

The Trojan Trumpet - Class 1960 Quarterly Newsletter

9th Edition

January, 2013

**Wow, Can You believe it, 2013 is here ?
Isn't it great to have all the political stuff behind us.
Happy New Year**

New Classmates;

Have you noticed that we have a few new classmates, that have recently joined our class website. A big welcome to the new classmates.

Help us spread the word to pull in a few more. Eventually we'd like to have all our classmates part of this class resource.

Some of the best people you'll ever know were once part of your life, and there is no logical reason friendship can't be rekindled with just a small effort.

We get so busy with our on lives and don't give much thought to those that were once in our lives. I haven't attended a class event that I wasn't glad that I made the effort to go. Continue to help us spread the word.

Health Tip For All - This is a repeat because it's so important

Water Is Good For The Heart ? I asked my Doctor why do I and other people urinate so much at night time. Answer from my Doctor = Gravity holds water in the lower part of your body when you are upright (legs tend to swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys it is then that the kidneys remove the water because it is easier. I knew you need water to help flush the toxins out of your body, but this was news to me. Drinking water at a certain time maximizes its effectiveness on the body:

Ideal time to drink water... Very Important, from your hearts point of view. *(coffee, tea, & other liquids are not part this suggestion)*

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - aids in digestion

1 glass of water before taking a bath - assist in lower blood pressure

1 glass of water before going to bed - guards against stroke or heart attack

I can also add to this... water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Think hydrate, hydrate, hydrate, 64oz daily is ideal.



Flu Season;

If you've been paying close attention to the media or not, the word is out that this flu season is stacking up as one of the worst we've seen in years. So there is a simple solution that cost most people nothing. The flu shot (serum) that is available is a perfect match for this years variation of flu. I always get my flu shot every Oct, and hope for the best.

So the question is have you had your flu shot yet ? I'm sure you have, since the immunizations are pretty much free to seniors on Medicare. But if you haven't had your shot, there are many places where the flu shot is available besides a doctors office, like your local pharmacy or health clinic.

So this note is about you - if you haven't been immunized, please take the time to do so, and while there look into the "shingles" shot, as our generation is very suseptible to a bout of shingles if you've ever had the chicken pox. From what they tell me, shingles are very painful. So why not take the time to lessen the pain ?

We are at a point in our lifes that it pay to pay attention. The diffence between good health and marginal health can be so narrow.

Mom's Health tips;

A Spoon Full Of Honey/Cinnamon

Did you know that a teaspoon of honey (local - raw is best) and a 1/4 teaspoon of cinnamon will usually knock out a cold within a day or two? Take twice a day for 3 days for best results. Both honey and cinnamon are antiviral, antibacterial, and antifungal. Also knocks bladder/kidney infections, reduces sugar levels, blood pressure, acts as a pain reliever for arthritis. And much more, beside it good on toast or in your tea.

What Did You Do On Your Seventyth Birthday?

Gee'z, I turned seventy this year and was surprized with a seventyth birthday party hosted by my wife and my three kids/spouses and granddaughters. What a great event that was in late September. They had a large commercial tent setup in the back yard, with linen covered tables and chairs and put on a good old fashion Hawaiian Luau, the best tasting buffet style food, including a great Tiki Bar, South seas decor, and Hawaiian music. What a great event. Never realized how many great friends I had, they came from near and far.

I had attended a friends birthday party a few months before, and I saw how much his kids cherished what he had done in his lifetime, with their appreciation comments of their dad.

So my thought was - I'll just do the same thing but with no prior knowledge to my kids.

So as the day wore on and it was time for me to say something I thought well I'll just put my kids on the spot, by doing introductions and requesting they stand up and say something/anything. Wow that backed fired, - they had some emotional good things to say about good "Old Dad", 99 % good. Having never given it much though prior how it would come out, it was a real heart warming experience for me.

All I can say is, we're so lucky for the good friends and family that value everything, you've done in your life. It ok now, I know I've had a full life. Now I'm seventy and somehow I don't feel anything like I thought I would that this age.

Add This To Your Data Base

Machinist's Workshop magazine recently published some information on various penetrating oils that I found very interesting. Some of you might appreciate this. The magazine reports they tested penetrates for break out torque on rusted nuts. They are below, as forwarded by an ex-student and professional machinist.

They arranged a subjective test of all the popular penetrates with the control being the torque required to remove the nut from a "scientifically rusted" environment.

Penetrating oils Average torque load to loosen

No Oil used 516 pounds

WD-40 238 pounds

PB Blaster 214 pounds

Liquid Wrench127 pounds

Kano Kroil 106 pounds

ATF*-Acetone mix.....53 pounds

The ATF-Acetone mix is a "home brew" mix of 50 - 50 automatic transmission fluid and acetone. Note this "home brew" released bolts better than any commercial product in this one particular test.

Our local machinist group mixed up a batch and we all now use it with equally good results. Note also that "Liquid Wrench" is almost as good as "Kroil" for about 20% of the price.

Steve from Godwin-Singer says that ATF-Acetone mix is best, but you can also use ATF and lacquer thinner in a 50-50 mix.

*ATF=Automatic Transmission Fluid

H u m o r S e c t i o n

"SENIORS GETTING MARRIED"

Senior Pick Up Line

A rather elderly gentleman (mid-eighties) walks into an upscale cocktail lounge.

He is very well-dressed, smelling slightly of an expensive after-shave, hair well-groomed,

great-looking suit, flower in his lapel. He presents a suave, well-looked-after image.

Seated at the bar is an elderly fine-looking lady (mid-seventies).

The gentleman walks over, sits along-side of her, orders a drink, takes a sip, turns to her and says,

"So tell me, good looking, do I come here often?"

