



The Senior Scene

THE QUARTERLY NEWSLETTER OF
THE SENIORS of the GROVE



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April, May, June 2015

As you read this, spring fever has set in. As I write this, at the end of February it is 10 below with a 20 below wind chill. We can see spring in the near future, and it feels like winter should be a long way behind us, but yet we are dealing with terrible cold. As I look out the window (I'm obviously not in my office) the bright sunshine and clear blue sky makes it look like it would be a beautiful spring day. I can dream, right? Fifty-five degrees sounds wonderful, the promise of green grass and budding trees, bright tulips and sunny daffodils all provide the hope that we can survive, even thrive, through this and the next curve that winter throws us.

Hope, desire, wish, trust are all words that fit the feeling of anticipation. Whether it is anticipation of spring, a clean bill of health, a happy reunion, an exciting vacation, or a new opportunity, we try to bring these feelings forward, and push back those of worry and fear. Not always easy, but a much better "place" to be. This winter has been a time of anticipation for me. Tom and I start full ownership of a lake home/cabin. My "baby" plans her summer wedding. I dig into my work, developing programs to help make Maple Grove a "Community for a Lifetime."

I think everyone hopes to remain in their community, and that their community will have options of supportive services and help available to assist in that desire. Thus we work to make Maple Grove a community for all ages.

You may have received the City of Maple Grove Spring Newsletter. I hope you have noticed a survey towards the back. Please complete this survey, as it will guide the committee working to make Maple Grove a "Community for a Lifetime." I am working with a team of residents, representatives from healthcare, churches and the city to evaluate what Maple Grove does well, and where we might need some improvements. Your opinion matters and will help shape the work plan for enhancing

our commitment to a lifelong community. You can take the survey that is part of the newsletter, or you can go to the city website, www.maplegrovern.gov and take the survey on line. Once we have made our way through the survey and evaluation of the data, I'll let you know about the findings, and future plans.

Another area that brought great excitement and anticipation for me this winter has been in our computer lab here at the Community Center. We were using old, slow computers that kept having loads of issues. The volunteers were getting frustrated, and my time seemed to always be consumed trying to fix the latest issue. I was encouraged to apply to the Maple Grove Lions for a grant to replace the old systems. I did that, and was surprised with a quick response and for more money than I had asked for. Our computer lab now has the most current systems including Window's 8, touch screen monitors and new software to teach all of our classes. With this new equipment we teach Introduction to Computers, Word Processing, Internet, Genealogy, Excel Spreadsheets, Graphics, Window's 8 and Photoshop Elements. A big shout out of THANKS goes out to the amazing volunteers that teach the classes and to the Maple Grove Lion's for providing us with funding to make our lab the best it can be!

So as we shift into spring, what are you anticipating? My wish is that whatever it is, is you can focus on the good, and hope, dream, desire and trust.

Kris



Achoo! Achoo!

I'm Allergic To Spring!

In the spring when the grass comes back to life, weeds begin to grow and trees start to bloom, allergy sufferers begin their annual ritual of sniffing, sneezing, and rubbing their eyes. The biggest spring allergy trigger is airborne pollen. When pollen gets into the nose of someone who's allergic, the immune system considers it to be a foreign invader and it releases antibodies which usually help us out by attacking bacteria and viruses. However, the antibodies attack on people with allergens leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms of allergies.

Antihistamines like Claritin and Zyrtec work by blocking the effect of histamine and are often the first-line of treatment. The most common side effects are drowsiness and dry mouth. Taking the medication right before bed will ease daytime drowsiness. Start on an antihistamine two weeks before pollen season, which usually starts in late March or early April in Minnesota. Talk to your doctor before taking over-the-counter remedies if you have glaucoma, high blood pressure, heart disease, thyroid problems or diabetes.

Unfortunately, there is no magic cure for spring allergies but there are many things that we can do on our own to combat them and to make our lives easier.

I Want To Go Outside!

