



Der Botschafter

Uninformed members a good club do not make

Issue 8/2021

I LOVE MY JAPANESE DOCTOR!

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? - Take nap.

Q: Should I reduce my alcohol intake?

A: Oh, no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. - Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one, sorry. My philosophy: No pain...very good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It best feel-good food around.

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is also a shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Finally, my Japanese Doctor summed up: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!!!

Eat whatever you like because you will still DIE, don't allow ANY speakers to deceive you.

1. The inventor of the treadmill died at the age of 54.
2. The inventor of gymnastics died at the age of 57.
3. The world bodybuilding champion died at the age of 41.
4. The best footballer in the world, Maradona, died at the age of 60.

BUT

5. The KFC inventor died at 94.
6. Inventor of Nutella died at the age of 88.
7. Imagine, cigarette maker Winston died at the age of 102.
8. The inventor of opium died at the age of 116 in an earthquake.
9. Hennessy Cognac inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down but lives for only 2 years; the turtle, that doesn't exercise at all, lives 400 years.

So, take some rest, Chill, stay cool, eat, drink and enjoy your life because.... **you will still die...**

**HERE IS WHAT IS GOING ON
AROUND TOWN:**

**OCTOBER IS FAST
APPROACHING AND SOON IT IS
AGAIN OKTOBERFEST TIME –
SOME OF THE CLUBS WILL HAVE
HAVING THE EVENT FOR TWO TO
FOUR DAYS.**

**WATCH FOR UPDATED
INFORMATION IN THE SEPTEMBER
ISSUE OF DER BOTSCHAFTER;
SPECIFICALLY WHICH BANDS ARE
PLAYING WHERE; WHICH CLUBS
WILL HAVE SPECIAL
ENTERTAINMENT AND ANYTHING
ELSE WHICH WILL BE HAPPENING
IN SEPTEMBER AND OCTOBER.**



SECOND REQUEST

**PLEASE COMPLETE AND
RETURN THE FOLLOWING SURVEY.**

- Do your members know about UGASF and what it stands for? Y— N--
- Do your members have access for a copy of *Der Botschafter*? Y—N—
- What is the feed-back from your members regarding *Der Botschafter*?
- Do you wish to receive *Der Botschafter* in the future? Y—N—
- If yes, is there anything specific you would wish to have covered in the future?
- Do you wish to add anyone to the distribution list for *Der Bostchafter*?
- Would any of your members wish to receive *Der Botschafter* directly?
- If so, what is their name and email address. Y—N—
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PLEASE RESPOND! THANK YOU!!



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