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For all you chocoholics out there

Chocolate is a vegetable!!!

Chocolate is derived from cocoa beans.

Beans = vegetable.

Sugar is derived from either sugar cane or sugar BEETS.

Both of them are plants, in the vegetable category.

Thus, chocolate is a vegetable.

To go one step further, chocolate candy bars also contain milk, which is dairy.

So candy bars are a health food.

Chocolate-covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.

Remember:

'STRESSED' spelled backward is 'DESSERTS'

I Remember

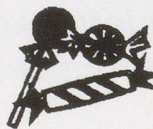
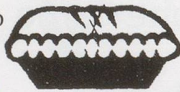
I remember the cheese of my childhood
and the bread that we cut with a knife
When the children helped with housework
And the men went to work - not
the wife

The cheese never needed an icebox
The bread was so crusty and hot
The children were seldom unhappy
And the wife was content with her lot

I remember the milk in the billy
With yummy rich cream on the top
Our dinner came from the oven
Not from the fridge or the shop
The kids were a lot more contented
They didn't need money for kicks
But a game with their mates in the
paddock

And sometimes the Saturday flicks
I remember the shop on the corner
Where a pennyworth of lollies were
sold

Do you think I'm a bit too nostalgic
Or is it I'm just getting old?



I am fine thank you

There is nothing the matter with me

I am 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 am awfully well for the shape I am in.

Arch supports I have for my feet

Or I wouldn't be able to be on the street.

Sleep is denied me night after night.

But every morning I find I am all right.
My memory is failing, my head's in a spin
But I am awfully well for the shape I am in.

The moral is this as my tale I unfold

That for you and me who are growing old,

It's better to say "I am fine" with a grin
Than to let folks know the shape I am in.

How do I know that my youth is all spent?

Well my "Get up and go" has got up and went
But I really don't mind when I think with a grin
Of all the grand places my "Get up has bin!!"

Old age is golden I've heard it said.

But sometimes I wonder as I get into bed
with my ears in the drawer, my teeth in a cup,
my eyes on the table, until I wake up.

When sleep overtakes me, I say to myself
"Is there anything else I could lay on the shelf?"

When I was young my slippers were red

I could kick my heels over my head.

When I was older my slippers were blue
But still I could dance the whole night through.

Now I am old my slippers are black,
I walk to the store and puff my way back.

I get up each morning and dust off my Wits
and pick up the paper and read the "obits".
If my name is still missing I know I am not dead,
So I have a good breakfast and go back to bed!!!

Answers to names of birds

- | | | |
|----------------|----------------|------------------|
| 1. Eagle. | 2. Cuckoo. | 3. Chook. |
| 4. Swallow. | 5. Morepork. | 6. Magpie. |
| 7. Liar. | 8. Moa. | 9. Humming Bird. |
| 10. Crow. | 11. Lark. | 12. Tem. |
| 13. Flamingo. | 14. Falcon. | 15. Wren. |
| 16. Stilt. | 17. Crane. | 18. Penguin. |
| 19. Pelican. | 20. Partridge. | 21. Dove. |
| 22. Bellbird. | 23. Thrush. | 24. Turkey. |
| 25. Blackbird. | 26. Stork. | 27. Shag. |
| 28. Skewer | | |