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JUNE 2023



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Mark and Family David and Sherry

Life Lessons from an 80 Year Old

While I haven't made it to eight decades, I learned to appreciate my life experiences. When I read an article about life lessons from an octogenarian, I felt a need to share his lessons. Some of these might not be appropriate to some people today, but I still buy into them because that's how I grew up.

Henry Cavill is a 39-year old British actor who played the role of Clark Kent in the 2013 Superman movie, "Man of Steel" and had lead roles in several other movies.

During an interview the actor explained how he keeps positive with a list of 50 life lessons from an 80 year old man. Cavill didn't know the old man but was given the list from a friend and explained that he reads these points every day, especially when he's having a bad day.

I understand Cavill's appreciation of this wisdom and here is the list.

1. Have a firm handshake.
2. Look people in the eye.
3. Sing in the shower.
4. Own a great stereo system.
5. If in a fight, hit first and hit hard.
6. Keep secrets.
7. Never give up on anybody. Miracles happen every day. (See no.17).
8. Always accept an outstretched hand.
9. Be brave. Even if you're not, pretend to be. No one can tell the difference.
10. Whistle.
11. Avoid sarcastic remarks
12. Choose your life's mate carefully. From this one decision will come 90 per cent of all your happiness or misery.
13. Make it a habit to do nice things for people who will never find out.
14. Read only those books you never care to see again.
15. Never deprive someone of hope; it might be all

that they have.

16. When playing games with children, let them win.
17. Give people a second chance, but not a third.
18. Be romantic
19. Become the most positive and enthusiastic person you know
20. Loosen up. Relax. Except for rare life-and-death matters, nothing is as important as it first seems.
21. Don't allow the phone to interrupt important moments. It's there for our convenience, not the caller's.
22. Be a good loser.
23. Be a good winner.
24. Think twice before burdening a friend with a secret.
25. When someone hugs you, let them be the first to let go.
26. Be modest. A lot was accomplished before you were born.
27. Keep it simple.
28. Beware of the person who has nothing to lose.
29. Don't burn bridges. You'll be surprised how many times you have to cross the same river.
30. Live your life so that your epitaph could read "No Regrets"
31. Be bold and courageous. When you look back on life, you'll regret the things you didn't do more than the ones you did.
32. Never waste an opportunity to tell someone you love them.
33. Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.
34. Take charge of your attitude. Don't let someone else choose it for you.
35. Visit friends and relatives when they are in hospital; you need only stay a few minutes
36. Begin each day with some of your favorite music

37. Once in a while, take the scenic route.

38. Send a lot of Valentine cards. Sign them, 'Someone who thinks you're terrific.'
39. Answer the phone with enthusiasm and energy in your voice.
40. Keep a notepad and pencil on your bed-side table. Million-dollar ideas sometimes strike at 3 a.m.
41. Show respect for everyone who works for a living, regardless of the job.
42. Send your loved ones flowers. Think of a reason later.
43. Make someone's day by paying the toll for the person in the car behind you.
44. Become someone's hero.
45. Marry only for love.
46. Count your blessings.
47. Compliment the meal when you're a guest in someone's home.
48. Wave at the children on a school bus.
49. Remember that 80 percent of success in any job is based on your ability to deal with people.
50. Don't expect life to be fair.

These made me think and reflect. I thought of one that I would add to the list:

Teach your kids what love really means and show them every day.

Do you have your own ideas about additions to this list?

David

Any comments? Email me at
David@ChampionCleaners.com



“Did You Know Where This Saying Came From...”

JACK OF ALL TRADES, MASTER OF NONE

Meaning: Having suitable skill in multiple things, but not being an expert in any of them.

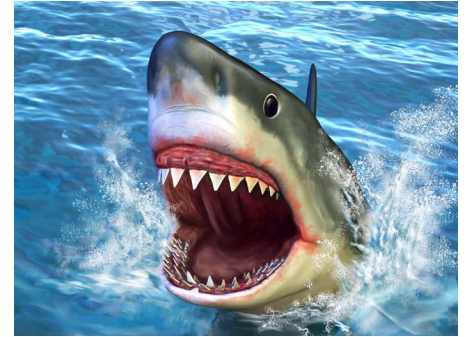
Origin: The word “jack” can refer to the common, ordinary man. Thus, a “jack of all trades” would basically mean “a man of all jobs.” It’s someone who is decent at several different skills.

