

# Thirty thoughts on laughing

## 1. Do it or die

Imagine a world without Laughing. We laugh at a movie and laugh at a joke. Have you ever been in a situation where so many bad things happen that you had to laugh? How about hitting your funny bone? Ok, that's not funny, but you tried to smile. Stub your toe and grin and bear it. Laughing is great medicine.

I have heard of experiments on monkeys where they took the real mom away and replaced her with a wire mesh. The poor little monkeys became withdrawn and angry. We need love and we need to feel safe and warm in the arms of a real person. In the same way we need to laugh.

Evil people have an evil laugh. Weird people laugh weirdly. Insane people laugh insanely. I know people with great laughs and terrible ones, but they all use it from time to time. Embarrassing or not we laugh. I bet evil people would kill you if you laughed at their laugh.

I say this about laughing: do it or die! Life has to be funny most of the time. In the words of the Joker: "we so serious." I have a friend who tells a pun every day. He makes our day start off right. Find a way to laugh at danger and laugh when you are hurt or sad. It's medicine that just might save you.

## 2. Revisit the funniest moments in your life.

I have many great moments that made me laugh. I went with my mom to the movie Airplane (a comedy) and we laughed ourselves silly. My family used to go on Sunday drives. My grandma told a joke something like "what is orange and flies? She replied super cheezie." It's not that funny but in that moment the whole family lost it laughing.

I have fond memories of funny times. I loved staying up late watching Johnny Carson with my grandparents. In the morning, I died laughing with JP Patches (a funny clown show). The ping pong balls raining down on Captain Kangaroo is the best. How many shows shaped my funny bone over the years?

I have been told I'm a good self-talker. I encourage myself all the time. Have you ever stood in-front of some daunting task and said "I know I can do this." My funniest moments inspire me that life is fun. Tough times are few and far between. We smile and laugh more than you think. My mom and brother got splashed by a puddle once and I laughed. I jumped over a cliff and laughed all the way down (that was fun). I laugh these days at how awesome the Calgary Flames are when they shouldn't be.

Laughing keeps memories alive. It inspires us to keep up the good fight. Funny moments give us markers on either side of the rough moments. I look for the funny in everything I do. If your life sucks then remember the funny moments. If it really sucks, then it's time to laugh and create new memories. Our life would be better if we remembered laughter more than crying.

### **3. Revisit the worst moments and laugh at how time flies**

I worked all the time in my first marriage. That's what responsible guys do. In my divorce papers she wrote I was never there, and she was right. I have to laugh at the ironic nature of that event. Divorce is not funny but learning from it is. I am free of the bonds that shackled me in life. I secretly wanted to be home more than work. It's funny how life works out: I work less now and spend more time with the family.

I was on my way to a Christian rock festival. About an hour away we got into a terrible accident. That was not funny. I laugh now because one month later I met my new wife. How could I have known that while we were racing down the highway in an ambulance a month before? Life has many twists and turns: life is funny that way. Alanis Morsette wrote a song called "Ironic." Go listen to it on YouTube. Life is ironic and funny.

I heard of a soldier coming home from Vietnam and when he stepped off the plane he began to laugh, dance, and kiss the ground. He witnessed death, destruction, and uncertain peril but, he survived. He was laughing at his own fate and the fate of those who fell in the line of duty. I miss my grandmother and cried the day she died. I laugh at the funny moments we had. My funny bone came from my dead grandparents.

Ironic gives us spice in life. We just gotta laugh at those terrible times. We smile and laugh as we think "gee how did I survive that." I believe the pain dims as we laugh about life. You made it so kiss the ground and laugh. I know it's not funny but tough times make us love good times more. Summer is better because of winter. Laugh at life because life is trying to laugh at you.

### **4. Old TV shows are so funny**

I have gone back to watch old TV shows and they are still funny. Sure some are stupid now but most are great. I love Gilligan's Island. When the Skipper is dying, he has Gilligan go through his mementoes. At one point Gilligan pulls out a spider and asks the skipper "what does this remind you of." The Skipper says "I don't know it must have just crawled in there." That is funny.

I remember in the sitcom "Soap" two Gay guys (in that era) were talking about splitting up in a Japanese restaurant. The sushi chef stabbed himself by accident while

listening. He told the two lovers who saw it “excuse me I think I hurt myself.” That was funny. Boris on JP Patches always came in with a fresh T shirt on, so JP always spray painted a T on it. That was funny.

We laugh at Benson, Lucy, Carol Burnett, and Tim Conway. If you don't know who they are check them out on YouTube. I don't find the comedies today very funny (it must be me). I just think they knew how to be funny in the old days. Many of them came from Vaudeville (that was funny situational comedy on a stage).

