

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Trouble on the Crosstown Bus



Some years ago, I was stuck on a crosstown bus in New York City during rush hour. Traffic was barely moving. The bus was filled with cold, tired people who were deeply irritated with one another, with the world itself. Two men barked at each other about a shove that might or might not have been intentional. A pregnant woman got on, and nobody offered her a seat. Rage was in the

air; no mercy would be found here.

But as the bus approached Seventh Avenue, the driver got on the intercom. "Folks," he said, "I know you have had a rough day and you are frustrated. I can't do anything about the weather or traffic, but here is what I can do. As each one of you gets off the bus, I will reach out my hand to you.

"As you walk by, drop your troubles into the palm of my hand, okay? Don't take your problems home to your families tonight, just leave them with me. My route goes right by the Hudson River, and when I drive by there later, I will open the window and throw your troubles in the water."

It was as if a spell had lifted. Everyone burst out laughing. Faces gleamed with surprised delight. People who had been pretending for the past hour not to notice each other's existence were suddenly grinning at each other like, is this guy serious? Oh, he was serious.

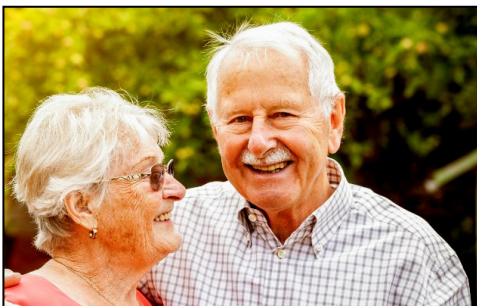
At the next stop, just as promised, the driver reached out his hand, palm up, and waited. One by one, all the exiting commuters placed their hand just above his and mimed the gesture of dropping something into his palm. Some people laughed as they did this, some teared up but everyone did it. The driver repeated the same lovely ritual at the next stop, too. And the next. All the way to the river.

(Continued on page 2)



A mom came into the library with her kids in a stroller.

As they strolled into the children's section, her little girl stared waving her arms in the air in excitement, singing. "Hello, library! Hello, books! I told you I'd be back!!"



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Bringing in the New Year

It was New Years Eve and they had no plans, so Ralph said to his wife Lucy, "Let's go out to eat tonight."

Lucy came back with the classic, "I have nothing to wear."

So Ralph said to her, "Just wear what you had on the last time we went out darling, you looked beautiful!"

"What are you going to wear?" she asked.

"I'll just wear something comfortable," he replied.

So there they were in their local Chinese restaurant, Ralph in coveralls and a flannel shirt, and Lucy in her wedding dress!



(Trouble on the Cross Town Bus—Continued from page 1)

We live in a hard world, my friends. Sometimes it is extra difficult to be a human being. Sometimes you have a bad day. Sometimes you have a bad day that lasts for several years. You struggle and fail. You lose jobs, money, friends, faith, and love. You witness horrible events unfolding in the news, and you become fearful and withdrawn. There are times when everything seems cloaked in darkness. You long for the light but don't know where to find it.

But what if you are the light? What if you are the very agent of illumination that a dark situation begs for? That's what this bus driver taught me, that anyone can be the light, at any moment. This guy wasn't



some big power player. He wasn't a spiritual leader. He wasn't some media-savvy influencer. He was a bus driver, one of society's most invisible workers. But he possessed real power, and he used it beautifully for our benefit.

When life feels especially grim, or when I feel particularly powerless in the face of the world's troubles, I think of this man and ask myself, "What can I do, right now, to be the light?"

Of course, I can't personally end all wars, or solve global warming, or transform vexing people into entirely different creatures. I definitely can't control traffic. But I do have some influence on everyone I brush up against, even if we never speak or learn each other's name.

No matter who you are, or where you are, or how mundane or tough your situation may seem, I believe you can illuminate your world. In fact, I believe this is the only way the world will ever be illuminated, one bright act of grace at a time, all the way to the river.

~ Elizabeth Gilbert



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RALPH WALDO EMERSON



He said, "Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays."