The first half of this phrase (jack of all trades) has been in use since the early 17th century. For example, Geffray Minshull wrote a book titled *Essays and characters of a Prison and Prisoners*. The book was published in the year 1612, and there’s a part from it that reads: “Some broken Citizen, who hath plaid Jack-of-all-trades.” But what about the last part of the phrase? When did the words “master of none” start being added to the expression? It’s hard to say, but the earliest I could find the full version of this expression is from the early 19th century. For instance, it is seen in *The Atlas* newspaper from 1828, where it reads: “You rarely meet in England a

man who is Jack of all trades and master of none.” Both the long and short version of the expression is still used today.



JAWS OF DEATH



Meaning: This phrase often refers to someone who barely escapes a dangerous situation.

Origin: What comes to mind when thinking about the phrase ‘jaws of death’? Some people might think of the jaws of wild animals. But what kind of animals?

The dangerous ones; creatures such as lions, tigers, crocodiles, bears, hippos, and so on. These mighty beasts are fascinating to see, but you wouldn’t want to get too close, that’s for sure. One of the main ways they kill their prey is by using their jaws and their sharp teeth. Sadly, it’s estimated that around 1,000 people die per year as a result of crocodiles. In addition, another large beast with a massive jaw is the hippo, and it’s said that around 500 people die per year to them in Africa. Thus, perhaps the origin of this phrase has to do with these dangerous animals and the strong, deadly jaws they have. After all, if a person is attacked by one of them and they end up narrowly escaping, that person would, in effect, have escaped from “the jaws of death.” Anyways, do you want to know how old this expression is? Let’s take a look: This phrase has existed for at least 400 years. It was used by William Shakespeare in the play *Twelfth Night*. This play is believed to have been written around the years 1601-02: “This youth that you see here I snatched one half out of the jaws of death.”

JIG IS UP



Meaning: For a ruse or trick to be discovered; to be caught.

Origin: Today, one of the definitions for the word “jig” is to dance. But apparently, this phrase’s origins come from a time where the word “jig” was slang for a trick. According to the *Facts on File Encyclopedia of Word and Phrase Origins*, by Robert Hendrickson, it states that this expression was used during Elizabethan times (mid-to-late 16th century), where the word “jig” became slang for a practical joke or trick. Thus, if “the jig was up,” it meant your trick was found out or exposed. That era is where the phrase is believed to derive its meaning from.

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Father's Day

Father's Day is a day for children to express their feelings of gratitude and thankfulness to every dad in the world. The day was nationalized in the honor of all good fathers to complement Mother's Day.

In 1913, a bill was introduced making the day official. This bill was approved by President Woodrow Wilson in 1916. In 1924, the idea gained more momentum and supported by President Calvin Coolidge. In 1926 a National Father's Day Committee was formed. It wasn't until 30 years later that a Joint Resolution of Congress recognized Father's Day. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. But, it wasn't until 1972 before President Richard Nixon established the third Sunday of June as the permanent national day of observance of Father's Day.



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NEWSLETTER JUNE 2023

Beside the normal stuff, we also clean:

- Wedding Gowns
- Area Rug Cleaning
- Suedes and Leathers
- Purses, luggage and backpacks
- Ugg Boots
- Wash Dry & Fold
- Alterations

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Father's Day Jokes

- **Teacher (on phone):** *You say Michael has a cold and can't come to school today? To whom am I speaking?*
Voice: *This is my father.*
- **Science teacher:** *When is the boiling point reached?*
Science student: *When my father sees my report card!*
- **Son:** *For \$20, I'll be good.*
Dad: *Oh, yeah? When I was your age, I was good for nothing.*
- **Dad:** *You'll never amount to anything because you procrastinate.*
Son: *Oh yeah? Just you wait!*
- **Joe:** *What does your father do for a living?*
Jon: *He's a magician. He performs tricks, like sawing people in half.*
Joe: *Do you have any brothers or sisters?*
Jon: *Yep, four half-sisters and a half-brother.*

Time To Do This...

- ✓ Clean the gutters and consider gutter guards.
- ✓ Wash the washer and dryer.
- ✓ Update first aid kits for summer adventures.
- ✓ Get outdoor gear ready.
- ✓ Prep the swimming pool.
- ✓ Repair and seal fences and garden structures.
- ✓ Put in screen doors.
- ✓ Switch the direction of fans.
- ✓ Plan some patio sitting time.
- ✓ Make a summer to-do list.