



St. Lawrence College

RETIREES  ASSOCIATION

Retiree Reflections, Ruminations, and Ramblings (R⁴)

Issue #12 (February 2021)

Early Spring Cleaning for a Good Cause

During this prolonged lockdown some folks have resorted to early spring cleaning activities – and there is now an excellent reason why you may want to do so as well. KEYS (www.keys.ca), a registered charity founded in 1983 that helps individuals attain their employment goals, is currently assisting the 50 refugee families who have recently arrived in Kingston. The lockdown has made it even more challenging to acquire affordable household goods and furniture. If you have items on the list below to give away, or know someone in your network who does, your donations would be greatly appreciated, as per the arrangements outlined below.

Donation List (for gently used items)

<p>Household and Bedroom Items: Bedding - new or gently used Mattress protectors Blankets Pillows Duvets/ blankets Curtain rods Curtains Broom, mops, duster Waste basket Vacuum cleaner Floor lamps Light bulbs Cleaning supplies</p> <p>Washrooms Items: Towels Shower curtain</p>	<p>Kitchen Items: Dishes - plates, bowls, mugs, etc. Cutlery & Utensils Pots & Pans Mixing Bowls Electric mixer or food processor Drinking glasses Cups for children Kitchen towels and dishcloths</p> <p>Furniture: Single beds with frame, boxspring & mattress Double and/or Queen beds with frame, boxspring or mattress Dressers Sofas or Loveseats Dining tables with chairs (4, 6 or more) Coffee tables and/or side tables Area rugs</p>
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President Nancy has offered to receive and deliver items **except for furniture**, so please contact her (nsudak51@icloud.com or 613-544-0479) about such items. Because KEYS has a limited capacity to store and deliver items, you are asked to **take a photo of furniture** and send it to Amal Sourani at amals@keys.ca. This will help with the arrangements for allocation and delivery. If you have a truck, trailer, or SUV and are able to give some time helping with deliveries, please let Amal know. **If you have any questions**, another contact at KEYS is Zubey Saloojee at 613-389-9731.

Your Smile and Relax Feature

I suspect that most of us are old enough to have heard these songs when they first were played and this video of hits from the '50s will be a tonic for your mood and a great anti-depressant. Just click on <https://1funny.com/fond-memories-of-the-1950s/>

Career Ambition Thwarted

Given our backgrounds in education, we can all empathize with the unsuccessful effort of someone who wanted to become a doctor. The entrance exam for Medical School had a question that asked to rearrange the letters "PNEIS" into the name of an important body part that is most useful when erect.

Those who answered spine went on to become doctors.

Challenges of Aging

You know you're getting old when it feels like the morning after... but there was no night before.

TIPS ON HOW TO FALL ASLEEP IN A LIVING ROOM CHAIR:

- 1. BE OLD**
- 2. SIT IN A CHAIR**

John Travolta tested negative for coronavirus last weekend. It was just Saturday night fever.

Intelligence is like underwear: it is important to have but not necessary to show off.

What do you call a sleepwalking nun? (a Roamin' Catholic)

What did Snow White say when she left the photo booth? ("Someday my prints will come.")

What word becomes shorter when you add two letters to it? (short)

If you're not supposed to eat at night, why is there a light bulb in the refrigerator?

Keeping Your Mind Alert

During prolonged periods of inactivity and isolation it is important to keep the brain active, and that is especially so for us aging retirees. As a public service, therefore, we are providing a “little grey cells” test. You’re welcome.

- #1. How much dirt is there in a hole that measures two feet by three feet by four feet?
- #2. What word in the English Language is always spelled incorrectly?
- #3. In California, you cannot take a picture of a man with a wooden leg. Why not?
- #4. If you are in a race, and you pass the person in 2nd place, what place would you be in now?
- #5. If a farmer has 5 haystacks in one field and 4 haystacks in another field, how many haystacks would he have if he combined them all in one field?

Answers:

- #1. There is no dirt in a hole.
- #2. Incorrectly
- #3. You can't take pictures with a wooden leg. You need a camera to take pictures.
- #4. You would be in 2nd place. You passed the person in second place, not first.
- #5. One. If the nine haystacks are combined, they become one big stack.

Let’s give you one more chance to show how sharp your mind is. What do the following seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Answer:

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

A Threat to Your Mind



Do not let them take
your temperature
when going
into the store!
It's a scam! They're
erasing your
memory! I went in
for bread and milk
and came out with
six bottles of wine.