George and Gracie Burns might be the best or maybe it was Laurel and Hardy. How about Abbot and Costello and “who is on third base.” I loved Night Court or Family Ties. Old show didn't care that much about social issues. They used life and made it ironic and comical. Laughing at old shows takes me away from life's problems. For just a moment I forget trouble because I'm caught up in a laughing moment. Old shows like Dream of Jeanie and I love Lucy were that for me. They save us from life just when we needed saving.

## **5. Jack Benny and Johnny Carson are the funniest dead people**

In the 60's, Johnny Carson began on the tonight show. It was black and white television. Tonto from the lone ranger was a guest and he showed Johnny how to throw a tomahawk. The axe hit the manikin right between the legs and stuck. The crowd roared for five minutes. Johnny had a way of bringing the best out of us and the people he interviewed.

Johnny was very funny as Carnac the magnificent. His monologues rarely failed and he was quick to chastise the audience if they did. He did skits that made my tummy hurt with laughter. That was Johnny Carson. He had been married several times and always poked fun at himself. They don't make comedians like Johnny anymore.

Years before was the best comedian of all times: Jack Benny. His radio hour was so original and so funny that it lasted several decades before television. Jack always said he was 39 every year, and continuously made fun of himself. His jokes were always pointed at people and their flaws. In Jack's way it was extremely funny. His cast were as loyal as Jack he was to them. They set up the Jokes and Jack finished them. He gave several comedians their place in Hollywood spotlight.

Jack gave African American Rochester the butler one of the first Black roles in a time of segregation. Jack made jokes with and at many big actors like Humphry Bogart and Jimmy Stewart. Jack had his wife Mary with him throughout his radio career. Jack never gave up a chance to crack a one liner. He is the best that there ever was.

## **6. The class clown is so funny**

I knew several guys in class called the class clown. It's not just something we make up to explain classroom behaviour. These are funny and silly kids that can't sit still.

I bet they have the worst marks most of the time. They tell jokes, squirm around, and poke fun at others. These adorable children sit at the back (until the teacher moves them to the front). They shoot spit balls and flick pencils in the ceiling.

I think most of the time class clowns are guys. I can't ever remember a female one but I bet they exist. Funny enough, male class clowns are accepted but I bet female ones are not. I think girls have rules where guys could not care less about structure. The class clown is an epitome of structure and guys love it.

How many actors and comedians do we have because of the class clown? They bring in laughter to the serious classroom. We watch them get paraded to the school office every day. They do things to others we never forget. Years later we still can remember and laugh about the class clown. Do you remember who they are? Sure we do: the bully, the geek, and the class clown.

We have funny people in places of work just like we do on TV. We laugh at those at work who pull pranks just like we did with the class clown. We need the class clown to develop our funny side. Those silly people at work are the class clowns we knew. They see life the way it really is. They have no masks or rules. Life is a big happy game to them. We need those clowns so that we learn how to laugh more often.

## **7. Read puns they are funny**

I know this Professor that helps people smile every day. Usually the same people comment on his Facebook, but I know hundreds read his stuff. I don't know his motivation for doing it, but I bet it's to make people laugh. Reading puns or plays on words is very funny. They take what we know and twist it into something we never saw coming.

Laughing is all about surprising us. We say "I didn't see that coming." My daughter always says "clever." A joke is unexpected. A pun is a twist on a word we use for different meanings. **"Did you hear about the guy whose whole left side was cut off? He's all right now."** Who comes up with this stuff? They either are demented or have a very large funny bone.

We do life for what reason? We use words for what reason? We laugh for what reason? To find contentment, happiness, and meaning is the pursuit of life: to live that life good and with integrity. Without laughter we lose our way. Puns have a way of bringing reality back into our daily words.

Words have double meaning or even more than that. We turn right and we are right. We write this blog and we know what's right. All comedy is taking what we use and twisting it. We laugh because it's true. Comedian George Carlin might be the best at this. He thinks outside the box. **"The main reason Santa is so jolly is because he knows**

**where all the bad girls live.”** He loves to twist meaning and that’s also what (puns) plays on words do.

## **8. Laugh in bed, we don’t do that enough**

Here I go again talking about my divorce (15 years ago). I should get over it. I learned some funny truths from that event. One of them is about laughing. In the beginning my ex and me laughed in bed (our sex was a joke). Just kidding, but we were funny in bed. I used to talk in voices and make her laugh. Our cat on the bed made us laugh. We watched TV in bed and laughed.

I don’t know if I ever knew anyone like my ex who could laugh like her. She knew what was funny. I think when our marriage went south it was because we stopped laughing in bed. The bedroom is a place of sacred stuff. It’s where we should sleep peacefully. We should read a good book. We talk, and have intimate times. We should never fight or have arguments in the bedroom: that is a sacred place. We worship our spouse in the bedroom.

The bedroom is supposed to be a happy place. We look forward to going to bed and resting. My current (and last) wife loves her bed, yet we should laugh more in this room. I have been thinking this room should be the anticipation room. We look forward to fun in sex, sleep, and laughter. We should never bring the bad times into this place: it’s our bed.

