

THE BUZZ



YOUR PRESIDENT'S REPORT

Dear Comrades and Associates:

HAPPY NEW YEAR to all my Unit #68 members and Unit #26 Comrades.

I just received my new driver's license, so I guess another year has passed and my picture from 5 years ago tells it all. I think we should re-new every 10 years, so we can keep our youthful look a little longer.

Unit #68 Membership A.G.M. Meeting will be held on Sunday, January 16, 2011 in the Andy Capp Room at 12:30 p.m. This is also our election day, so please attend. It is also a great chance to renew your 2011 membership which is still only \$ 35.00 per year. We only have 3 meetings per year, so there is a lot to cover. **SEE YOU ALL THERE !!!!!**

This will be our **90th birthday year** for Unit #68 and I hope my new Executive will come up with an exciting birthday party at Trout Lake. How about having a band there

this year and inviting all of South and East Vancouver. If anyone has any connections with a well known group, please give me a call, remember we are the "Friendly Club"

I received a letter from Susan Bourrier, Director, *Canada Remembers*, to congratulate our Unit #68's dedication during Veterans Week. Together we ensure that our citizens pay tribute to those who died protecting Canadian freedoms. We set an example for future generations so that the torch of remembrance burns brightly. Well done Sandy Greenfield and committee, with the Cross Ceremony.

It is with regret that we advise you of the passing of Frank Gauthier, Past President Unit #379 Maple Ridge. Frank was a close friend of Unit #68 and the Colour Guard and always made me feel very welcome at his unit. A Celebration of Life will be held January 2, 2010 at Unit # 379 at 2:00 P.M.

This is the 14th year for the Buzz and a million thanks to our Editors Fred and Mardi. I mail out 20 copies each month all over Canada and to many different clubs. Copies are also sent to Dominion and Provincial Commands and all the costs are paid for by Unit #68 and our Editors. The colour front page each month is the dedicated work of Ronnie Robinson of Unit #26. They have become collector's items, just for their art work. Together we are very proud of our Buzz.

****** You don't stop laughing because you grow old - You grow old because you stop laughing. ******

Fraternally;
Bob Rietveld
 President Unit # 68

COLOUR GUARD REPORT

Comrades.

A New Year is upon us and we are having our election of officers on January 8, 2011 at Unit #26 at 1:00 P.M.

To be on the Colour Guard Executive requires a lot of dedication. Each position has certain responsibilities as per our bylaws.

Each job is very important for our organization to operate smoothly. If you need a copy of our new bylaws, see Chuck McDonald.

The 2.I.C. should learn all the jobs of the Colour Sergeant and be ready to assume his place if necessary, so it is not just the custodian of the flags.

The 3.I.C. does all the calling for each parade and meetings. This job requires a lot of persistence. To make each parade successful we need a strong attendance and this can only done by a dedicated Comrade.

The Secretary must apply for all parades, keep records, type minutes and keep in touch with the Colour Sergeant. This position is very vital to our operation.

The Treasurer keeps the books and documents any expenditures or income, with reports to the members at every meeting.

I am asking our members to think wisely

before you accept a position and if you run for office, be prepared to give it your best for the entire year.

Good luck to all and see you on the 8th of January.

Fraternally;
Bob Rietveld
 Colour Guard Sergeant

VETERANS AFFAIRS

News Release that bears Good News for our Veterans

November 17, 2010

Government of Canada Introduces Legislation to Improve Financial Aid for Canadian Forces Personnel and Veterans

Ottawa - Today, the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs and Minister of State (Agriculture), tabled changes to the New Veterans Charter to significantly improve financial support for injured Canadian Forces members and Veterans.

"In tabling these legislative changes today, we are writing a new chapter to the New Veterans Charter. These changes, totaling two billion dollars, will greatly improve the quality of life of our Veterans. Our government is determined to see that our Veterans and their families receive all the care, the services and the financial support they need and deserve," said Minister Blackburn.