Believe it or not, you can still enjoy gardening even if you have allergies. Wear gloves and a face mask. Choose to grow plants such as azaleas, roses, daffodils and dogwoods. Their pollen is spread by insects, not by air. It is heavier and less likely to waft up and into your nose. When you come in from the outside, taking your shoes off at the door or, better yet, outside the door lessens the amount of pollen you track into the house.

Take a shower, shampoo your hair, and toss your clothes right into the washer after outdoor activities. If you are visiting at a friend's house and you

can't do that, wash your hands and then rinse your eyes. It's also a good idea to wear a hat and a light jacket or some kind of outer layer of clothing that you can remove when you come indoors.

While driving, keep the windows closed and use the air conditioner.

In Your Home

- Keep your windows and doors closed. An air purifier may also help.
- Use air conditioning but not fans. They stir up dust and pollens.
- Clean the air filters in your home often. Consider using a HEPA (high-efficiency particulate air) filter on your furnace and air conditioner.
- Keep indoor air dry with a dehumidifier.
- Use washable curtains. Keep blinds dust-free.
- Vacuum twice a week. Wear a mask. Use a HEPA filter. Better yet, ask someone to do it for you.
- Wash your bedding every week in hot water and dry in a hot dryer. Use hypoallergenic covers for mattresses, pillows, and box springs.
- If you have a pet that goes outside, wipe his fur off before he comes back in. Fur attracts pollen.

... Virginia Hanson



Gesundheit!

Helpful Tips

Practical Uses for WD-40



WD-40 was developed in 1953 and became commercially available in 1958. It was originally created to prevent corrosion in nuclear missiles. Where did WD-40 get its name? WD stands for water displacement. The 40 is believed to be the 40th attempt at creating the formula. Contrary to a common rumor the main ingredient is **not fish oil**.

We are all familiar with the common uses of this product. Below is a partial list of unfamiliar uses:

- Protects silver from tarnishing
- Removes road tar and grime from cars
- Loosens stubborn zippers
- Keeps scissors working smoothly
- Lubricates tracks in sticking home windows
- Removes all traces of duct tape.
- Removes black scuff marks from the kitchen floor.
- Removes stuck bugs from your car.

Some other uses that have been suggested on the internet are:

- Shines shower doors.
- Removes labels from medicine bottles
- Removes crayon marks from walls
- Removes candle wax from candle stick holders
- Lubricates sticky drawers



There are many more practical uses for this product on the internet. For the complete list check snopes.com and search for uses for WD-40 Spray Lubricant.

Also be sure to read the label before using WD-40. It is flammable, it can be harmful if swallowed and it must be used in a well ventilated area.

...Marilyn Schroeder

Unleash the Power of Vinegar

People have used vinegar in hundreds of different ways, for thousands of years. Vinegar residues were found in urns from ancient Egypt and have been traced to 3000 BC. Vinegar is an all-purpose cleaner, brightener, herbicide, disinfectant, and more. Just a little of this multi-task product, straight up or mixed with water, can replace many pricier items that may be jammed under your sink or onto your garage shelves.



Use vinegar to:

Soak rusted tools, bolts, or spigots in undiluted vinegar overnight to clean them up.

Relieve dry and itchy skin. Add 2 tablespoons to bath water.

To grow beautiful azaleas, occasionally water plants with a mixture of two tablespoons vinegar to one quart water. Azaleas love acidic soil.

Freshen cut flowers by adding 2 tablespoons vinegar and 1 teaspoon sugar for each quart of water.

Clean brushes or combs by letting them sit in a gallon of water with 1 cup vinegar.

Soak your fingers in vinegar for 5 minutes to soften your cuticles and strengthen your nails..

Clean and disinfect wood cutting boards by wiping with full strength vinegar.

Stubborn rings from wet glasses being placed on wood furniture can be removed by rubbing the ring with equal parts of distilled vinegar and olive oil.

Clean dirt off your computer and mouse with a little vinegar and a Q-tip. Just moisten the Q-tip, don't let it drip.

And, for fun, turn a chicken wishbone into rubber by soaking it in a glass of vinegar for three days. Get someone to try to break it with you.