Old-Timer Tech Quiz

Give yourself 1 point for each thing you have NEVER done.

Zero is a perfect score!

- Used a rotary phone
- Used a floppy disc
- Used a typewriter
- Taken photos with a film camera
- Listened to music on a CD
- Listened to music on a cassette tape
- Listened to music on a vinyl record
- Listened to music on a Walkman
- Watched a video on a VHS tape
- Sent or received a fax
- Accessed the internet by dial-up
- Used a phone book
- Sent a postcard
- Used a paper map on a trip
- Owned a dictionary
- Owned an encyclopedia
- Paid for something with a money order

MY SCORE: _____



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**It amazes me how much
"exercise"
and "extra fries"
sound alike!**

Things you CAN control:

1. Your beliefs
2. Your attitude
3. Your thoughts
4. Your perspective
5. How honest you are
6. Who your friends are
7. What books you read
8. How often you exercise
9. The type of food you eat
10. How many risks you take
11. How kind you are to others
12. How kind you are to yourself
13. How often you say "I love you"
14. How often you say "thank you"
15. How you express your feelings
16. Whether or not you ask for help
17. How often you practice gratitude
18. How many times you smile today
19. The amount of effort you put forth
20. How you spend or invest your money
21. How much time you spend worrying
22. How often you think about your past
23. Whether or not you judge other people
24. Whether or not you try again after a setback
25. How much you appreciate the things you have



Pearls from Myrna



"Milk comes from cows, not almonds or other hippie-lifestyle products."

"There are two ways to make banana pudding: 1. My way, 2. The wrong way."

"One way to be hospitable is to tell visitors when it's time to leave."

"Bacon has fat, fat is in soap, soap kills germs, eat more bacon!"

"People would be less angry if they just put more butter on everything."

"When sharing recipes, never include the right amount of baking powder."

"At the end of my appointment, my doctor took his own blood pressure."

*"May you live as long as you want,
and not want as long as you live" - is an Irish toast.*

"Bread, cinnamon, eggs, and maple syrup - is a French toast.

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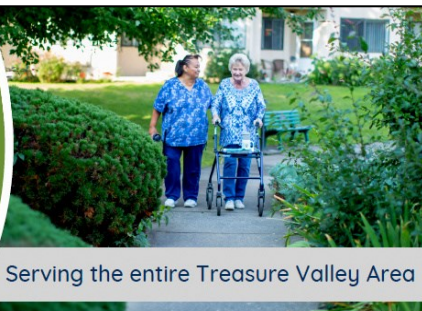
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Where shall we eat?

(A Senior Goldmine classic)

A group of 40-year-old girlfriends discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because the waiters there were good-looking.

Ten years later, at 50 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because the food there was very good.



Ten years later at 60 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because they could eat there in peace and quiet and the restaurant had a beautiful view of the ocean.

Ten years later, at 70 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because the restaurant was wheelchair-accessible, and they even had an elevator.

Ten years later, at 80 years of age, the group once again discussed where they should meet for dinner. Finally, it was agreed that they should meet at the ocean view restaurant because they had never been there before.

SIGNS OF THE TIMES

The days of good grammar has went.

My parents spanked me as a child. I now suffer from a psychological condition called "respect."

If only "snooze minutes" were as long as "microwave minutes!"

Never trust an atom—they make up everything.

The rotation of the earth really makes my day.

Why don't they call vets "dogtors?"

Cup holders are just cup cups.

Always remember, you are unique, just like everyone else.

Clapping is literally hitting yourself because you like something.

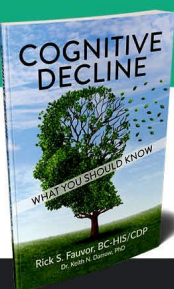
My favorite flavor of cake is "more."

Remember, if you can't say something nice, say it with a smile.

90% of a relationship is deciding where to eat.

Finally, all my winter fat is gone — I now have spring rolls.

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I'm looking to change careers. Any suggestions?

