

"LZ 53"

Newsletter of VIETNAM VETERANS OF AMERICA SOUTH BAY CHAPTER 53

4733 Torrance Blvd #553 Torrance, Ca 90503 (310 540-8820)

July - August 2024



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LZ 53 Newsletter

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Chapter 53 Monthly Standard Schedule of Events / Meetings

There will be exceptions – check the monthly calendar inside.

- * First Saturday – Hermosa Beach Veteran's Memorial clean-up @ 0830hrs
- * Second Tuesday - Ch53 Breakfast & BS Meetin, 9am Black Bear Diner Torrance
- * Third Tuesday – "Board/General Meetings" all chapter members encouraged to attend.
- * Third Saturday – Torrance Veteran's Memorial clean-up @ 0830hrs

Membership is open to all Vietnam Era Veterans, regardless of race, religion, gender, ethnicity or character of discharge. Associate membership is open to all others.

The opinions expressed in LZ 53 are not necessarily those of the chapter, its officers, Board of Directors, membership, Editor of LZ 53 or of Vietnam Veterans of America, Inc.

If you wish to express an opinion, submit a story, poem or joke, etc please contact the LZ 53 Editor : mandelfive@dslextreme.com

Chapter 53 Meetings

July 16, 2024 (Tues)

August 20, 2024 (Tues)

Board Meetings @ 1200 pm

General Meetings @ 1:00 pm

Hawthorne VFW Post 2075

4563 W. 131st Street - Hawthorne, Ca 90250

PIZZA & SALAD WILL BE SERVED



**Happy Birthday
USA**

*Please do not throw this
newsletter away. Pass it
along to another Veteran.*

date		day		July 2024 Monthly Calendar		date		day		August 2024 Monthly Calendar	
1	mon					1	thur				
2	tue					2	fri	1990 - Gulf War begins.....			
3	wed					3	sat	H.B. Vet Memorial clean-up @ 0830, corner of PCH/Pier Ave, breakfast @ 930am (dutch treat)			
4	thur	Happy Birthday USA.....				4	sun	Happy "234th" Birthday US Coast Guard Day.....			
5	fri					5	mon				
6	sat	H.B. Vet Memorial clean-up @ 0830, corner of PCH/Pier Ave, breakfast @ 930am (dutch treat)				6	tue				
7	sun					7	wed	Purple Heart Day.....			
8	mon					8	thur				
9	tue	Ch53 Breakfast and BS Meetin' @ 9am, Black Bear Diner 24021 Hawthorne Bl - Torrance				9	fri				
10	wed					10	sat				
11	thur					11	sun				
12	fri					12	mon				
13	sat					13	tue	Ch53 Breakfast and BS Meetin' @ 9am, Black Bear Diner 24021 Hawthorne Bl - Torrance			
14	sun					14	wed	Navajo Code Talkers Day			
15	mon					15	thur	1945 - World War 2 ends.....			
16	tue	Business Mtg 12pm - General Mtg 1pm Hawthorne VFW, 4563 W 131st St, Hawthorne				16	fri				
17	wed					17	sat	Torrance Veteran Memorial clean-up @ 0830, corner of Torrance Bl/Maple, breakfast @ 0930 (dutch treat)			
18	thur					18	sun	Hawthorne VFW Breakfast 9am-12noon 4563 W 131st St, Hawthorne			
19	fri					19	mon				
20	sat	Torrance Veteran Memorial clean-up @ 0830, corner of Torrance Bl/Maple, breakfast @ 0930 (dutch treat)				20	tue	Business Mtg 12pm - General Mtg 1pm Hawthorne VFW, 4563 W 131st St, Hawthorne			
21	sun	Hawthorne VFW Breakfast 9am-12noon 4563 W 131st St, Hawthorne				21	wed	Senior Citizens Day.....			
22	mon					22	thur				
23	tue					23	fri				
24	wed					24	sat				
25	thur					25	sun				
26	fri					26	mon				
27	sat	1953 - Korean War ends.....				27	tue				
28	sun					28	wed				
29	mon					29	thur				
30	tue					30	fri				
31	wed					31	sat				

Ch53 Monthly Message Board

VVA, South Bay, Chapter 53 2024 CHAPTER REPORT

(submitted by Chapter Secretary Steve Crecy)

*Chapter Members continue to promote the S.A.F.E. Program with local success. Now some County Meetings are opening with it (SALUTE ARMED FORCES EVERYDAY).