Ok so here’s my two cents worth: make this bed a sacred place. Make this room an inviting place to love, live, and dream. Tell jokes and laugh. Make sex fun and adventurous. Read a book in this bed. Buy a great bed (no compromises here). Be sexy in this room. Keep it set up nice so that it’s your happy place. Make it smell nice and look wonderful. Hold hands and laugh a lot in your bed. Dreams are made in this room.

## **9. Do stupid things so you can laugh**

I did a stupid fun thing as a teenager. We lived near a Golf course and the expert golfers always hit balls into the river (on purpose I’m sure). We would go down and collect them to hit off a cliff. It was a lot of fun trying to hit the fishermen below with golf balls from high above. We were told that even more balls were in the grass piles on the course. We were gathering balls when security came. I had to jump off the cliff to escape. Down down I rolled into the river below. That was fun and I laugh now.

I went into a haunted house in Universal Studios in California. Only Hollywood can make a great haunted house. There was my wife hauling us out of there as the Chain saw guy was chasing us. That was very funny but scary. I think I remember those times best of all. The scary silly things I did to have fun. I am always looking for the next thrill. My son and I went to Egypt and were welcomed with a bus burning and guns. I laugh now but not that night.

There is a website called the Darwin awards. It's given to those who found stupid ways to die. We should find ways to have fun and laugh. However, we should keep in mind that we don't want to be laughed at on a Darwin award night. I have witnessed bad movies that were stupid. I laugh at the waste of time they were. I try to laugh at the mall at Christmas time. Yes it was stupid to go there.

I asked God to humble me (once). I'm still not really laughing about that one. I ended up being rescued by my ex on an American highway with my kids in an ambulance. We survived and I laugh now, but that was stupid. Seek out adventure and a little peril. A roller-coaster in Edmonton where people died once is harmless (ha ha). Laughing is good for the soul and so are the memories we have from trying stupid things.

## **10. Don't laugh with stitches**

I have heard that you should not laugh with stitches. I guess it makes sense. You would probably break them open. Doctors and nurses are told to be friendly but not funny. They don't want to ruin their handy work. Have you ever sneezed with a bad back? It's not funny. I bet that could be said of stitches.

Have you ever heard the saying "bust a gut laughing" or "they left me in stitches laughing." Some things are so funny that we laugh until we hurt or cry. Laughter has brought me to tears many times. How is it that laughing can hurt or cause us to cry? I have banged my toe or knee and started laughing. Trust me it was not funny.

Being stitched up is not funny. Being in the hospital is no laughing matter. However, have you noticed people are always smiling when they leave the hospital? I wonder if it is a nice place. They make you feel better and laugh possibly. Maybe before you leave all the nurses give you a tickle fest (I wish). Why else would people be smiling as they leave. Are people happy to survive the ordeal and food maybe?

Patch Adams was a doctor that used laughter to heal people quicker. They say a positive view can heal you. Do we have it in us to selfheal? Some people think so. Is laughter under rated in the healing department. The stitch department might disagree. Should we leave people in stitches with a joke? It sounds mean and not funny. Yet we love to laugh, and laughing at danger seems to work until the lion kills you.

## **11. Laugh at others but laugh at yourself more**

Have you done something stupid and people laughed at you. That happened to my little brother once and got really mad at us for laughing. The best part is that he said "and when I'm mad I'm mad." Oh we do things to ourselves that are funny to others. Kids skate on a skateboard and hit a tree: that is funny to watch.

At sports games in Calgary they play funny bloopers where people find ways to hurt themselves. The whole crowd ohh's and awww's at the persons misfortunes in screaming laughter: somehow it's funny. You know the drill. We give people trick gum that burns. I love the trick pack of gum that snaps your finger when you grab a piece. We do dumb things like trip someone and laugh, yet it's not funny.

So how do we combat those horrible people that laugh at us? The curmudgeons that need to play practical jokes at our expense. Well we could get even, but seems to spark a war of "I'll get you buddy." Instead I want to give some practical advice. Why not laugh with people at your expense? Maybe it would be less funny to them if you think it's funny too.

The other side is your misfortune. We make mistakes every day. Why beat yourself up and join the haters. Like Taylor says "the players will play and the haters will hate so shake it off." I like to say (quite often) "that was smart, dumb ass." Then I laugh at my stupidity. If I can laugh at me then I believe I have a good nature. What's the fun in getting angry all the time? We certainly have the ability to make mistakes, but we also have the ability to laugh too.

## **12. Watch Live comedy**

I have never been to a live comedy. Why talk about it or recommend it if I've never been? That's a good question, but I have watched live comedy on TV, YouTube, and video. Some of my funniest moments have come watching live comedy. The real crowd and the real heckling and laughter can't be beat.