... Virginia Hanson

Home Is Where My Honey Is

SON OF A BEE KEEPER

Maple Grove resident, Roger Olson is a son of a beekeeper and a beekeeper himself. His father started beekeeping in 1929, eventually having 3,500 bee hives and his own honey company.

Our long summer days, our variety and amount of nectar, has made Minnesota 5th in US honey production. The best honey in the world comes from here in the Midwest.

New bees are generally ordered from the Deep South, and arrive here in cages in April/May. A cage has 3 pounds of live bees, one queen bee and a feeder can. On arrival, the bees are poured into hives.



Hives need to be near water, have wind protection and natural forage. Ideally there are no more than 20 hives per location. Which means a beekeeper with 1,000 hives travels a lot.

By July 1st a healthy hive should have 50,000 to 60,000 bees. Of that number, one is the Queen bee; she lives 3 to 4 years. Drones and Worker bees live 42 to 48 days. Wow, that seems unfair.

Several hundred Drones mate with the Queen to produce those thousands of bees. The rest are Worker bees bringing nectar and artificial pollen to the hive to keep reproduction going. All day long Worker bees fly to gather nectar that can be feet, or miles away, then back to the hive. They can travel 15 miles an hour. That's like us running a four-minute mile. April and May forage can be dandelions, fruit bushes, and trees. Floral sources change as the summer progresses.

How bees make it through a Minnesota winter

In November the sides of hives are wrapped in tarpaper, topped with a layer of flax straw, wrapped in more tarpaper, then covered with chicken wire to keep it all together. 75 to 100 lbs. of honey is left in a hive for the bees to eat. Bees cluster tightly in the middle of the hive, shivering their muscles to burn energy and create heat. The colder it gets, the tighter the cluster becomes. For a hive to make it through the winter, their honey supply must last until spring.

Uncovering a hive in the spring has its surprises. Roger told of a hunk of flax straw falling off, ex-

posing a cute, little, black and white animal wedged in and eating bees for lunch. That's when Roger learned skunks get very angry if interrupted during a bee lunch. That's also the day Roger learned to run very fast.

How flower nectar becomes honey

Bees bring the nectar to the hives and consume only what they need to survive. As water in the nectar evaporates the honey thickens. Bees use wax generated by six glands in their stomach to seal the honey in pockets, called combs. Beekeepers then harvest the honey that the bees won't need for winter.

How honey is harvested

First the wax is sliced off the combs. Depending on the beekeeper, combs are then spun, crushed and/or squeezed to remove any remaining wax. Then the honey is strained in cheesecloth and sealed in jars for us to consume.



Honey does not spoil and should NOT be kept in the refrigerator. The taste difference between commercial honey and local honey, as from Roger's bees, is truly amazing. Honey from local growers is well worth the search, as it usually isn't found in chain food stores.

For more information on how a Queen bee is raised and on how honey is made, check the website at www.mnbeekeepers.com.

... Judy Granahan in consultation with
Roger Olson

*How doth the little busy bee
Improve each shining hour
and gather honey all the day
From every passing flower?*

*How skillfully she builds her cell!
How neat she spreads the wax!
And labors hard to store it well
With the sweet food she makes.*

Issac Watts

***Remember, just a tablespoon of honey
makes the sore throat go away***

Spring is Here!

Gardening for Wildlife

There is nothing more relaxing and fun than watching the birds, bees, butterflies, and dragonflies land on my flowers in the spring and summer.

Dragonflies are especially fun to watch. They can move each of their four wings independently.

They can also rotate their wings forward and back on an axis. This enables them to put on an aerial show like no other insect. They don't bite and they don't sew your lips together.



Flowers to plant in your containers or garden to encourage birds, hummingbirds, honey bees, butterflies, and dragonflies? Flowers with lots of florets produce more nectar. Annuals are great because they bloom continuously throughout the season. Perennial plants, such as coneflowers, lilac, butterfly weed, and asters are often visited by butterflies. The list is long so check online for flowers that attract butterflies, hummingbirds, bees, and dragonflies. Be sure to research the need for sun and the size so you get what you want!

