ADVICE FROM A RETIRED HUSBAND

(ON HOW TO TREAT A WOMAN)

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try not to yell at them.. Some are oversensitive, and there's nothing worse than an oversensitive woman.

My name is Ron. Let me relate how I handled the situation with my wife, Carol Anne. When I retired a few years ago, it became necessary for Carol Anne to get a full-time job, along with her part-time job, both for extra income and for the health benefits that we needed. Shortly after she started working, I noticed she was beginning to show her age. I usually get home from the golf club about the same time she gets home from work.

Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner. I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table. I generally have lunch in the Men's Grill at the club, so eating out is not reasonable. I'm ready for some home-cooked grub when I hit that door. She used to do the dishes as soon as we finished eating. But now it's not unusual for them to sit on the table for several hours after dinner.

I do what I can by diplomatically reminding her several times each evening that they won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done before she goes to bed.

Another symptom of aging is complaining, I think, for example, she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour.. But, Boys, we take 'em for better or worse, so I just smile and offer encouragement. I tell her to stretch it out over two, or even three days. That way, she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean). I like to think tact is one of my strong points.

When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half-finished mowing the yard. I try not to make a scene. I'm a fair man. I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me, too.

I know that I probably look like a saint in the way I support Carol Anne. I'm not saying that showing this much consideration is easy. Many men will find it difficult. Some will find it impossible! Nobody knows better than I do how frustrating women get as they get older. However, Guys, even if you just use a little more tact and less criticism of your aging wife because of this article, I will consider that writing it was well worthwhile. After all, we are put on this earth to help each other.

EDITOR'S NOTE:

Ron died suddenly on January 31 of a perforated rectum. The police report says he was found with a Calloway extra-long 50-inch Big Bertha Driver II golf club jammed up his rear end, with barely 5 inches of grip showing, and a sledge hammer laying nearby. His wife Carol Anne was arrested and charged with murder. The all-woman jury took only 10 minutes to find her Not Guilty, accepting her defence that Ron, somehow without looking, accidentally sat down on his golf club.

God said, "Adam, I want you to do something for Me."

Adam said, "Gladly, Lord, what do You want me to do?"

God said, "Go down into that valley."

Adam said, "What's a valley?"

God explained it to him.

Then God said, "Cross the river."

Adam said, "What's a river?"

God explained that to him, and then said, "Go over to the hill....."

Adam said, "What is a hill?"

So, God explained to Adam what a hill was. He told Adam, "On the other side of the hill you will find a cave."

Adam said, 'What's a cave?'

After God explained, He said, "In the cave you will find a woman."

Adam said, "What's a woman?'

So God explained that to him, too.

Then, God said, 'I want you to reproduce."

Adam said, "How do I do that?"

God first said (under His breath),

"Geez....."

And then, just like everything else, God explained that to Adam, as well.

So, Adam goes down into the valley,

across the river,

and over the hill,

into the cave,

and finds the woman.

Then, in about five minutes, he was back.

God, His patience wearing thin, said angrily, "What is it now?"

And Adam said....

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"What's a headache?"



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Some more of the one-liners that were doing the rounds during the Olympics.

In the first 10 days of the Olympics the Romanians have taken gold, silver, bronze, copper, lead, drain covers and anything else they can get their hands on.

Somalia has been thrown out of the Olympics. They didn't know that sailing and shooting were two separate events!

As a way of apology to North Korea for displaying the South Korean flag at the Olympic football, the team will be treated to an all you can eat buffet at Battersea dogs home.

Is it just me or have you noticed how much these Chinese swimmers have come on since the Morecambe Bay cockle picking accident.

First sailing results are in - Britain has taken gold, the USA have taken silver and Somalia have taken a middle-aged couple from Weymouth.

Brazilian hurdlers were lucky; last time a Brazilian jumped a barrier in London the police shot him.

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One Olympic athlete to another, "are you a pole vaulter?"

"No, I am German, And how did you know my name?