*Chapter members clean and care for two local Veteran Memorials each month.



*Chapter 53 held its Annual Membership and Election Meeting April 16th.



*Chapter 53 supported THE RUN FOR THE WALL and we have 4 members rode All The Way this year. Two car loads of members saw them off from Ontario, CA on May 15.

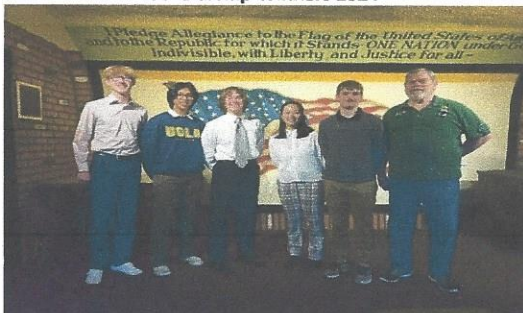
Chapter 53 Run For The Wall Riders 2024



(L-R) Friend Ralph Ternes (rode in honor of his VN Vet Brother), Thom Kaehler, Kirk Gillett, Dick Cunningham, Dennis Wild

*19 May Chapter 53 awarded FIVE \$1000 Scholarships to High School Seniors who write about a Vietnam Veteran (our 23rd year). Very nice Breakfast courtesy of VFW Hawthorne Post. Families hosted by Chapter 53.

Scholarship Winners 2024



Jack Raynor, Ryan Tran, Jackson Mancilla, Miki Yu, Ben Tittle, Jerry Orlemann Project Chairman

*Chapter 53 continues to assist non-profits that support Veterans and Active Duty military members.



*Chapter 53 members participated in the Torrance Armed Forces Day Parade again this year (the 2nd longest running such parade in the Country) with the help of 1024 and their Huey as well as a good samaritan who provided a 5-ton. A few Blue Star Moms rode with us. Members staffed Static Display for 3 days with Chapter 1024's Huey in attendance led by Dennis Phelps.



Armed Forces Day Parade Truck



Armed Forces Day Parade Huey

Ch53 Monthly Message Board

Chapter 53 Breakfast & BS Meetin'

At our June breakfast we had 16 chapter members in attendance. Our next **Ch 53 Breakfast & BS Meetin'** will be at the Black Bear Diner - Torrance @9am
July 9, 2024 August 13, 2024



Hawthorne VFW Post 2075 Monthly Activities

HAWTHORNE VFW MONTHLY DINNER

Where: Hawthorne VFW Post 2075
4563 W 131st Street Hawthorne (310 679-7472)
When: Sunday July 7th, 2024 from 3pm-5pm
Donation: \$15.00
RSVP required one week before event date
Hot dogs, Hamburgers, baked beans, potato salad & desserts
Can all be washed down with a cold beer.

Hawthorne VFW Breakfast (3rd Sun. of every mo)

9am - noon \$12.00 donation
4563 131st Street Hawthorne (310 679-7472)

Hawthorne VFW Casino Bus Trips (local & overnight) contact VFW for more info: 310 679-7472

NOTE: Always call Hawthorne VFW to confirm their activities - events (310 679-7472)

The VVA National Leadership & Education Conference will be in Reno, Nevada, from August 20 - 24. Seminars include:

Healthcare in the Aging Veteran
Veterans & Aging: What you need to know about Elder Law
Spousal & Survivor Benefits
Duties of VVA Officers
Provisions in the VVA Constitution that control State Council and Chapter Structures
And many more.

This could very well be the last National Leadership & Education Conference; don't miss out. Preregistration deadline is July 15. For more information, including a full agenda, visit the VVA website at <https://conference.vva.org>.

CONTACT: Jerry Orlemann for more info

KNOW YOUR MEMBERS

By Bob Holmes

This is a new column for LZ 53 readers. Each month I will write about two of our members. I am not going to focus on military exploits, honors, or accomplishments. Rather this is a chance to get to know them better on a personal level. Hopefully you will find a personal connection with them.

