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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 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!!!

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?

Report					
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				