Nectar Feeders: You can also supplement the garden with a nectar feeder. Mix one part sugar to nine parts water (no red food coloring). To attract hummingbirds, the feeders should have red bottoms. Attach feeders to your porch, patio, deck or trees. Plastic container trays also work well. I put

old rotting bananas in the tray with some molasses and put it in the sun. The butterflies will surely visit this delight!



Another feeder you can make is with a small jar. Just drill a small

hole in the center of the lid and plug it with cotton. Fill the jar with one part sugar (not honey) to nine parts of water. Attach brightly-colored fabric to the lid to make the feeder more appealing to butterflies. Hang your feeder in a tree where you can enjoy watching it.

Broad Spectrum Pesticides: A most important conservation decision is to avoid the use of broad spectrum pesticides sprayed all around the yard. Instead, use more benign spot treatments on

plants troubled with pest insects. You can use oils, soaps, and microbial insecticides such as *Bacillus thuringiensis* (Bt). Oils and soaps will kill caterpillars if sprayed directly on them and caterpillars also will die if they feed on plants treated with a Bt formulation: it's toxic to them.

... Marilyn Arnlund, Master Gardener and MN Tree Care Advisor, Hennepin County

Organic seeds

Spring is here. Now is the time to start planning your garden. Have you thought about using organic seeds and plants? They are better for the environment. Organic seeds are processed in accordance with the USDA National program. Their standards prohibit the use of synthetic fertilizers, pesticides, and genetically engineered seeds. They must be certified and inspected by an agency accredited by the USDA.

You can find organic seeds in catalogs, on the internet and also some big box stores. Check out catalogs at the website



organicgardening.com/learn-and-grow/seed-catalog-time. For organic tomato seeds try the site tomatofest.com.

Order from companies in the northern parts of the United States. Search the internet for additional Midwest organic seeds.

... Marilyn Schroeder

Some Aphorisms For You to Enjoy

- The nicest thing about the future is that it always starts tomorrow.
- Money will buy a fine dog but only kindness will make him wag his tail.
- Stroke a cat once and you'll have a permanent job.
- Why is it that class reunions you feel younger than everyone else looks?

Another Side of the Military

The Candy Bombers

On June 26, 1963, over a million Berliners gathered at an outdoor venue to welcome President John F. Kennedy who was visiting Berlin at the invitation of its mayor. As they listened to his speech, their applause and approval grew and grew. It reached a mighty roar when he said, "All free men are citizens of Berlin, and as a free man, I take pride in the words Ich bin ein Berliner."

You might well ask why the people of Berlin responded so enthusiastically to an American president, and why, to this day, they still seem to be so fond of Americans. We did, of course, provide much of the rebuilding of Berlin after the WWII bombings, but you can also give a share of the credit for their goodwill to Lt. Gail Halvorsen, a US Air Force pilot back in 1948.

Those were the days of the Berlin Airlift. The war was over, but Russia had blockaded West Berlin, cutting off all traffic into the struggling city that had been bombed into mostly rubble during the war. No food, no fuel, no supplies of any kind could reach the million-plus people living in the city except by air. The result was the American airlift to Berlin.

Lt. Halvorsen was one of the many pilots who each made three flights a day delivering tons of supplies for the city. One day he was taking pictures at Tempelhof Airport while his plane was being unloaded, and he noticed a group of young children behind the wire fence watching the planes land. A couple of the kids had studied English in school, and he began a conversation with them. The children—mostly dressed in shabby clothes, some with shoes that didn't match, some with no shoes—had all suffered through and survived the battle for Berlin, and now they faced the blockade. He felt sorry that they had experienced so much fear and sorrow in



their young lives, and he wanted to give them something. All he had in his pocket were two sticks of gum, but knowing they had no sweets of

any kind during the war years, he gave them the gum as he left and watched as they tore the sticks into little pieces so all could share.