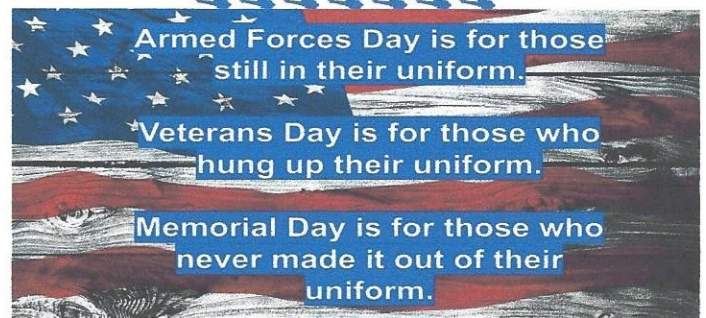
CHUCK SLEZAK--ARMY

Born in Berwyn, IL and an Illinois boy until his return from Vietnam.
Has lived in El Segundo for the last 41 years.
Has a '57 Chevy show car.
Has been the pit crew for sprint car teams.
Despite being in the 101st Airborne Division, Chuck did not go to jump school or make any military jumps. However, as a civilian skydiver, he made 3464 jumps!
Was Manager of Aircraft Maintenance and Quality Assurance for American Airlines and retired from American with 35 years service.
After retiring, he worked on Clay Lacy's planes at Van Nuys Airport

AL DICKINSON--ARMY

Lived in Washington, DC for 25 years before moving to Manhattan Beach in 2001
Worked for the National Transportation Safety Board (NTSB) for 25 years.
Investigated airplane crashes and later became a Manager of investigation crews.
Has visited over 25 foreign countries
Enjoys 40's big band music.
Plays beach volleyball in Manhattan Beach.
Enjoys hiking in National Parks

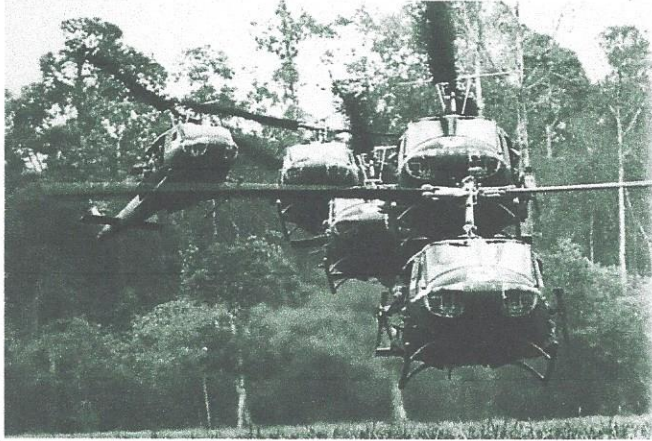
If you would volunteer to be profiled, call me on my office landline 310-545-8318.



“A veteran - whether active duty, retired, national guard, or reserve - is someone who, at one point in his or her life, wrote a blank check made payable to The 'United States of America', for an amount of 'up to and including my life.'”

The Huey Helicopter Becomes a Legend in the Jungles, Mountains, and Rice Paddies of Vietnam

Few sounds can be identified as easily as that of an inbound Huey. Few sounds can evoke as much emotion in those who needed it as much as the soldiers who relied on it.



As the soldiers waited for the Huey to arrive, tension hung thick in the air, mingling with the oppressive heat of the Vietnamese jungle. The men, clad in fatigues and gear, stood in a small clearing amidst the dense vegetation, their faces etched with a combination of exhaustion, anticipation, and a touch of anxiety. Some leaned against their packs, while others sat on their helmets, their eyes scanning the skies for any sign of the approaching aircraft. The rhythmic thumping of distant rotor blades echoed through the trees, gradually growing louder, signaling the imminent arrival of their ride out of the combat zone.

A sense of urgency permeated the atmosphere as the soldiers double-checked their equipment, ensuring that everything was secured and ready for the extraction. Sweat trickled down their brows, mirroring the beads of condensation forming on their weapons and gear in the stifling humidity.

As the sound of the Huey grew closer, the men instinctively tightened their grip on their rifles, adrenaline coursing through their veins. They exchanged terse nods and brief words of encouragement, their camaraderie forged in the crucible of combat. "Here comes our ride!"

Finally, the sleek silhouette of the Huey emerged from the canopy, its distinctive shape cutting through the haze of the jungle. The soldiers tensed, preparing to board the helicopter with practiced efficiency, knowing that every second counted in this dangerous environment.