Years ago I watched one of the best comedians Richard Pryor. This guy is the best. He tells the story of his pet Monkey "Fran." Oh my, that was funny. Yes live comedy is lewd, dirty, but very funny. It's hard to see clean live comedy. Still some stuff is very good. Achmed the Dead Terrorist by ventriloquist Jeff Dunham is crazy.

Live comedy can't cheat. It's either funny or dead. I think a comedian is the bravest person on earth. I've heard it's tough to tell jokes live. In my childhood, I listened to Bill Cosby as God. George Carlin talked about the seven words you can't say on television. Steve Martin talked about his cat (very funny). They are all live but on a Vinyl record.

Dane Cook talks about his Co-worker who he gave Candy to. The Guy spared him in a killing spree and said "Thanks for the Candy." It's creepy but funny. Comedians take life and make us laugh. It's all the stuff we think about but never say. Comedians interact with the audience. Sometimes the crowd goes crazy if the comedian gets on a roll. TV uses recorded laughing, but live is live. Go laugh live

### **13. Laugh at funny animals**

We laugh at funny animals like the platypus, but in reality humans are pretty funny too. God has a sense of humor. They are about 3- 30,000,000 million species of animals on this planet. I have to laugh because they don't know by now? Well they break it up into different groups and argue over what a specie is. Maybe we should laugh at the scientists.

I like to laugh at my dog. He likes to sleep upside down with his feet in the air. My cat laughs at me because I don't sleep as much as she does. Animals can have the good life if their pets. A Tiger as a pet might go well for a time until they get hungry and decide you're a great steak. Animals all sniff their butts. Why don't humans? Animals have better noses so they must know something we don't.

I can laugh at the wide range of animals. Funny scientists say we are randomly made by luck on this planet. An Elephant has a funny nose. A Platypus is just plain funny (what went wrong there). A Whale is a mammal? Boy they took a wrong turn in creation. A Dog is in the same animal kingdom as a Cat (how did that work out). The difference between Monkeys and Humans is minimal (right). Do we act better than Monkeys?

A Gorilla is cool and watching them at the zoo makes me laugh. A Hippo is just plain weird. A Giraffe is funny (love the tongue action there). A Zebra missed out on the coloring of Horses. A Donkey missed out on the sizing of Horses. Animals work together to survive but humans don't. Maybe where weird and animals rock! Animals act funny to us. I love funny animal shows. I laugh at creation, but I don't think creation is laughing at us.

### **14. Laugh at your bills like a game**

Oh Christmas how I love thee. I cherish your way of breaking my wallet. Ok, I have a choice: spend or not to spend. That is the question. I saw an ad for interact and it said to spend wisely (right). I like their advice, but Christmas shopping might have other plans. I laugh and cry at this time of year. It's a happy time, but the bills are not funny.

It just so happened that I had three special birthdays to contend with this fall: 25, 21, 18. My son graduated from University and yes of course there is Christmas shopping. I'm not poor but this is nuts. I have to laugh because by my standards I'm in too deep. I guess all I can do is stop spending or laugh doing it. My Visa card is laughing all the way to profits.

I do look at bills like a game: otherwise, I just might curl up in a ball and die. Bills come and go. I just found out my Car bill will end two months sooner than I thought. Oh yes I laughed all the way from the bank. I did the dance of joy too. Why fret



over bills? They are part of the life game. Some are expected while other bills are a surprise. You can look at bills like Christmas presents. When you open it you are surprised or not; happy or sad; and you got what you wanted or not. Bills can be fun if you let them.

I guess the laughable part about bills is that we make them. Yes I know we need a place to live and that conveniently creates bills for someone. We desire or need a car. Do we need cell phones, new TV's and other stuff? There are good arguments either way. Based on wants and desires we create our own bill of mess. We make the bill mountain higher don't we. It's a bill game so why not laugh at our misfortune or lack thereof (pardon the pun).

## **15. Laugh at great music and have fun with songs**

My parents gave me a bunch of Disney Vinyl albums as a kid. I had great memories of "The three little pigs and the spanking machine." Weird I guess, but the songs and stories were fun. I laughed all the time. Later they gave me K-Tel's goofy hits like "There coming to take me away ha ha." My funny bone improved through funny music.

In the 80's I think, there was a song called "The Rodeo song." Maybe it was just in Alberta, Canada I don't know. It is crude but very funny. There is a song called "There ain't nobody here but us chickens." Music can be funny. These I mentioned are great songs to listen to, sing along, and laugh at. Johnny Cash's "Boy named Sue" is excellent.

The other side is that music can make you smile. Driving in Los Angeles listening to "I love LA" might be really fun. Summer songs are great memories. I laugh now, but summer break up songs like "boys of the summer" by Don Henley remind me of another summer gone by. I have great memories of laughter and sadness with music.