Improved monthly benefits

First, by amending regulations, the government will establish a minimum pre-tax income of \$40,000 a year for Veterans who can no longer work and for those who are in rehabilitation.

The *Enhanced New Veterans Charter Act*, introduced in the House of Commons today, increases monthly financial support for injured Veterans who are no longer able to work. If passed, this Act will:

- expand eligibility for monthly allowances for seriously injured Veterans (up to \$1,609 per month, for life).
- introduce an additional \$1,000 monthly supplement to help our most seriously injured or ill Veterans.

Flexible options for the Disability Award

Create new options for Canadian Forces members and Veterans who would prefer to receive the existing lump sum Disability Award as either an annual payment over any number of years or as a combination of a partial lump-sum payment and annual installments.

"We have heard the concerns of Veterans and their families about the challenges of managing a large sum of money. They will now be able to spread their payment out over a number of years of their choice. As well, it is important to remember that the lump sum does not replace the monthly disability pension. The lump sum is an immediate recognition of suffering and pain that is added to the financial benefits mentioned above and other services available under the New Veterans Charter. If the legislation is adopted, on top of the lump sum Disability Award, our most seriously injured Veterans who are no longer able to work will receive at least \$58,000 per year," added Minister Blackburn.

With today's announcement, Veterans who receive a Disability Award will have the choice between:

- annual payments spread out over the number of years of their choice (with interest);
- part of the award as a lump sum and the rest as annual payments over the number of years of their choice (with interest); or
- a single lump sum payment.

Furthermore, at any time, Veterans who so choose may change their minds and receive the remaining amount as a lump-sum payment.

"Supporting our Veterans is a priority for this government," - Jean-Pierre Blackburn

Happy New Year to All of our Comrades and Friends!!

***Roy Blair
2nd Vice President Unit #68
Director Veterans Affairs***

Happy Birthday to all of our Unit #68 JANUARY Celebrants!

Ivan Benton Rose Jennings
John Marrington Virginia Overholt
Bob Rietveld

It is at this time of year that we are renewing our memberships so we may inadvertently miss some of our



members and for this we apologize.

Happy Birthday Everyone

COMRADES AND FRIENDS . . .

I wish to share a wonderful true story that happened to our beloved Sergeant-At-Arms, Roy Blair, two days before Christmas.

As Roy was in line to pay for his groceries at the Safeway store at Broadway and Commercial, a very large biker-type man and his wife were at the next check out. He called out to Roy and asked him if he was a Veteran, to which Roy replied, "Yes I was *in the Air Force*." The next thing Roy knew the Safeway clerk told Roy that his order had been paid for in full.

Roy looked over to this huge intimidating looking guy and said "Thank you", to which the stranger replied "NO, . . . THANK YOU, SIR!"

As Roy went outside the man and his wife again approached Roy and asked where he lived, to which Roy replied "in East Vancouver." "Could we give you a ride home?" said the stranger.

Roy was driven home and as they said Good-by, he again Thanked Roy for his service and said "Have a Merry Christmas" and drove off.

Wow, now THAT is a wonderful way to start 2011!!!

**Bob Rietveld
President Unit # 68**



u14547199 fotosearch.com

***A sunset is
heaven's gate
left ajar.***

A VERY SMART YOUNG MAN . . .

A State Trooper was patrolling late at night off the main highway. He sees a couple in a car, with the interior light brightly glowing.

When he carefully approaches the car to get a closer look, he sees a young man behind the wheel, reading a computer magazine. He immediately notices a young woman in the rear seat, filing her fingernails.

Puzzled by this surprising situation, the trooper walks to the car and gently raps on the driver's window.

The young man lowers his window. 'Uh, yes, Officer'?

The trooper asks: 'What are you doing'?

The young man says: 'Well, Officer, I'm reading a magazine'.

Pointing towards the young woman in the back seat the trooper says: 'And her, what is she doing'?

