

**FROM WHERE I SIT**  
by *Frank Gardiner*  
YMASC Past President 1971 - 1972

**Favourite Things @ 69**

To our growing "bcc" Compass News email list.....

**"From where I sit !** ".....as a fun loving, joie de vivre, independent, tree hugging, compassionate conservative and having just turned 68 and being overweight ( politically correct police won't allow me to use words like obese or Christmas ), I decided yesterday to join our Toronto Mayor Ford " cut the waist.... and waste" program and lose 50 pounds !

Since 2012 is going to be the year of a 3 D hurricane - debt, deficit and (older) demographics – it is a good time to 'get fit and stay fit" on all fronts !

We cannot direct the wind ..but TOGETHER ...we can adjust our sails! ..... be it physical, financial or spiritual.

Being a "young" 68 (sigh) ..... I found the following item inspiring about the talented Julie Andrews and her "much older" generation !

Laughter is good medicine .....so smile and sing along with me if you dare !

And Happy New Year to you and yours !

frank gardiner .....still passionately supporting our volunteer [www.curediabetesnow.hurontel.on.ca](http://www.curediabetesnow.hurontel.on.ca) ..... and our [http://ymasctorontoalumni.org/from\\_where.html](http://ymasctorontoalumni.org/from_where.html)

**Julie Andrews Turns 69, this is hysterical**



**To commemorate her birthday , actress/vocalist,  
Julie Andrews made a special appearance at  
Manhattan 's Radio City Music Hall for the benefit  
of the AARP. One of the musical numbers she  
performed was 'My Favorite Things' from the  
legendary movie 'Sound Of Music'. Here are the  
lyrics she used:**

**(Sing It!) - If you sing it, its especially hysterical!!!**

**Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.**

**Cadillacs and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.**

**When the pipes leak, When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.**

**Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they**