As you get older music can become dearer to us. Time has gone by. We have those great songs to remind us of good feelings and great times. A song in a movie from "Grease" or "Casablanca" can give us a smile. The Beach Boys make me smile every time I hear them. Carrie Underwood does a song I call the "Happy Song." That's not what it's called but I laugh and am happy singing it. Music and laughter do "Go together" like "Ramma-lamma-lamma-dinity-ding-de-dong."

## **16. Read a good book and laugh at the writers mind**

I was babysitting many years ago and began to read "The Amityville Horror." Not a great idea when you're alone in a dark house. Still, I laugh today because, when I got home, I stayed up all night and read the book in one night. Yes it was scary, but I laugh because it's the only time I've ever done that.

I was given a Bible in 1999. I finished it in 6 months. That was great and nuts all at the same time. I ate it up and I still laugh at that today. Reading a book that draws you in is fun. My wife read the Twilight series in an instance. The daughter read all the “Horse whisper series” and I could see her laughing and smiling the whole time. A good book can be fun if you let it.

Book can be full of information. You can laugh at learning something. You could hate a book but refuse to put it down. How funny is that? I have loved books so much that I read them several times. I used to go to school tired because I stayed up too long reading. I loved Stephan King, Peter Benchley, and many others. I laugh at how scared I’ve been reading a book.

I laugh at those who read the dictionary, yet knowing new words is good for your soul. Reading the encyclopedia can be fun. There is tons of information to learn. Finally we can laugh at the Guinness book of records. I can’t believe how nutty people can be to get in a record book. You can laugh and try all kinds of books. They can enrich you and make your day. Laugh while reading and have a great day.

## **17. Laugh at family**

What more do I need to say. Family is horrible and funny all at the same time. We can pick our friends but we are born into a family. Why do you think they irritate? It’s because we are attached to them in some sort of mind meld. The family is the first thing were given when were born: like them or not.

I can laugh at my brothers. They laugh at me. I can’t believe how different each one of them is. That makes me scratch my head and laugh. Some of the things my brothers have done to me did not make me laugh. Some of their mistakes made me howl in laughter. There have been some really funny times with my family.

My parents are mine? I laugh at people that hope their adopted. Why are we so different that our parents. Why are we the same too? I laugh at the traits I gained from them. They’re not the ones I wanted. I have laughed with my parents and grandparents a lot. My mom’s dad was the funniest man.

See I do think God has a sense of humor. He gave us a family that is so odd. Laughing and family fun is the best. I wish people had more great families. Some people end up with terrible ones. I guess it’s their job to make better family than they experienced. Family changes you. They add parts of themselves to you. I laugh at what I’ve gained. I can’t get rid of those traits. Why not laugh while holding those undesirable traits by the tail.

## **18. Laugh in a big pile of leaves**

When I was a little boy living in Victoria I was lucky. We did not get cold weather or snow every often. That might seem sad but what I did get is big leaves in the fall. I used to get to the park with tons of really big Oak trees. In the fall, the big leaves would fall (of course). We'd gathered them into huge piles and dived in.

We laughed and laughed in our pile of leaves. I can remember them being wet from the rain and smell like Oak Leaves. I will never forget those times. Equally I remember the first snow in Calgary. We headed to the hill for some sledding. One year I and the boys went to this really big hill. We bought a plastic sled and down we went. The rocks on the hill ripped out the bottom of our sled but we laughed silly.

Have fun laughing in each season. I went to the lake in the summer. I hate feeling all the weeds at my feet in the deep, but it was fun jumping in. I have jumped in cold lake that had icicles still floating in it. That was nuts but I laughed at danger. What could you do to create season memories?

In movies, we see actors do this in chick flicks. They portray memories we can identify with. Life travels by very fast: faster than I'd prefer. Leaves, snow, and water provide markers of where I've been where I have laughed the most. The smell of leaves; the feel of snow; and the iciness of spring water make me laugh. They create the best memories.

## **19. Smile and laugh at how far you have come**

My daughter has just turned 18. Actually my other two boys just turned 21 and 25: three big milestones in this family. I am not laughing because that was three big presents right before Christmas too. I have been reflecting on what I remember from turning those ages. Ok I'm laughing now because I can't remember anything. It's been too long.

I remember going to a job interview with a friend just to tag along. I got the job and he didn't. What happened there? I have had an adventurous life so far. There has been plenty to laugh and cry about. I feel like Mary Tyler Moore singing "Looks like we made it after all." I have almost died in several car accidents. I could have died at birth with the German measles. I had Meningitis and almost died. I came close to dying in University (not literally). There is a lot to celebrate and laugh about. Whew I'm almost half way.

One time I hit a car with my bike and looked quite a mess. Another time I got close lined by a wire at a tennis court. I laugh now at all the events that tried to kill me. I am divorced and remarried. Why would I do that twice: women are tough! I laugh at all the big bills, surprise bills, and paid bills.

