



# LEIGH ESTUARY

## SMILE NEWS

7<sup>th</sup> August, 2020

Edition 21

### Messages for the milkman:

My back door is open. Please put milk in 'fridge, get money out of cup in drawer and leave change on kitchen table in 20ps, because we want to play bingo tonight.

Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.

Milkman, please put the coal on the boiler, let dog out and put newspaper inside the screen door. PS Don't leave any milk.

No milk. Please do not leave milk at No. 14 either as he is dead until further notice.

THE FOLLOWING STATEMENTS ABOUT THE BIBLE WERE WRITTEN BY CHILDREN:

**The Jews were a proud people and throughout history they had trouble with unsympathetic genitals.**

**Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.**

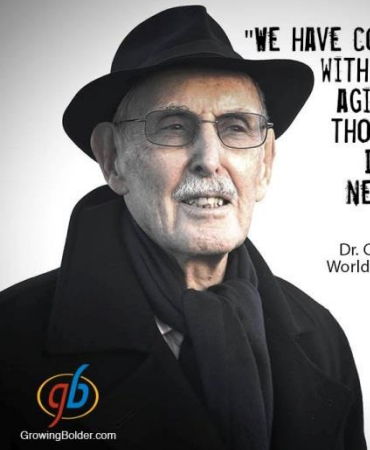
**The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the Ten Commandments.**

**The greatest miricle in the bible is when Joshua told his son to stand still and he obeyed him.**

**The Seventh Commandment is thou shalt not admit adultery.**


**I'VE FOUND THAT  
GROWING UP IN THE  
SIXTIES WAS A LOT  
MORE FUN THAN  
BEING IN MY SIXTIES**

**WHEN I GROW UP  
I'D LIKE TO BE A  
RETIRED LOTTERY  
WINNER.**



**"WE HAVE CONFUSED ILLNESS WITH THE PROCESS OF AGING, WHICH CAN BE THOROUGHLY HEALTHY. ILLNESS IS NOT A NECESSARY PART OF AGING!"**


Dr. Charles Eugster, 94-year-old  
World Masters Rowing Champion



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**IDA'S LONGEVITY SECRETS:**

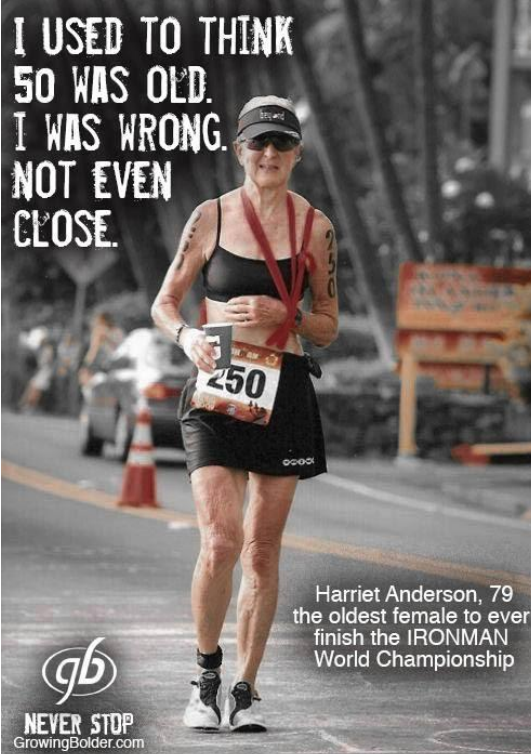
Ida Keeling, 99  
World Record Holder



**"EAT FOR NUTRITION. NOT FOR TASTE. DO WHAT YOU NEED TO DO, NOT WHAT YOU WANT TO DO AND DON'T LEAVE OUT YOUR DAILY EXERCISE. LOVE YOURSELF."**


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**I USED TO THINK 50 WAS OLD. I WAS WRONG. NOT EVEN CLOSE.**



Harriet Anderson, 79  
the oldest female to ever  
finish the IRONMAN  
World Championship

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**NEVER STOP**  
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**"YOU JUST DON'T LET THAT ROCKING CHAIR TAKE OVER. YOU GET UP AND GO EVEN IF YOU DON'T WANT TO."**

Constance Reeves,  
102-Year-Old Cowgirl

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JIMMY HAD A LITTLE WATCH,  
HE SWALLOWED IT ONE DAY.  
AND NOW HE WAITS UPON  
THE THRONE,  
TO PASS THE TIME  
AWAY!



The brain is the  
most outstanding  
organ. It works for  
24 hours, 365 days,  
right from your  
birth until you fall  
in love.

And just like that  
1969 was  
50 years ago.



*Best wishes,  
Ruth and the Team*