With a rush of wind and a deafening roar, the Huey touched down in the clearing, its rotor wash stirring up a whirlwind of dust and foliage. The soldiers wasted no time, sprinting towards the waiting aircraft, their movements synchronized in a well-rehearsed ballet of combat proficiency.

One by one, they leaped aboard, their adrenaline-fueled urgency tempered by the discipline instilled by months of training and combat experience. Inside the Huey, they found refuge from the oppressive heat and the looming specter of enemy threats, their relief palpable as the helicopter lifted off, leaving the jungle canopy behind.

As the Huey soared into the sky, carrying its precious cargo of soldiers to safety, the tension of the moment dissipated, replaced by a sense of fleeting respite amidst the unending turmoil of war. Below, the dense foliage of the Vietnamese jungle receded into the distance, a silent witness to the ongoing struggle for survival in the heart of a hostile land.



The Huey, formally known as the Bell UH-1 Iroquois, became an iconic symbol of the Vietnam War and played a pivotal role in various missions throughout the conflict.

Troop Transport: One of the primary roles of the Huey was troop transport. Its spacious cabin could accommodate up to 10 fully equipped soldiers, allowing for rapid insertion and extraction of troops into and out of combat zones. This capability revolutionized military tactics, enabling swift and dynamic maneuvers that were not possible with conventional ground transportation.



Medical Evacuation (Medevac): The Huey was extensively used in medical evacuation missions to airlift wounded soldiers from the battlefield to field hospitals or more advanced medical facilities. The helicopter's versatility and speed were critical in providing timely medical care to injured personnel, significantly improving their chances of survival.



Close Air Support: Armed variants of the Huey, such as the UH-1B and UH-1C models, were equipped with machine guns, rocket pods, and grenade launchers, turning them into effective close air support platforms. These gunship configurations provided fire support to ground troops, suppressing enemy positions, and conducting strafing runs against enemy targets.



Aerial Reconnaissance: The Huey was utilized for aerial reconnaissance missions, allowing military commanders to gather intelligence on enemy movements, fortifications, and supply routes. Equipped with cameras and sensors, Hueys could fly low and slow over

terrain, providing valuable imagery and real-time information to ground forces.

Command and Control: Hueys served as command and control platforms, transporting military leaders and advisors to the front lines and serving as aerial command posts during operations. They facilitated communication and coordination between ground units, enabling commanders to maintain situational awareness and issue orders effectively.

Logistical Support: In addition to troop transport, Hueys were used for logistical support, ferrying supplies, ammunition, and equipment to remote outposts and forward operating bases. Their ability to access otherwise inaccessible terrain made them indispensable in resupplying isolated units and sustaining operations in challenging environments.

Insertion and Extraction of Special Forces: Special operations forces, such as Army Special Forces (Green Berets) and Navy SEALs, frequently utilized Hueys for insertion and extraction during clandestine missions behind enemy lines. The helicopter's speed, agility, and low radar signature made it well-suited for inserting small teams into hostile territory and extracting them upon completion of their objectives.

Overall, the Huey's versatility, reliability, and adaptability made it one of the most important assets in the U.S. military's arsenal during the Vietnam War. Its widespread use across various mission types contributed significantly to the overall effectiveness of American and allied operations in Southeast Asia.



UH-1Ds extract troops of A Company, 2nd Battalion, 8th Cavalry during a search and destroy mission in October 1967.

One could write volumes about the bravery, resilience and trials of the crews of the Hueys of Vietnam, this story will be constantly expanded on as we gather more and more stories.

NOTE: This was an article taken from
Ghosts of the Battlefield
March 20, 2024

**MILLIONS OF FOLKS SEE HER FACE
EVERYDAY IN NEW YORK CITY**



THE FACE OF THE STATUE OF LIBERTY

How did the widow of the creator of the Singer sewing machines give her face to the Statue of Liberty? Isabella Boyer's life is like a thrilling novel. She was born in Paris, in a family of an African pastry chef father and an English mother. Her name was Isabella, a beautiful name that should have been the basis of a beautiful destiny. It quickly became clear that nature gave Isabella a special beauty.

At 20, she marries sewing machine maker Isaac Singer, 50, and after his death becomes the richest woman in the country. And no wonder she was chosen as the model for the Statue of Liberty, because she embodies the American dream come true. After becoming a widow, Isabella began traveling the world, seeking new knowledge and exciting challenges, far too young to be buried under mourning clothes.