You could try being an electrician, but it has its positives and negatives.

You could try being an elevator operator, but it has its ups and downs.

You could try organized crime, but it has its pros and cons.

You could try being a butcher, if you can cut it.

You could try being a dentist, but you're always down in the mouth.

You could try teaching math, but everything has to add up.

You could try being a baker, but you'll knead a lot of dough.

You could try being a doctor, but you will need lots of patience.

You could try being a barber, if you can make the cut.

You could try being a roofer, but you have to stay on top of things.

You could try being a mechanic, but it can be exhausting.

You could try being a welder, but be wary of burn out.

You could try being a truck driver, but you need to be in it for the long haul.

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A Toddler's Rules of Possession



1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it awhile ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.

Cinnamon and Sugar on Toast

Times are heavy, we all know. But my 18 year-old daughter made me laugh more than I had in a while. She had toast with peanut butter and bananas sliced on top and sprinkled it with cinnamon and sugar that I already had mixed in a old shaker.

She said to me after her toast was ready, "Mom, you know what is so my childhood?" And I ask, "What?"

She said, "The old cinnamon sugar shaker."

Being caught off guard, I said, "The one in the spice rack?"

"Yep...it reminds me so much of when we were little and the thousands of times when you made us toast. The warm toast and the melted butter and then the best part - the cinnamon sugar mix!"

I said "Well, ok, but that's kind of strange. That brings you that much joy?"

"It's all the memories, Mom, it's all the memories," with this sappy little grin on her face.

She pulls it out, shows it to me and said, "The silver lid isn't even the right one and the words are getting rubbed off."

And as I stand there and realize she's right - in one little bottle we can recall countless times of breakfast and snacks that include cinnamon and sugar from that special little shaker. She's so happy recalling some of those moments.

Then as she's walking away she asks, "Can I take it to my new apartment in the fall?"

I said, "Well, why don't I just buy you a new shaker?" and she says, "It won't be the same, Mom."

She may be grown and almost flown but she's still my little girl and will always want her cinnamon and sugar from that shaker.

And I think I will let her take it.



- Brenda Swanson

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The wife said, “Why don’t you ever treat me anymore like you did when we were courting?”

So her husband took her to a movie, then out to a nice dinner, gave her a kiss in the car, then dropped her off at her parents.

When I look in a mirror and see all those gray hairs and wrinkles,



I think to myself, “They sure don’t make mirrors like they used to!”

I’m getting stronger with age. I can now lift \$100 worth of groceries with one hand.

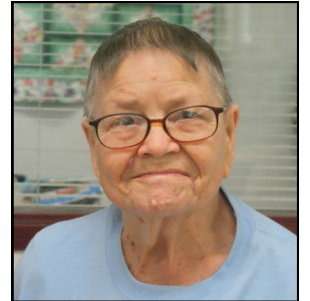
Milestones



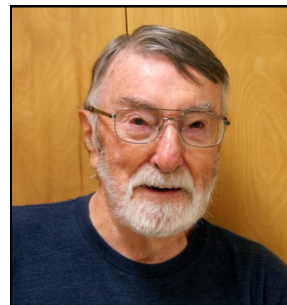
Mary Bayne Ouimette
Dec 1, 1923 —100 years
Nampa Grace Assisted



Alvin Hunsperger
Jan 9, 1928—96 years
Melba Valley Senior Center



Cleo Hobson
Jan 29, 1930—94 years
Nampa Senior Center



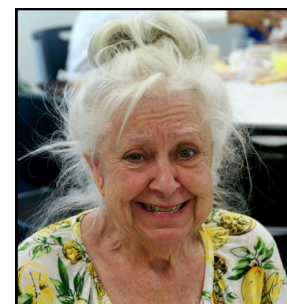
Henry Haskell
Jan 22, 1934 —90 years
Caldwell Senior Center



Dick Hill
Jan 13, 1939—85 years
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Boyd Matthews
Jan 13, 1939—85 years
Parma Senior Center



Frankie Foster
Jan 3, 1944 —80 years
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