Here are the top nine comments made by NBC sports commentators during the Summer Olympics that they would like to take back:

- 1. Weightlifting commentator: "This is Gregoriava from Bulgaria. I saw her snatch this morning during her warm up and it was amazing."
- 2. Dressage commentator: "This is really a lovely horse and I speak from personal experience since I once mounted her mother."
- 3. Paul Hamm, Gymnast: "I owe a lot to my parents, especially my mother and father."
- 4. Boxing Analyst: "Sure there have been injuries, and even some deaths in boxing, but none of them really that serious."
- 5. Softball announcer: "If history repeats itself, I should think we can expect the same thing again."
- 6. Basketball analyst: "He dribbles a lot and the opposition doesn't like it. In fact you can see it all over their faces."
- 7. At the rowing medal ceremony: "Ah, isn't that nice, the wife of the IOC president is hugging the cox of the British crew."
- 8. Soccer commentator: "Julian Dicks is everywhere. It's like they've got eleven Dicks on the field."
- 9. Tennis commentator: "One of the reasons Andy is playing so well is that, before the final round, his girlfriend takes out his balls and kisses them . . . Oh my God, what have I just said?"



With breathless anticipation the crowd awaits the unveiling of the

'Tony Blair Statue'

David Is To Be Returned To Italy

A bit of cultural news, for a welcome change.



After a two year loan to the United States,

Michelangelo's David is being returned to Italy



His Proud Sponsors were:

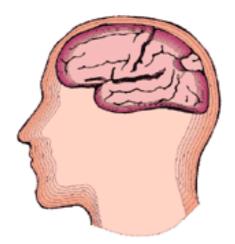






The Most Safe Password





ALZHEIMERS' EYE TEST (I love this part.. its absolutely amazing!) Count every "F" in the following text:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...

(SEE BELOW)

HOW MANY?

YOU SURE?

POSITIVE?

WRONG, THERE ARE 6 -- no joke.

READ IT AGAIN!

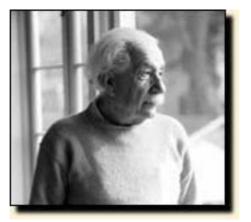
Really, go Back and Try to find the 6 F's before you scroll down.

The reasoning behind is further down.

The brain cannot process "OF".

Incredible or what? Go back and look again!!

Anyone who counts all 6 "F's" on the first go is a genius.



Three is normal, four is quite rare.

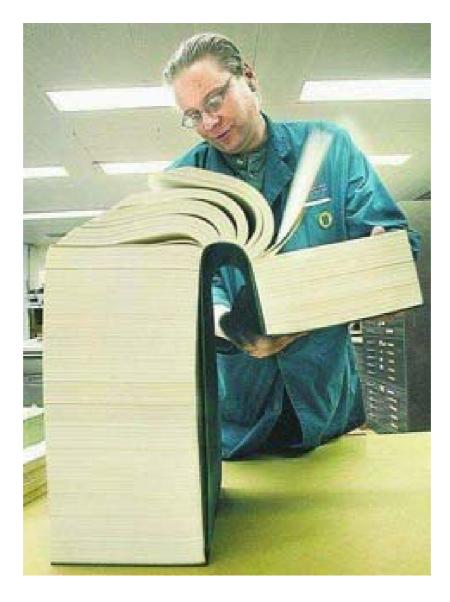
Send this to your friends.

It will drive them crazy.!

And keep them occupied

For several minutes..!

The long awaited book: " How to understand women! " has been published!



Israel's new 'Cutting Edge' Airport Security



TEL AVIV, Israel — The Israelis are developing an airport security device that eliminates the privacy concerns that come with full-body scanners.

It's an armored booth you step into that will not X-ray you, but will detonate any explosive device you may have on your person.

Israel sees this as a win-win situation for everyone, with none of this crap about racial profiling. It will also eliminate the costs of long and expensive trials.

You're in the airport terminal and you hear a muffled explosion. Shortly thereafter, an announcement: "Attention to all standby passengers, El Al is proud to announce a seat available on flight 670 to London . Shalom!"

BRILLIANT.

Here are some puns to get you groaning.

(I don't know why we should groan, we quite like them really? And you may have seen them before anyway; I can remember one of them from my apprenticeship days, and that's 50 years ago!)

 King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said, "I'll give you 100,000 dinars for it."
 "But I paid a million dinars for it," the King protested.
 "Don't you know who I am? I am the king!" Croesus replied, "When you wish to pawn a Star, makes no difference who you are."

2. Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss League records were destroyed in a fire, and so we'll never know for whom the Tells bowled. 3. A man rushed into a busy doctor's surgery and shouted,
"Doctor! I think I'm shrinking!" The doctor calmly responded,
"Now, settle down. You'll just have to be a little patient."

4. An Indian chief was feeling very sick, so he summoned the Medicine man. After a brief examination, the medicine man took out a long, thin strip of elk rawhide and gave it to the chief, telling him to bite off, chew, and swallow one inch of the leather every day. After a month, the medicine man returned to see how the chief was feeling. The chief shrugged and said, "The thong is ended, but the malady lingers on."