He was so impressed by their sharing. He wanted to do more for them, and told them he would drop candy for them on his next flight. (In their previous experience, planes had dropped only bombs.) He said that he would wiggle his wings so they could tell which was his plane. (The planes were arriving three minutes apart day and night, no matter the weather.)

His crew agreed to help with the drop and added their candy rations to his supply. Actually, they all began to worry their idea could get them court martialled. Because of weight restrictions, only scheduled supplies were allowed on the planes—and that had never included chocolate. But they decided to risk it and made little parachutes out of handkerchiefs for the candy.

(A candy bar falling from that height and at that speed would be a dangerous missile.) Only one small window in the back of the plane could be opened, and it would be used for the drop.



The candy drop was more than successful, and not only did they continue, but other pilots joined in—also parachuting their candy to the children.

One day a reporter was nearly hit on the head by a candy bar. His report of what he called "Operation Little Vittles" spread round the world. The US Air Force knew good publicity when they saw it. Rather than a court martial, Lt. Halvorsen was sent to take part in an international press conference about what the pilots were doing. The Air Force helped, later even providing two secretaries to deal with the huge amount of fan mail that began to roll in from all over the world addressed to *Dear Flying Chocolate Officer*, *Dear Uncle from Heaven*, *Dear Mr. Candy Bomber*, *Dear Uncle Wiggle Wings*, etc." People back home and all around the world began sending candy and other treats. American school children collected candy, made and filled parachutes for it and sent them off all ready to be

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We Will Never Forget

(Continued from page 6)

Candy Bombers

dropped. Candy companies and others joined in and sent tons of sweets. There was so much loot the US Military threw several big parties for the kids of West Berlin.



And best of all for Americans, the people of West Berlin began to see the U.S. in a very different light. The candy drop, as one Berlin mother said, was not a government effort, but it was a human response from the hearts of ordinary American people.

And, apparently, to this day Berliners have a warm spot in their hearts for us. Consider The report that 2,000 people gathered in West Berlin to support and pray for America after the World Trade Centers attack. One woman in the crowd was asked why she was crying. She replied that she had been a child in Berlin during the Airlift. They have not forgotten.

We tend to think mostly of the fighting strength of our military, but the fact is that on more than one occasion, including this one, they have been our best ambassadors.

... Dorothy Stevenson

Origin of Memorial Day

Many cities claim the honor of being the founder of Memorial Day. It really isn't important because the idea spread through the country so quickly.

Memorial Day emerged from the ashes of the Civil War, when both North and South had suffered so many, many casualties. People soon began visiting their graves and decorating them with flowers. (The day was called Decoration Day for years.) As Memorial Day, it was made a National Holiday by an act of Congress in 1971. It remains a time to remember and honor all Americans who gave their lives in service to their country.

Memorial Day

A day when the country pauses to remember not only our family members who are no longer with us, but also those who made so many sacrifices in the service of home and country.



We owe so much to all those in the military who have risked their lives over and over again to protect our country – while often spreading good will.

We remember, too, the police officers who daily put their lives in danger, and the fire fighters who risk their



lives each time they enter a building engulfed in flames to try to save a life. Many have paid the final price while faithfully doing their duty.

We honor them all, and for those who are still with us, we offer this little prayer.

Please God...

Grant them courage:

When times are bleak.

Grant them strength,

When they feel weak.

Grant them comfort,

When they feel all alone.

And most of all, God,

Please bring them all safely home.

We Will NEVER Forget.



Book Club and More...



Senior Book Club

Everyone is welcome to The Senior Book Club. Come join the interesting discussions. They meet the first Wednesday from 9:30-11:30. Books are selected from the Book Kits offered by the Hennepin County Library. Copies of the book are available from Kris in the Senior Center.

For **May** each member will choose their own book and discuss with the group.

June's discussion:

The Healing

By Jonathan Odell



The novel is about listening. It opens in 1933 with Granada, now an old woman, reflecting on her childhood in 1847. Her stories are meant to aid a grieving 9-year-old left motherless on her doorstep. Gradually, the old woman and the child blend their stories and both are healed.

