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BUT FIRST SYNDROME

I call it "But First Syndrome." You know. It's when you decide to do the laundry. So you start down the stairs with the laundry, but then see the newspapers on the table. OK, you'll do the laundry.

BUT FIRST you decide to put the newspapers away. So on your way in to put the newspapers away, you notice the mail on the table. OK, you'll put the newspapers away.

BUT FIRST you'll pay that bill that needs to be paid. So you look for the chequebook. Oops...there's the baby's bottle from yesterday on the floor. OK, you'll pay the bill.

BUT FIRST you need to put the bottle in the sink. You head for the kitchen. Darn it, there's the remote for the TV. What's it doing here? Okay, you'll put the bottle in the sink.

BUT FIRST you need to put the remote away. Head for the TV room. Aaagh! Stepped on the cat. Cat needs to be fed. Okay, you'll put the remote away.

BUT FIRST you need to feed the cat... So, here's what happens at the end of the day: laundry is not done, newspapers are still on the floor, bottle is on the table, bills are unpaid, chequebook is still lost, and the cat ate the remote control ...

And, when you try to figure out how come nothing got done all day, you are baffled becauseyou KNOW you were **BUSY ALL DAY!!**

That's the "BUT FIRST Syndrome."

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- George Burns



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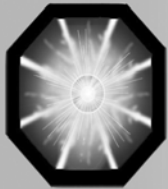
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E suethomson@travelmasters.ca

CHRISTMAS TRIVIA

1. In Frosty the Snowman who brought Frosty back to life?
2. Who tells you she's in town by tap, tap, tappin' at your windowpane?
3. What was Scrooge's first name?
4. Where was I when I saw Mommy kissing Santa Claus?
5. Name the three reindeer whose names begin with a "D"?
6. What was the gift my true love sent on the sixth day of Christmas?
7. Who kept time with the Little Drummer Boy?
8. What color is the Grinch?
9. What was Rudolph's punishment for his red nose?
10. What holiday drink contains sugar, milk and eggs?

-
- | | | | |
|------------------|----------------|------------------|-------------|
| 1. Santa Claus | 5. Dasher, | 7. The ox and | 10. Eggnog |
| 2. Suzy | Donder, | the lamb | 8. Green |
| 3. Ebenezer | Dancer | 9. Couldn't play | in reindeer |
| 4. On the Stairs | 6. Six geese a | laying | |

Answers:



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Penny's Tip of the Week

Every year I gain a few pounds over the Christmas season. Any suggestions how I can avoid that this year?

Submitted by: Gwen

It's a matter of making better choices and staying active. Don't miss workouts if you're busy - make them shorter and more intense. Dance off your Christmas party dinners. Take stairs, not elevators or escalators. If it's nice out, park at the farthest spot instead of the closest. There are lots of healthier fast food choices these days if you have to eat on the run - break the burger and fries cycle! Grilled chicken salad with low calorie dressing is at least 1/6 the calories and has about 1/10 the fat. Even a grilled chicken wrap would come in about 1/4 the calories and fat. Next week, I'll talk about better choices at all those parties and functions.

*Email your question for Penny to:
Heresthescoop@shaw.ca*

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Can't Swim

The University of British Columbia employed a licensed boat captain to man its marine biology research vessel. It was common knowledge that the captain couldn't swim. When newcomers learned of this, they would approach him about it.

"Is it true?" one of them asked incredulously. "You, a boat captain, can't swim?"

"No, I can't," he replied. "Can pilots fly?"

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**This week's message:
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Services are:**

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Sunday morning, Dec. 16 at 10am**

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