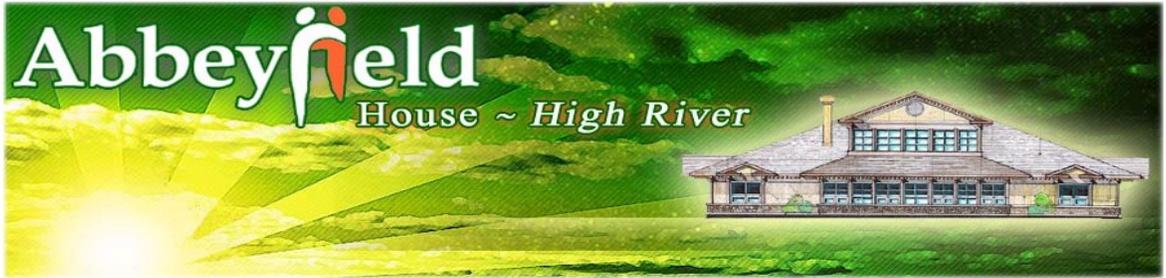




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*A Great Living Choice for Seniors*

**EVENTS AROUND TOWN**

**MEND WITH JANET STEEL**

Sat Mar, 10, 10:30 to 12:00 PM

High River Library

**HEARTMATH**

Tue Mar, 12, 5:30 to 7:45 PM

High River Library

**BENEFITS OF BEING ACTIVE**

Having more energy and just feeling better, happen soon after you become more active. But some of the most important health benefits come with being active over time.



Your reason for wanting to stay active is very important. It won't work if you're doing it because someone else—your spouse, your children, your doctor—wants you to. You have to want it.

If you started a program to get more active but don't feel like you're making any progress, it may be time to update your goals.

If you started a program to get more active but are having trouble keeping it going, it may help to figure out what's getting in your way. Then you can figure out how to work around those barriers.

Keep at it, even if you slip up along the way. It can take months of repetition to form a habit, so every day is a step in the right direction.

**FUN FACTS**

- Polar Bears trying to blend in with the ice will sometimes cover up their black nose with their paws
- No word in the English language rhymes with month, orange, silver, and purple.
- Murphy's Oil Soap is the chemical most commonly used to clean elephants.

**“IN LIKE A LION, OUT LIKE A LAMB”**

**Where did it come from?**

“In like a lion, out like a lamb” has always seemed a straightforward enough proverb: when March starts, it's still winter, and by the end of the month spring has begun. True, in many climates the weather hasn't quite reached the lamb stage by the end of the month—it's more like a surly cat, maybe, or one of those awful territorial honking geese. But we get the idea. I have seen the phrase referred to as an “eighteenth-century saying” in more than one unreliable Internet source, while Wikipedia calls it “an old Pennsylvania” saw.

As it turns out, there are a few origin theories. There's the stars, for one. At this time of year, Leo is the rising sign; by April, it's Aries. (“Kid” just doesn't have quite the same ring as “lamb,” though.) Some have pointed out that Jesus arrives as the sacrificial lamb, but will return as the Lion of Judah. Which, weather-wise, means a false spring.



One of the earliest citations is in one Thomas Fuller's 1732 compendium, *Gnomologia: Adagies and Proverbs; Wise Sentences and Witty Saying, Ancient and Modern, Foreign and British*. The authors give the wording as “Comes in like a Lion, goes out like a Lamb.”

In fact, the book has several excellent March proverbs, which don't seem to have had the same lasting power: So many mists in March you see / So many frosts in May will be.

A Peck of March-Dust, and a Shower in May / Makes the Corn green, and the Fields gay.

March many-Weathers rain'd and blow'd / But March grass never did good.

I suppose we can see why that last one didn't catch on. You can just imagine a group of old farmers or alewives sitting around and spinning seasonal proverbs of a winter evening. And then they get to that one—let's call him Yeoman Goode—and he kind of panics, and that comes out, and there's radio silence.

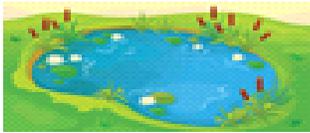
The Paris Review By [Sadie Stein](#) March 2, 2015

# Abbeyfield House

## CHUCKLE CORNER

### Old Wisdom

After working his farm every day, an old farmer rarely had time to enjoy the large pond in the back that he had fixed up years earlier with picnic tables, horseshoe courts, and benches. So one evening he decided to go down and see how things were holding up. Much to his surprise, he heard voices shouting and laughing with glee. As he came closer he saw it was a group of young women skinny dipping in his pond.



He made the women aware of his presence and they all went to the deep end. One of the women shouted to him. "We're not coming out until you leave."

The old farmer replied, "I didn't come down here to watch you ladies swim or make you get out of the pond naked. I only came down to feed the alligator."

Moral: Old age and treachery will always triumph over youth and skill.

It is better to  
have a friend  
with two chins...  
than to have one  
with two faces.



## 5 TINY WORDS AND PHRASES THAT CAN TRANSFORM YOUR LIFE

### 1 .Daily Tasks are Easier

So how do we influence our thoughts? By choosing the right words. According to a host of research in the field of social psychology, making simple changes to everyday words can have a powerful effect on our feelings and behaviors. These five words and phrases can help bring mindful attention to how the words you use everyday can influence your life - in a positive way.

#### 1. "SOME"

Using the word "some" instead of "all" or "none" has the power to put situations into perspective and cut down on generalizations. **EXAMPLE:** "Some things aren't going my way at the moment" sounds a lot more manageable than "nothing is working out for me this week."

#### 2. "AND"

Another handy substitution trick: using "and" instead of "but" can open up a dialogue and cut out unnecessary conflict. **EXAMPLE:** "I agree with a lot of what you are saying AND I wonder if we could examine this particular point" gives you a window for feedback and clarification, while making the person you're speaking to feel valued and heard.



#### 3. "NO"

Skillful use of the word "no" can foster both personal fulfillment and better relationships with the people around you - it's all about finding the yes-no balance. **EXAMPLE:** Saying "no" to an engagement that's not right for you shows that you value your own time and have a strong sense of self.

#### 4. "THANK YOU"

These two little words can have an instant positive effect on your life - and the lives of the people around you. By appreciating the good things in life and voicing that gratitude, you're bringing an optimistic attitude to the forefront of your mind. Similarly, accepting a well-intentioned compliment with a simple "thank you" can help positive words sink into your self-conscious - instantly boosting your self-esteem.

#### 5. "I'M SORRY"

By taking responsibility for your own transgressions or expressing empathy for someone else's situation, you're putting your own ego aside to connect with another person. **EXAMPLE:** The standard "I'm sorry for..." is pretty easy to grasp, but showing genuine empathy can be somewhat trickier.