This is a beautiful book, well-crafted and textured. It combines the historical significance of Kathryn Stockett's "The Help" with the wisdom of Toni Morrison's "Beloved." There are few characters in literature as compelling and compassionate as Polly Shine, who teaches us to "choose for the people ... and God will be on your side. Choose for yourself and you'll be walking alone."

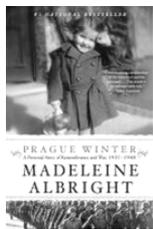
... Article by: Christine Brunkhorst, in the Star Tribune
February 10, 2012 -

July's discussion:

Prague Winter: A Personal Story of Remembrance and War, 1937-1948

By Madeleine Korbel Albright, former Secretary of State. A moving and thoughtful memoir of her formative years in Czechoslovakia during the tumult of Nazi occupation, World War II, fascism, and the onset of the Cold War.

... Hennepin County Library Catalog



The Birthday Angel

Years ago, the time was fast approaching for my six year-old daughter's birthday. The year had been particularly difficult financially. I was staying awake nights wondering how to make her party special and fun.

Since Kristy's birthday is October 26th it dawned on me, to bake Halloween cookies for the girls to enjoy and take home. The next question was what to do for prizes and games?

Something drew me to my cedar chest where I found a pretty, king-sized sheet that had never been used. There were also some colorful hand towels still in their package. I took out my measuring tape and made a pattern for aprons. Burning the midnight oil, seven little aprons with towels attached were completed.



When the party day came, oh how the girls loved getting messy, cutting, baking and decorating cookies. It took us most of the afternoon and, before we knew it, their Moms and Dads came to pick-up their girls.

Away they went with their treasured plate of cookies and still wearing their aprons. The biggest pleasure for me is that Kristin, now an adult, remembers that party as a very favorite time.

I don't believe things like this just happen. My special angel was there to inspire me and stayed alongside while we baked and even as I cleaned up the messy kitchen.

... Lois Caswell of Maple Grove

During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.

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Spending time with children is better than spending money on children.

# Animal Tales

## Charlotte Has A New Problem

*You probably remember Charlotte, the cat who obviously reads our newsletter and writes to the editors periodically. Read on to learn about her latest problems.*

I have found out that inter-species communication can be difficult. Although I understand Human perfectly, it took patience and hard work to teach my Humans simple Cat phrases like, "I'd like my dinner now, please," or "It's time for brushing." I thought they had finally reached a level of understanding. Then one day my favorite Human asked me if I would like a pet dog. "No, thank you," I answered politely. I thought my Humans had learned enough Cat to understand this simple statement. But I was wrong.

A few days later, Lilly the Westie came to live at my house. She had been to the house to visit before and we have never gotten on well, so I don't know what my Humans were thinking. They told me the dog would be homeless if she didn't come to stay with us. I've been homeless myself, so I relented and gave her a chance.



It has been a difficult time. Even in Dog, Lilly's vocabulary seems to be limited to, "Let's play," "Let's eat," and, "Let's go outside."

Like my Humans, she doesn't understand the word, "no." I am a cat with a certain dignity, and let's face it, at 8 years old, I'm middle-aged. I often do not want to play with the dog. She comes up, tail wagging, saying, "Let's play." I say, "No." She comes closer. I repeat the "No" and tap her on the nose. She thinks this is a game. She backs away, then comes back, tail wagging. I flatten my ears and fluff out my tail and tap her nose a little harder. And she does it again. She likes this game!

Finally I arch my back, hiss, and swat. And the dog thinks this is the best game ever! She keeps coming back for more! Sometimes she decides that it's so much fun she barks and jumps around, all the while wagging her tail. Luckily for her, I am too polite to really let her have full claws in the

face, but one of these days...Sooner or later, my Humans take pity on me and take the dog away. But that stupid Westie never learns.