She remarried Dutch violinist Victor Robstett, who is a world celebrity and an earl, so Isabella also becomes a countess. Soon Isabella becomes the star of showrooms in America and Europe, and is invited to all world events. At one of them, she met the famous French sculptor Frederick Bartoldi. At the time, Bartoldi was strongly impressed by his trip to the United States, by the size of the country, by its natural resources, by the population there, and had already accepted the proposal to create a statue symbolizing the independence of the United States. The sculpture was supposed to be a gift from France in honor of the 100th anniversary of the country's independence. Thus the idea of a giant statue depicting a woman holding a torch in one hand and plates in the other was born, with the date of adoption of the Declaration of Independence of the United States. Bartoldi was so impressed by Isabella's face that he decided to use it as a model for his sculpture. Therefore, on Bedlow Island in the Gulf of New York, the Statue of Liberty was erected with the figure of an ancient goddess, but with the face of Isabella Boyer.

Isabella marries for the third time, at the age of 50, to Paul Sohege, a famous collector of art. She died in Paris in 1904 at age 62. She is buried in Passy Cemetery.

But the statue with her face continues to rise over Bedlow Island, symbolizing America's first pride, **freedom.**

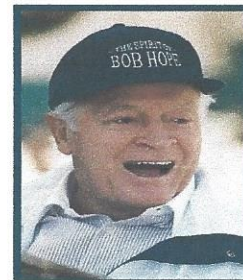
DO YOU REMEMBER BOB HOPE?

On his death bed, they asked him where he wanted to be buried and he said, "Surprise me." I had forgotten that he lived to be 100, and also didn't realize it has been over 25 years since he died. . Thought you might enjoy a bit of memory touching, so sent it along to you. Enjoy and recall this FUNNY man! For those of you too young to remember Bob Hope, ask your Grandparents and thanks for the memories.

BOB Hope in Heaven



I HOPE THIS WILL PUT A SMILE ON YOUR FACE AND IN YOUR HEART. This is a tribute to a man who DID make a difference.



ON TURNING 70 - 'I still chase women, but only downhill.'

ON TURNING 80 - 'That's the time of your life when even your birthday suit needs pressing.'

ON TURNING 90 - 'You know you're getting old when the candles cost more than the cake.'

ON TURNING 100 - 'I don't feel old. In fact, I don't feel anything until noon. Then it's time for my nap.'

ON GIVING UP HIS EARLY CAREER,

BOXING - 'I ruined my hands in the ring. The referee kept stepping on them.'

ON NEVER WINNING AN OSCAR - 'Welcome to the Academy Awards, or, as it's called at my home, 'Passover.'

ON GOLF - 'Golf is my profession. Show business is just to pay the green fees.'

ON PRESIDENTS - 'I have performed for 12 presidents but entertained only six.'

ON WHY HE CHOSE SHOWBIZ FOR HIS CAREER - "When I was born, the doctor said to my mother, 'Congratulations, you have an eight pound ham.'"

ON RECEIVING THE CONGRESSIONAL GOLD MEDAL - 'I feel very humble, but I think I have the strength of character to fight it.'

ON HIS FAMILY'S EARLY POVERTY - 'Four of us slept in the one bed. When it got cold, mother threw on another brother.'

ON HIS SIX BROTHERS - 'That's how I learned to dance. Waiting for the bathroom.'

ON HIS EARLY FAILURES - 'I would not have had anything to eat if it wasn't for the stuff the audience threw at me.'

ON GOING TO HEAVEN - 'I've done benefits for ALL religions. I'd hate to blow the hereafter on a technicality.'

Give me a sense of humor, Lord, give me the grace to see a joke, to get some humor out of life, and pass it on to other folk.

And to the person receiving this, the grace to pass it on to others.

RATTLESNAKE LOGIC

As long as we insist on maintaining the "moral high ground", we will **NEVER** win the war on **TERRORISM!** We're in a conflict which we absolutely **INSIST** on playing by the rules - against a maniacal group who have **NO** rules!

Now, along comes Rattlesnake Logic in dealing with terrorists.

After the Boston Marathon bombing, in 2013, the news media spent days and weeks trying to determine why these men did what they did. They wanted to know what America did to make the, Tsarnaev brothers, so angry with us.

They wanted to know why these men were not arrested before they did something so terrible.

