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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

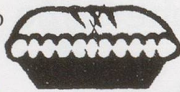
I remember the cheese of my childhood  
and the bread that we cut with a knife  
When the children helped with housework  
And the men went to work - not  
the wife

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     |                |                  |