There have been some good things, though. My Humans gave me my own two rooms that the dog can't go into. They even put my Christmas tree up in one of them. Since she doesn't even know how to properly dispose of waste in a litter box, she goes outdoors. I have been able to convince my Humans that it is only fair I should go out too, which they never let me do before. The best thing is that Lilly will only eat when she has company, so I get to eat at her meal times in addition to mine own. And when the Humans go to work, the dog goes in her kennel **and the whole house is mine!**

I don't know if that stupid Westie will ever learn to understand Cat. But after watching me, she has learned to climb up on the back of the sofa to sleep, leaving the cushion for me, and also, she can now bat a ball around with her paws. No more fetch for her! Maybe I'll work on litter box training next.

If you have any suggestions for her training, just put a note for me in your newsletter, and I'll give them a try.

...Charlotte Anderson (aided somewhat by Debra and Tina Anderson.)



## Lilly's Rebuttal

I'm a dog of few barks, but really, speak Cat? Make those wimpy mewling sounds? Never! Charlotte doesn't appreciate that I've brought fun to the house, like dog and cat boxing. I jump, wag my tail, she taps me on the nose. We do it again and again. She gets to go outside because of me. I share my food with her, but don't tell her she's getting a little fat. I know our Humans love me best. When they go to work, they put me in my own, very nice, kennel, then they shut the door, so the pest can't climb in with me and make those purring sounds all day.

...Lilly Anderson - I wrote this by myself!

# Things You Never Knew

## One Potato, Two Potato, Three...

A Girl Potato and Boy Potato had eyes for each other, and finally they got married, and had a little sweet Potato, which they Called 'Yam.' Of course, they wanted the best for Yam.

When it was time, they told her about the facts of life. They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like 'Hot Potato,' and end up with a bunch of tater tots.

Yam said not to worry, no Spud would get Her into the sack and make a rotten potato out of her! But on the other hand, she wouldn't stay home and become a Couch Potato either. She would get plenty of exercise so as not to be skinny like her shoestring cousins.

When she went off to Europe, Mr. And Mrs. Potato told Yam to watch out for the hard-boiled guys from Ireland and the greasy guys from France called the French fries.

Yam said she would stay on the straight and narrow and wouldn't associate with those high class Yukon Golds, or the ones from the other side of the tracks who advertise their trade on all the trucks that say, 'Frito Lay.'

Mr. and Mrs. Potato sent Yam to Idaho P.U. (that's Potato University) so that when she graduated she'd really be In the Chips. They told her to never take Culinary classes or she might get scalloped.

But in spite of all they did for Her, one-day Yam came home and announced, she was going to marry Tom Brokaw. Tom Brokaw! Mr. And Mrs. Potato were very upset. They told Yam she couldn't possibly marry Tom Brokaw because he's just..... Are you Ready for this?

OK! Here it is!

A COMMONTATER



## Two Brothers

Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter. The pharmacist at the counter asked the older boy, "Son, how old are you?"

"Eight," the boy replied

The man continued "Do you know what these are used for?"

The boy replied, "Not exactly, but they aren't for me. They're for him. He's my brother. He's four."

"Oh really" the pharmacist replied with a grin.

"Yes," the boy said. "We saw on TV that if you use these, you would be able to swim, play tennis and ride a bike. Right now, he can't do none of those things."



Two women had been friends for many decades. Over the years they had shared all kinds of activities. Lately, their activities had been limited to playing cards a few times a week. One day, when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name. I've thought and thought but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

A boss asked one of his employees, "do you believe in life after death?" "Yes sir" replied the new employee. "I thought you would" said the boss, "Yesterday after you left to go to your grandmother's funeral, she stopped in to see you."

My computer beats me at chess, but it's no match for me at kick boxing!