We can laugh at our path in life. I giggle at the thought of marrying a different girl. What path would that have made? I should have traveled Europe but then my kids would speak anything but English. I laugh because I could have been a Pastor sooner or a Disc Jockey for life. This life can be fun navigating through all the death threats and bills. Is it funny I have worked at Canada Post for 27 years (not funny)? You won't take a look back at 18, 21, and 25, but your reflection birthday is coming kids.

## **20. The Bible is funny**

I have to laugh at the Bible. People take it so serious. I have had people toss me as a friend over the Bible. In the Bible there are miraculous things. I laugh because people mock those miracles, yet they trust Facebook postings. Some of the best things in our Justice system came from the Bible, yet they took those words out of the justice system.

There are funny events in the Bible. The relationship between Caine and God in Genesis 5 is funny. Could you tell God "Am I my brother's keeper." That is bold and cocky. In Numbers 22 Balaam the Prophet has an encounter with a talking Donkey. The Donkey says at one point "why are you hitting me." The funny part is why Balaam is not surprised his donkey talks.

There are several funny instances in the Gospels. Jesus several times calls the Disciples Stupid. Well maybe not by our words but by his words ya he did. In Mark 7 he calls them dull. Mark 8 is hilarious with the misunderstanding about the bread and fish. The dialogue between the woman at the well and Jesus is funny. **John 4:7 Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?"** Jesus philosophical talk with a woman at a table is cool too. She says "**Yes it is, Lord,**" she said. "**Even the dogs eat the crumbs that fall from their master's table.**"

Galatians 4:12 makes me laugh. Paul is considered the perfect Christian yet he says this "**I wish those who unsettle you would castrate themselves!**" This book is funny. The banter between Abraham and the Angel about saving people in Sodom and Gomorrah is interesting and funny. Small Zacharias up a tree and the men digging through a roof to lower in a sick friend is hilarious. We take the Bible way too serious when in reality it is a human relating to God book.

## **21. Laugh on a Rollercoaster**

I stood in a lineup at Magic Mountain in California to ride the Tatsu Rollercoaster for two hours. This is a mind-bending marvel of a creation. You ride this thing upside down and hanging. It was so impressive that it broke down and we had to wait another two hours: it was worth it! The funny part was the girls. As we got closer each set of

female riders got in sitting up, then the machine picked them up and turned them upside down: they all screamed for two hours.

I laughed the whole time listening to the girls scream. I then proceeded to laugh at myself scream: what a ride! The wife and I waited in another lineup and listened to this girl sing “I am a natural woman” 300 times. I laughed because it annoyed the wife. I also laughed because people do weird things in Rollercoaster lineups because their nervous.

One time on the Ride “Aftershock” at Silverwood Theme Park this girl made the best comment ever. We begin by going upside down backwards up three stories and stop. Then we freefall and this girl yelled at that moment “Holy Sh...t.” That was so funny. I laughed and laughed all the way down. I love what Rollercoasters do to me and those around me. Half the fun is what others do and say.

One other time late at night at Callaway Park in Calgary we screamed 11 times to go back around without getting off. We yelled “one more time!” In Edmonton people have died on the Mind Bender but I laugh in the face of death. Rollercoasters are meant to put us close to death without dying, but sometimes death finds a way. Why is that thrilling, fun, and scary all at the same time?

## **22. Laugh when you triumph**

I hiked up the Koko Crater on Oahu this year and it almost killed me. It’s nasty 1200 railway ties later straight up. When I returned down to the bottom I almost kissed the ground. “I did it!” I laughed all the way back to the car because “I did it!” Have you had laughing moments like that?

We have moments when we do well. I think we have more of those than failures. Failures just seem to sting worse. I laughed when we bought our first condo. I laughed more when we sold it for double a year and a half later. I have finished many things and laughed (and cried).

We want to succeed more than fail. How many people miss out on a laughing moments because they said “I can’t do that?” We have to try. If you first don’t succeed then try try again. Yoda, a creature of wisdom says “There is no try there is only DO.” We must make trying laughing moments. We remember things like that.

I have laughed at some things I have tried. The laughing was because it was clearly not me. Like when I crashed a Harley. That was dumb. I have equally laughed at jumping on a Bicycle over a ramp and landing straight. I laughed when I flipped head over heels too. Our triumphs need to be celebrated, yet they should be laughed at too so that we stay grounded.

## **23. Laugh when you fail**

Let's say I wanted to climb Mt Everest and didn't finish it: is it a failure? I could realize that I went up against the best and fell short. Sure it can look like a failure but I could laugh anyways. Imagine being in the Super Bowl four years in a row and not winning it. Imagine tearing up the Minor leagues and not scoring a point in the Pro's. Some things are not failures but small triumphs. We can laugh at that.

