

“Christmas Past”

’Twas the month after Christmas, and all through the house
Nothing would fit me, not even a blouse.

The cookies I’d nibbled, the eggnog I’d taste
At the Holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber)

I’d remember the marvelous meals I’d prepared;
The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the cheese
And the way I’d never said, “No thank you, please.”

As I dressed myself in my husband’s old shirt
And prepared once again to do battle with dirt.....

I said to myself, as only I can

“You can’t spend a winter disguised as a man!”

So...away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip
Every last bit of food that I like must be banished
Til all the additional ounces have vanished.

I won’t have a cookie, not even a lick.

I’ll want only to chew on a long celery stick.
I won’t have hot biscuits, or corn bread or pie,
I’ll munch on a carrot and quietly cry.

I’m hungry, I’m lonesome, and life is a bore...

But isn’t that what January is for?

Unable to giggle, no longer a riot,

Happy New Year to All and to all a good diet!



Submitted by Marie Vasco, #27

What’s The Story with Auld Lang Syne?

With the approach of the New Year comes the inevitable singing of Auld Lang Syne. Ever wonder why this song is so popular and how it became a tradition? Read on.

Auld lang Syne is actually a Scottish poem first transcribed by Robert Burns in 1788. The story goes that Burns, who was revered as Scotland’s National Poet, copied the poem down as part of a commission he received to collect old songs for the Scots Musical Museum. Although other versions of the poem existed in oral tradition at the time, Burns was the first to create a manuscript from the spoken lyrics. He later set the poem to the music of a traditional Scottish folk tune, calling it Auld Lang Syne.

Translated literally into English, Auld Lang Syne means ‘Old Long Since’. More commonly Auld Lang Syne is translated as ‘Long Long Ago’, ‘Days Gone By’ or simply “Old Times”. Burn’s song quickly caught on in Scottish society where singing it became a tradition to mark the beginning of the New Year. As people emigrated from Scotland the song spread across the Atlantic where it became popular in America as well.

It was the Canadian-American bandleader Guy Lombardo, however, who must be credited with making the song truly famous. Guy was well known for his annual New Year’s TV and radio broadcasts which drew millions of listeners and viewers across the United States. Beginning in 1929 he started broadcasting Auld Lang Syne as part of his New Year’s specials. The song became his trademark and to this day a recording of Guy’s band performing the song is played every New Year’s Eve in Time Square.

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