "I'm glad to hear that the Chief (of Police) is a personal friend of yours. So you know someone who can post your bail."

AND THE WINNER IS...

15. You don't think we give pretty women tickets? You're right we don't. Sign here."



FUNNY STUFF and FOOD FOR THOUGHT

The Jew is the messenger of God, but now and then he forgets His message.

- Abraham Joshua Heschel

Competition brings out the best in products and the worst in people.

- David Sarnoff

The superior man understands what is right. The inferior man understands what will sell.

- Confucius (about 500 BCE)

A PESSIMIST sees a dark tunnel.

An OPTIMIST sees a light at the end of the tunnel.

A REALIST sees a freight train.

The TRAIN DRIVER sees 3 idiots standing on the tracks.

Every "C" IN PACIFIC OCEAN is pronounced differently.

When told the reason for Daylight Saving Time, the old Indian said, "Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and have a larger blanket."

What do we learn from cows, buffalo and elephants?

It's impossible to reduce weight by eating green grass and salads, and walking.

The fact that there's a Highway to Hell and only a Stairway to Heaven says a lot about anticipated traffic numbers

My friend told me she wouldn't eat beef tongue because it came out of a cow's mouth.

So I gave her an egg.

I finally did it. I bought a new pair of shoes with memory foam inserts. No more forgetting why I walked into the kitchen.

I'm looking for a moisturizer that hides the fact that I've been tired since 2010.

Then there's the moment when you're having a conversation in your head and you realize that you're making faces that go along with the silent conversation.

Astronaut Buzz Aldrin's Dad saw both the Wright brothers' first flight and his son's moon landing.

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note and posted it on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note: "Take all you want. God is watching the apples..."

My bucket list: just keep breathing.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Retirement to-do list: Wake up. Nailed it!

People who wonder if the glass is half empty or half full, miss the point. The glass is refillable.

Sometimes it takes me all day to get nothing done.

Common sense is not a gift. It's a punishment because you have to deal with everyone else who doesn't have it.

I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this.

Our writers don't cover issues; they uncover them.

The Toronto Globe and Mail