In 1986 the Flames hockey Club lost in the Stanley Cup final. Three years later they won against the same Montreal Canadians team that beat them before. The years in between, winning the cup, is preparation for a winning attitude. You need to feel losing and failure before you can win most of the time. It's not funny but we can laugh at it. Climbing the mountain can be fun.

I did not fail much in University but out here in the real world I have struggled to succeed in my profession. I have to laugh because the real hard work came after. I thought University was hard! We have to keep a chin up when we fail. They are only necessary stepping stones to success. Yes it's tough but laughter might keep you alive until you win.

I can't imagine life without failures and triumphs. They are markers in my life. We could have trouble remembering our lives without those moments. I laugh because they seemed so real at the time. I have been on top of the world and at the bottom. On a team I think you need young players (who don't know any better). We need veterans that are starving for the last victory, and we need home grown picks that are dedicated to the team. Those vets laugh at the losses because now they are winning. The young guys need to see people laughing at past failures.

## **24. Get tickled once a year and tickle someone once a year**

What is it about getting tickled? The mere mention of it drives me squirrely. I remember as a kid getting tickled by my whole family: your helpless! I can't imagine that happening now. The funny part is how hard we laugh. I don't laugh like that anywhere else.

Maybe we should make it a ritual to tickle someone on their birthday. They could look forward to running like hell. How about having a family tickle fest: not! I would love to have a tickle fight in bed but then it's hard to sleep after. We laugh so hard when were tickled.

What is up with people who don't like to be tickled? You hate people finding out you have a laughing side. What's up with those that proudly say they can't be tickled? Are they proud of that? Maybe they have no funny bone or they just don't really want to

be tickled. Where is your best tickle spot? Don't touch my foot, that's crazy. My back and neck at a close second. Sure there are the usual spots that I can't mention in a family blog, but we know they tickle. Funny enough we are ticklish on our butts. Why not out face or is it just me?

Tickling is nuts. Who invented that thing anyways? Imagine someone tickling Obama? Fine someone tickled President Clinton in the Oval office. I could see Prime Minister Harper of Canada loving it and hating it. Would you dare tickle the Pope? Who is the most impossible person to tickle? I say the Leader of North Korea Kim Jong-un. Sure I would tickle Taylor Swift but who wouldn't. Tickle someone today!

## **25. Give the birthday bumps and get the birthday bumps**

If there is one thing my daughter regrets for her birthday it is the bumps. Why on earth would anyone grab their children by the four appendages and bounce them off the floor several times. I think it's fun but it's hard to do when their 30. Still we laugh when give and get the bumps.

Who invented the bumps anyways? Well now this is a good one. Every country claims to be the origin of the Bumps. In India they kick you. Apparently in French circles they punch you. I have heard of pulling ears and a host of other things. It is said to be for luck but what's lucky about getting bumped, punched, and pulled on your birthday. This is funny. I like the answer that they did it at birth to make you cry. The tradition continues.

I have laughed and fought as I got the bumps. I wish they would do it today to me because they would all pull their muscles trying. I can laugh at that. It's fun when their ten yrs. old and 50 pounds. What happens when there 200 pounds and 40 years old. Who gets the punishment? I laugh at our traditions. We are weird as humans.

So on someone's next birthday it's up to you to make them laugh. Punch, pull, and bump them so you can laugh. It's all about our fun. I'll do anything once for a laugh. I have watched far too many adults become cold. We need these traditions to stay alive. Sure the bumps get harder as we get older but you would laugh trying.

## **26. Laugh with the family at dinner**

I think of Christmas as the family dinner. I remember my granddad playing the piano while the women cooked our dinner. My Uncle played the drums and we kids soaked it all in: that was Christmas. At dinner we talked and laughed. It might be the only time we laughed as a group. I think it made us care more on that day surrounded by food.

What is it about the family dinner we dread? I know some of the family did not get along, yet we all come to the dinner. Why does one part of the family cook the

dinner? Why do they complain about doing it yet they always do? At birth did you get a choice: cook or clean at the family dinner? Who entertains? Who gets drunk? Do we all assume roles within the family at dinner time? There is always one family member who just sits in the corner but never speaks. One arrives late and another never shows up. That is the family dinner.

Yet we all usually show up at the dinner. I have seen people come and go in a family but someone always cooks a dinner. I know one family member who bashes the other behind their back. At dinner they are laughing and joking around. Like there is nothing wrong? The family dinner brings out the best in a bad situation. We laugh most of the time.

I read that we should put the scale back ten pounds after Christmas dinner. That is funny. I do smile and snicker at my memories about dinner. That is where I remember my family members that have died the most. They were there and now they are replaced by younger ones. The family lives on through the dinner. Someone cuts the turkey and another puts out the plates. I laugh because I think much of my humour came through the family dinner.

## **27. Be a connoisseur of other peoples laughs**

In a room full of people, what are the two things that make you turn your head (not the hot chick)? It's either someone yelling or it just might be a person's laugh. Laughing can be contagious and it can be horrifying. I know a beautiful girl who has a horrible laugh. One guy at work had a loud boisterous laugh. Every time they laugh someone would look over.