The media is in a tizzy about this new era of home-grown radicals and about why and how they can live among us and still hate us.

A Texan explained it:

Here in west Texas, I have rattlesnakes on my place, living among us.

I have killed a rattlesnake on the front porch. I have killed a rattlesnake on the back porch.

I have killed rattlesnakes in the barn, in the shop and on the driveway.

In fact, **I kill every rattlesnake** I encounter. **I kill rattlesnakes** because I know a rattlesnake will bite me and inject me with poison. I don't stop to wonder WHY a rattlesnake will bite me;

I know it **WILL** bite me because it's a rattlesnake and that's what rattlesnakes do.

I don't try to reason with a rattlesnake or have a "meaningful dialogue" with it. **I just kill it.**

I don't try to get to know the rattlesnake better so I can find a way to live with the rattlesnakes and convince them not to bite me. **I just kill them.**

I don't quiz a rattlesnake to see if I can find out where the other snakes are, because (a) it won't tell me and (b) I already know they live on my place. So, **I just kill the rattlesnake** and move on to the next one.

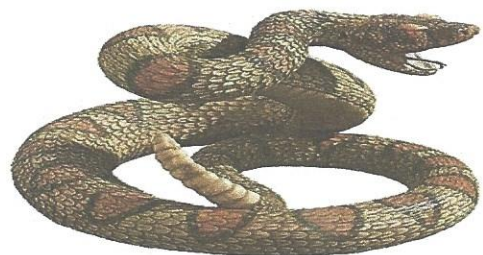
I don't look for ways I might be able to change the rattlesnake to a non-poisonous rat snake. **I just kill it.** Oh, and on occasion, I accidentally kill a rat snake because I thought it was a rattlesnake at the time.

Also, **I know for every rattlesnake I kill**, two more are lurking out there in the brush. In my lifetime I will never be able to rid my place of rattlesnakes.

Do I fear them? Not really. Do I respect what they can do to me and my family? **Yes!**

And because of that respect, I give them the fair justice they deserve. **I kill them.** As a country, we should start giving more thought to the fact that these jihadists' are telling the world their goal is to kill Americans and destroy our way of life.

They have posted graphic videos on the Internet showing them beheading Americans. They are serious. They are exactly like rattlesnakes. It is high time for us to start acting accordingly!



JUST PLAIN NEAT INFORMATION

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

When a person dies hearing is the last sense to go. The first sense lost is sight.

Your tongue is the only muscle in your body that is attached at only one end.

The tooth is the only part of the human body that cannot heal itself.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song Auld Lang Syne is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

The banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

The University of Alaska spans four time zones.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid 28 million for the copyright to the song Happy Birthday, which was written in 1935!

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun.

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

In ancient times strangers shook hands to show that they were unarmed.

Strawberries and cashews are the only fruits whose seeds grow on the outside.

Avocados have the highest calories of any fruit at 167 calories per hundred grams.

The moon moves about two inches away from the Earth each year.

The Earth gets 100 tons heavier every day due to falling space dust.

Due to earth's gravity it is impossible for mountains to be higher than 15,000 meters.

Mickey Mouse is known as "Topolino" in Italy

Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.

Everything weighs one percent less at the equator.

For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off.

The letter J does not appear anywhere on the periodic table of the elements.

And last but not least:

This is called 'Money Bags.' So send this on to 5 people and money will arrive in 5 days. Based on Chinese Feng Shui, the one who does not pass this on will have money troubles for the rest of the year.

Superstitious or not, I passed this along because it is interesting information.

THE PHUNNIE PAGES

Astute (but true) Observations

There are two sides to every divorce: Yours and dipshit's.

The closest I ever got to a 4.0 in college was my blood alcohol content.

I live in my own little world, but it's OK. Everyone knows me here.

I saw a very large woman wearing a sweatshirt with "Guess" on it. I said, "Left Tackle?"

I don't do drugs. I find I get the same effect just by standing up really fast.

I don't like political jokes. I've seen too many get elected.

The most precious thing we have is life, yet it has absolutely no trade-in value.

If life deals you lemons, make lemonade. If life deals you tomatoes, make Bloody Mary's.

Shopping tip: You can get shoes for a buck at bowling alleys.

Every day I beat my previous record of consecutive days I've stayed alive.

No one ever says, "It's only a game!" when their team's winning.