Women; A real woman is a man's best friend.

She will never stand him up and never let him down.

She will reassure him when he feels insecure and comfort him after a bad day.

She will inspire him to do things he never thought he could do; to

live without fear and forget regret.

She will enable him to express his deepest emotions, and give in to his most intimate desires.

She will make sure he always feels as though he's the most handsome

man in the room and will enable him to be the most confident, sexy,

seductive and invincible...No wait...Sorry.

I'm thinking of a fine whiskey. It's whiskey that does all that stuff. - Never mind.

Jacob, age 92, and Rebecca, age 89, living in Florida, are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a CVS Drugstore. Jacob suggests they go in.

Jacob addresses the man behind the counter: "Are you the owner?" The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart Medication?" Pharmacist: "Of course we do."

Jacob: "How about medicine for circulation?" Reply: "All kinds "

Jacob: "Medicine for rheumatism?" Reply: "Definitely."

Jacob: "How about suppositories?" Reply: "You bet!"

Jacob: "Medicine for memory problems, arthritis and Alzheimer's?" Reply: "Yes, a large variety. The works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "Everything for heartburn and indigestion?" Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes.."

Jacob: "Adult diapers?" Pharmacist: "Sure.."

Pharmacist; Why all the questions ?

Jacob: "We'd like to use your store as our Bridal Registry."

Just trying to help;

I was in beautiful downtown Auburn, WA yesterday, and I saw a bumper sticker on a parked car that read: "I miss windy Chicago"!

So I broke a window, stole the radio, slashed a tire, and left a note that read,

"I sure hope this helps."

More Humor Continued.....

Points of Contemplation!

The sport of choice for the urban poor is BASKETBALL.

The sport of choice for maintenance level employees is BOWLING.

The sport of choice for front-line workers is FOOTBALL.

The sport of choice for supervisors is BASEBALL.

The sport of choice for middle management is TENNIS.

The sport of choice for corporate executives and officers is GOLF.

THE AMAZING CONCLUSION:

The higher you go in the corporate structure, the smaller your balls become.

Therefore, one might conclude, there must be a ton of people in

Washington DC, playing marbles.

Do you have a story - funny or informative, that you'd like me to put into the next newsletter, just send it to me, email at; <prangertr@aol.com>, and I'll put it in the following edition

What Is Couple Sex?

An 8-year-old girl went to her grandfather, who was working in the yard and asked him, "Grampa, what is couple sex?"

The grandfather was surprised that she would ask such a question, - but decided that if she's old enough to know to ask the question, then she's old enough to get a straight answer.

Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities of intercourse.

When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide in amazement.

Seeing the look on her face, the grandfather asked her, "Why did you ask this question, honey?"

The little girl replied, "Grandma says that dinner will be ready in just a "couple secs".

Gandpa is back to - Go ask grandma

A Golf Facts;

- The Law of Physics States: It's easier to get up at 6 a.m. to play golf than at 10:00 am to mow the lawn.
- A good drive on the 18th hole has stopped many a golfer from giving up the game.
- A good golf partner is one who's always slightly worse than you are...That's why I get so many calls to play with friends.
- A pro-shop gets its name from the fact that you have to have the income of a professional golfer to buy anything there.
- If your opponent has trouble remembering whether he shot six or seven, he/she probably shot an eight (or worse).
- It takes longer to learn good golf than it does to become a brain surgeon. *But on the other hand, you don't get to ride around in a golf cart, drink beer, eat hot dogs and fart if you're performing brain surgery.*

Humor Continued -----

Learning to Communicate

A teacher noticed that a little boy at the back of the class was squirming around, scratching his crotch, and not paying attention. She went back to find out what was going on. He was quite embarrassed and whispered that he had just recently been circumcised and he was quite itchy.

The teacher told him to go down to the principal's office. He was to telephone his mother and ask her what he should do about it. He did it and returned to his class. Suddenly, there was a commotion at the back of the room. She went back to investigate only to find him sitting at his desk with his penis hanging out.

"I thought I told you to call your mom!" she said.

"I did," he said, "And she told me that if I could stick it out till noon, she'd come then to pick me up from school!"

Making The Wife Happy;

"I'd like to be six again," she replied, still looking in the mirror.

On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park.

What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being six again?"

Her eyes slowly opened and her expression suddenly changed.

"I meant my dress size, you freaking retard!!!!!"

The moral of the story: Even when a man is listening, he is gonna get it wrong.

An Affair

A married Irishman went into the confessional and said to his priest, 'I almost had an affair with another woman.'

The priest said, 'What do you mean, almost?'

The Irishman said, 'Well, we got undressed and rubbed our bodies together, but then I stopped.'

The priest said, 'Rubbing together is the same as putting it in. You're not to see that woman again. For your penance, say five Hail Mary's and put \$50 in the poor box.'

The Irishman left the confessional, said his prayers, and then walked over to the poor box.

He paused for a moment and then started to leave.

The priest, who was watching, quickly ran over to him saying, 'I saw that. You didn't put any money in the poor box!'

The Irishman replied, 'Yeah, but I rubbed the \$50 on the box, and according to you, that's the same as putting it in!'

The Ex Wife;

Tim decided to tie the knot with his long time girlfriend. One evening, after the honeymoon, he was assembling some loads for an upcoming hunt.

His wife was standing there at the bench watching him. After a long period of silence she finally speaks. "Honey, I've been thinking, now that we are married I think it's time you quit hunting, shooting, handloading, and fishing. Maybe you should sell your guns and boat."

Tim gets this horrified look on his face.

She says, "Darling, what's wrong?"

There for a minute you were sounding like my ex-wife.

"Ex wife!" she screams, "I didn't know you were married before!"

"I wasn't!"