# Laugh A Little

## Owed to a Spell Chequer

I halve a spelling chequer  
It came with my pea sea  
It plane lee marques four my revue  
Miss steaks aye ken knot sea

To rite with care is quite a feet  
Of witch won should be proud  
And wee mused dew the best wee can  
Sew flaws are knot aloud

And now bee cause my spelling  
is checked with such grate flare  
Their are know faults with in my cite  
Of nun eye am a wear

That's why aye brake in two averse  
My righting wants too pleas  
Sow now ewe sea wye aye dew prays  
Such soft wear for pea seas

Eye ran this poem threw it  
You'll bee glad two no  
It's vary polished in it's weigh  
My chequer tolled me sew

~~~

A pilot, a boy scout, and the smartest man in the world went up in a small plane together. Shortly after they reached their cruising altitude, the plane stalled. The pilot tried everything he knew to re-start the little plane. Then he turned to the others and said, "We are going to have to jump and I am very sorry to tell you that we only have two parachute packs behind the seat."



The smartest man in the world stood up and reached behind the seat for a pack. Clutching it to his chest he said, "I am the smartest man in the world, I am needed by so many people who depend on my brilliance. I must save myself." He jumped out of the plane with the pack.

The pilot looked at the Boy Scout and said, "This is my fault for only bringing two parachute packs and you are a young man with your whole

life in front of you. I want you to take the other pack and save yourself." The Boy Scout said, "I appreciate your offer sir, but there is something I have to tell you." "What is that, son?" "Well sir, the smartest man in the world just jumped out of the plane with my backpack."

~~~

The human brain works slower in old age, said **Dr. Michael Ramscar**, but only because we have stored more information over time, so the brains of older people do not get weak. On the contrary, they simply know more.

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. Much like a computer struggles as the hard drive gets full up, humans also take longer to access information, it has been suggested. Researchers say this slowing down is not the same as cognitive decline.

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.

I have more friends I should send this to, but right know I can't remember their names. So please forward it to your friends, they may be my friends too.

~~~

Experience is a teacher but here's what makes me burn; it's always teaching me the things I do not want to learn!

~~~

Reporter: Can you give us some health tips for reaching the age of 101?

Hattie: For better digestion, I drink beer. In the case of appetite loss, I drink white wine. For low blood pressure, I drink red wine. In the case of high blood pressure, I drink scotch. And when I have a cold, I drink Schnapps.



Reporter: When do you drink water?

Hattie: Oh, I've never been that sick!



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*Bits 'n Pieces*

**Something to Ponder**

A farmer died leaving his 17 horses to his three sons. When his sons opened the will, it read: my eldest son should get 1/2 of total horses. My middle son should be given 1/3 of the total horses. My youngest son should be given 1/9th of the total horses.

As it is impossible to divide 17 by half or 17 by thirds, or 17 by 9, the three sons started to fight with each other. So they decided



to go to a farmer friend who they considered quite smart to see if he could work it out for them. The farmer read the Will patiently and, after giving it due

thought, he brought one of his own horses over and added it to the 17. That brought the total to 18 horses.

Then he divided the horses according to the Will. Half of 18 = 9 horses for the eldest son. 1/3 of 18 = 6 horses for the middle son. 1/9 of 18 = 2 for the youngest son.

So, adding 9, 6, and 2, you get 17 horses with 1 left over for the farmer to take back home. Problem solved. That's what we call clever mathematics.

**Save June 25, 2015**

**2015 Senior Health & Safety Fair**

**Sponsored by**

**Maple Grove's Fire Department**

At the Maple Grove Community Center

8:30 AM - 3:30PM

Great speakers! Valuable Info Venders Fun  
 Interesting Prizes! And of course, a great Lunch  
 Registration forms code 52644 In Summer Park &  
 Rec bulletin. \$ 10.00 per person.



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 We wish you well, we wish you health and happiness galore. We wish you luck for you and your friends; what could we wish you more? May your joys be as deep as the oceans, your troubles be as light as its foam. And may you find sweet piece of mind wherever you roam.

Newsletter Committee: Kris Orluck, Judy Granahan, Virginia Hanson, Marilyn Schroeder, Dorothy Stevenson

Contributors: Lois Caswell and Roger Olson

The next Newsletter will be published in June. Please submit items for the next issue by May 1, 2015. Please send or bring your stories, jokes, tidbits. to Kris. Rough drafts are welcome.