That does not mean they have a bad laugh. It's theirs and it makes them unique. Why is it that some people laugh just fine? What makes their laugh ok? One girl has the snort laugh or little squeal. Another has a fake laugh or over acting one. A guy has a giddy laugh or a donkey one. We are all different in our laugh. Most times you know that person by their laugh.

On shows I hear people mimic others laughs to make them even more funny. So their own is better? What is it with people deciding a certain laugh is like an animal? Some laugh like a horse, monkey, zebra, or dog. Do animals actually laugh? To me the best laugh came from Ed McMahon from the Johnny Cason show. He was great. Don Wilson from the Jack Benny radio show was funny too. These men loved to laugh.

Clowns make us laugh but they don't do it. Why don't most comedians laugh on stage? I laugh at my own jokes. Ok, nobody else does, but I think I'm funny. My ex got into laughing fits. She was excellent at it. I know several people who were not given a laugh box at birth. Nothing is funny to them. How we laugh probably tells a lot about our character. Enjoy others laughter as they hopefully enjoy yours.



## **28. Watch a funny movie**

There are not many funny movies anymore. If Seth Rogan is funny I'll eat my cheese head. In the past we had some pretty funny movies that made me more than laugh. Over all, funny movies are far and few between. I like "Airplane", "Support your local sheriff" with James Gardner, and any of the Mel Brooks movies like "Blazing Saddles".

I want to write more on funny movies because we love to laugh in movies. I remember going to "Signs" by Mel Gibson and cried, was scared, and laughed all in one movie. That was amazing. Laughing with a group of strangers means it was really funny. That's why I love going to the first showing of films. The jokes work the first time and everyone is ready to laugh.

When I was a kid I saw the Marx Brothers, The Three Stooges, and many other funny people like Jerry Lewis, and Don Knotts. Lucile Ball and Bob Hope made funny movies. On Saturday my parents strategically left us kids in the theater to watch funny shows. I grew a funny bone watching funny movies as a kid.

They just cancelled Saturday morning TV for kids. Maybe it was bad and not very funny. Where do kids get laughs these days: Seth Rogan? Humor is funny and it makes us laugh. I know people laugh at the new stuff but my laugh meter is dead then. We need funny movies to laugh at. Hollywood knows it and keeps trying to deliver. Maybe they will come up with a good one and we can laugh again.

## **29. Breathe in helium once to laugh**

If you want to laugh, hear the sound of helium in a human voice. Whether you do it yourself or listen to someone, try helium once. I don't know if it is safe so talk to your parents or doctor before trying it, but I did it and I'm not dead yet. It is so funny because the voice that comes out does not fit you.

Helium is here to make us laugh. We put it in balloons for a birthday party. Helium makes things rise. Funny that we don't float when we breathe it in: it just makes our voice rise. I love a helium balloon unless I let go. I remember trying to watch a helium balloon float away. It will float a long time.

I have never been in a hot air balloon. I guess they used to float balloons in hydrogen until it blew up like the Hindenburg. Now they used hot air and helium. Helium is our friend. It was made so we could laugh. We smile with helium voices, balloons, and rides in the sky.

Sometimes you have to make yourself laugh. Trying helium is one way. It is funny. Might be dangerous so be careful. I said I would do anything once for a laugh. Yes

I guess in a good way I have. I have tried to ski and laugh. How about a bungee jump and laughing? Maybe it just comes down to helium. We can read limericks and puns to laugh. I tell jokes or at-least try. Laughing is good for your soul. Find a safe way to laugh today.

### **30. Say what is in a big mac and don't laugh**

Can you say Two all-beef patties, special sauce, lettuce, cheese, pickles, onions on a sesame seed bun really fast? Years ago McDonalds came up with this little ditty. It worked because I can still say it today. It makes me laugh. When I say it to others they laugh. I hear all the time that "I can't believe you said that" or "know" that?

Saying something like the McDonalds jingle will make you laugh. My grandpa used to say jingles all the time. My dad did too but they were not wholesome, yet very funny. All the time, I repeat stupid saying around the family. They think I'm nuts, but it makes me laugh.

I think we love to twist our words. For some reason it makes us laugh. Why is meat and meet funny? How about see, sew, saw, and sow. I think there funny. We can say "I see a sew saw a sow in half." Ok now that is funny. I just love twisting words to make me laugh.

I have challenged my daughter with puns all the time. She used to say she did not understand. Now she calls me clever (the only one by the way). My Dad and granddad used to do it all the time. It's bread in me. So when I go to McDonalds I have to say it. At Wendy's I say "Where's the Beef?" My handle is Postalcowboy. Ya I'm a postman and I like country but I'm no cowboy. Still it's funny and I'm laughing again.