5. A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official, who apologized profusely, saying, "I must have taken Leif off my census." 6. There were three Indian squaws. One slept on a deer skin, one Slept on an elk skin, and the third slept on a hippopotamus skin. All three became pregnant. The first two each had a baby boy. The one who slept on the hippopotamus skin had twin boys. This just goes to prove that the squaw of the hippopotamus is equal to the sons of the squaws of the other two hides.

7. A sceptical anthropologist was cataloguing South American folk remedies with the assistance of a tribal elder who indicated that the leaves of a particular fern were a sure cure for any case of constipation. When the anthropologist expressed his doubts, the elder looked him in the eye and said, "Let me tell you, with fronds like these, you don't need enemas." And here's another Golden Oldie, this time from our Boatsteerer, who says:

This came from a Blue Funnel old boys association. I wonder how many members remember these bars from around the world? I recall as a midshipman calling at this establishment when returning from a night out and perhaps now I'm older I would have walked straight past!

We believe you, David.

THE PRESERVATION OF MAN HE horse and mule live thirty years, And nothing know of wines and beers. The goat and sheep at twenty die With never a taste of scotch or rye. The cow drinks water by the ton And at 18 is mostly done. The dog at 16 cashes in Without the aid of rum or gin. The cat in milk and water soaks And then in 12 short years it croaks. The modest, sober, bone dry hen Lays eggs for nogs, then dies at 10. All animals are strictly dry They sinless live and swiftly die. But sinful, ginful, rum-soaked men Survive for three score years and ten And some of us, the mighty few, Stay pickled till we're 92.

> With Compliments of WALTZING MATILDA INN 9, CORNWALL AVENUE, KOWLOON.

A WORLD FAMOUS PUB

I think this says it all !



I tried to be friendly and told her she had three beautiful children.

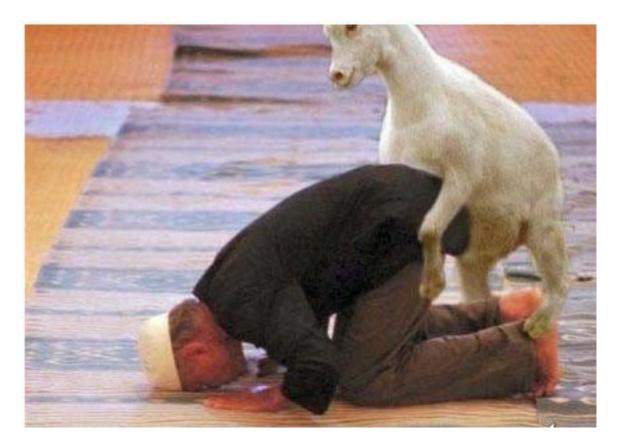
Don't know why she had to get all pissed off and threaten me with a bomb.

It was an honest mistake...



In 1272, Arabic Islamic Muslims invented the condom, using a goat's lower intestine.

In 1873, the British somewhat refined the idea by taking the intestine out of the goat first.



Your brain developes the Negative. Follow instructions below.



This one is the BEST I have seen so far !!!!! Instructions: 1. Stare at the red dot on the girls nose for 30 seconds.

- 2. Turn your eyes to a plain surface (your ceiling or blank wall).
- 3. Blink repeatedly and quickly. Tell me if that isn't the coolest thing?

Maxine at Starbucks



I was in Starbucks recently when I suddenly realized I desperately needed to fart.

The music was really loud so I timed my fart with the beat of the music.

After a couple of songs I started to feel better. I finished my coffee and noticed that everyone was staring at me

And suddenly I remembered I was listening to my iPod

...and how was your day?

That's what happens when old people start using technology !

Advice For An Old Man



I was working out at the gym when I spotted a sweet young thing walking in...



I asked the trainer next to me, "What machine should I use to impress that lady over there?"

The trainer looked me over and said, I would recommend the ATM in the lobby.

Wouldn't it be amazing, if this was to be introduced here !

This is the actual message you get when you phone the Australian social services/benefit office! Fantastic....

'GOOD MORNING, WELCOME TO "CENTRELINK" THE AUSTRALIAN SOCIAL SERVICES AND BENEFITS OFFICE'

"Press '1' if you speak English."

"Press '2' to disconnect until you can.."

Have a nice day.