Marriage changes passion . . . suddenly you're in bed with a relative.

Why is it that most nudists are people you don't want to see naked?

Snowmen fall from Heaven unassembled.

Now that food has replaced sex in my life, I can't even get into my own pants.

I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose fitting clothing, I wouldn't need the freakin' class!

Don't argue with an idiot; people watching may not be able to tell the difference.

Wouldn't you know it! Brain cells come and brain cells go, but FAT cells live forever.

Why is it that our children can't read a Bible in school, but they can in prison.



SOME EARLY MORNING HUMOR...

Due to my time alone, I finished three books yesterday. And believe me, that's a lot of coloring.

What did our parents do to kill boredom before the internet? I asked my 26 brothers and sisters and they didn't know either.

I tried donating blood today...NEVER AGAIN! Too many stupid questions: Whose blood is it? Where did you get it from? Why is it in a bucket?

There's nothing scarier than that split second when you lose your balance in the shower and you think, "They are going to find me naked."

Today, I melted an ice cube with my mind just by staring at it. It took a lot longer than I thought it would.

Struggling to get your wife's attention? Just sit down and look comfortable.

Just sold my homing pigeon on eBay for the 22nd time.

I grew up with Steve Jobs, Johnny Cash and Bob Hope. Now there's no jobs, no cash, and no hope. Please don't let anything happen to Kevin Bacon.

Shout-out to everyone who can still remember their childhood phone number but can't remember the password they created yesterday. You are my people.

One minute you're young and fun. And next, you're turning down the stereo in your car to see better.

Think you're old and you will be old. Think you are young, and you will be delusional.

When I offer to wash your back in the shower, all you have to say is 'yes' or 'no'.
Not all this "Who are you and how did you get in here?" nonsense.

Not in jail, not in a mental hospital, not in a grave—I'd say I'm having a good day.



GOOD MEDICAL ADVICE....????

I RECEIVED THIS FROM A GUY OF CHINESE HERITAGE WHO IS A RETIRED MD.

Q: Doctor, I've heard that cardiovascular exercise can prolong life.

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? - Take nap.

THE PHUNNIE PAGES

Q: SHOULD I REDUCE MY ALCOHOL INTAKE?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. - Bottoms up!

Q: WHAT ARE SOME OF THE ADVANTAGES OF PARTICIPATING IN A REGULAR EXERCISE PROGRAM?

A: Can't think of one, sorry. My philosophy: No pain...very good!

Q: AREN'T FRIED FOODS BAD FOR YOU?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q: IS CHOCOLATE BAD FOR ME?

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It's best feel-good food around.

Q: IS SWIMMING GOOD FOR YOUR FIGURE?

A: If swimming good for figure, explain whale to me.

Q: IS GETTING IN SHAPE IMPORTANT FOR MY LIFESTYLE?

A: Hey! 'Round' is also a shape!

WELL... I HOPE THIS HAS CLEARED UP ANY MISCONCEPTIONS YOU MAY HAVE HAD ABOUT FOOD AND DIETS.
AND REMEMBER:

Finally, the Japanese Doctor summed up: Look mister, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!

Eat whatever you like because you will still DIE, don't allow motivational speakers deceive you.

1. The inventor of the treadmill died at the age of 54
2. The inventor of gymnastics died at the age of 57.
3. The world bodybuilding champion died at the age of 41.
4. The best footballer in the world Maradona died at the age of 60.

BUT

5. The KFC inventor died at 94.
6. Inventor of Nutella brand died at the age of 88.
7. Imagine, cigarette maker Winston died at the age of

102.

8. The inventor of opium died at the age of 116 in an earthquake.

9. Hennessy Cognac inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years. So, take some rest, Chill, stay cool, eat, drink and enjoy your life.



Murphy's Other Laws

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from Florida would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait, may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. God gave you toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

Anyone remember any of the Chuck Norris jokes?

- 1) When Chuck Norris was young his parents would sleep in his bed when they were afraid.
- 1) Chuck can never have a heart attack. His heart isn't foolish enough to attack him.
- 3) Chuck is standing there with a guy and he's holding a framed photo of him petting a grown ass Tiger. He says "I bent down to pet him and I heard this low growl". The Trainer said "stand up slowly and back away." And the tiger stood up slowly and backed away. The end.

THAT'S ALL FOLKS

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GUARD DUTY

**They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them...**