The young man shrugs: 'Sir, I believe she's filing her fingernails'.

Now, the trooper is totally confused. A young couple, alone, in a car, at night in a lover's lane And nothing obscene is happening!

The trooper asks: 'What's your age, young man'?

The young man says: 'I'm 22, sir'.

The trooper asks: 'And her what's her age'?

The young man looks at his watch and replies: 'She'll be 18 in 11 minutes...

ANAVETS AFFAIRS

AFFORDABLE RENTAL
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Vancouver, B. C. V5N
Patrick Buchannon, Manager
Telephone: (604) 874-6255 for Information

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DID YOU KNOW... that you may be eligible
for Death Benefits of up to \$ 3,500.00?

LAST POST FUND INC.
British Columbia Branch #520
7337 – 137th St. Surrey, BC V3W 1A4
For information regarding financial assistance
for the burial of your loved ones, please
contact 572-3242 or 1 – 800 – 268-0248.

*Thought of the day: The secret
to contentment is knowing how to
enjoy what you have.*

JAN. 2011 at Unit #26**SENIORS LUNCH &
ENTERTAINMENT DAY**

Tuesday, January 25th
Lunch served 12:30 p.m.
Shirley Rodgers 2 pm – 5 pm

LADIES AUXILIARY LUNCH & BINGO

Wednesday, January 26th at 12:30 p.m.
Everyone is Welcome

Dancing to Great Bands all month. . .

Please check your club bulletin board or
club schedule at the bar for more
information on bands.

TRIVIA with DANNY STETSKI

Tuesdays at 7 p.m

TEXAS HOLD'EM

Every Wed. and Friday Nights –
Registration 6:30 pm

DROP-IN EUCHRE

Thursdays at 7 p.m.

MEAT DRAWS every week

Fridays at 4:30 p.m.
Saturdays at 4:30 p.m.

JOIN US AND ENJOY!!

**PLEASE NOTE: Watch for notices on
our bulletin board for our Unit #26
and Unit #68 2011 EXECUTIVE
INSTALLATION DATE!**

*"I long to accomplish a great and
noble task, but it is my chief duty to
accomplish small tasks as if
they were great and noble."*

- Helen Keller

REMINISCING WITH RON 'ANDY CAPP' ROBINSON . . .



THE NIGHT THE BEATTLES APPEARED 'LIVE' ON THE STAGE AT UNIT 26

As Publicity Chairman for Unit 26 for years and years as well as Publicity Manager for our Pacific Command for a good many years, it was my job to get our organization's name in the news media as much as possible.

When I heard *the Queen* would be visiting Vancouver I sent a letter direct to Windsor Castle inviting her to visit a few of our Units on behalf of our veterans. I received a letter from Prince Phillip thanking me for the invitation, but her schedule prevented her from visiting any of our Clubs. That was 1971.

And in July, 1969, I actually sent a telegram to the *Astronauts*, Armstrong, Aldrin and Collins, while they were on their way to the moon wishing them a safe landing on behalf of the Army, Navy & Air Force veterans. A few weeks later I received a letter from astronaut Collins thanking the ANAVETS.

These were just a few items that managed to make the newspapers and TV and radio news coverage. But the story I created in 1964 is my favorite stunt.

The big story was that *The Beatles* were coming to Vancouver to put on a concert at the Empire Stadium (at Hastings Park). Rumor going around was that they would be staying overnight at The Blue Boy Hotel at Fraser and Marine. As Unit 26 was the closest ANAF Club to the Blue Boy I wanted to cash in on this event.

I advertised in our clubrooms that *The Beatles* would make a brief appearance on our stage before heading to their concert. My wife told me I had finally gone completely nuts, and the members in the Club would tear me apart when they found out I had lied to the public.

"Have no fear, my Dear," I told her, "I have a plan."

So I made a small stage (about the size of a shoe box) and made a miniature drum set with the *Beattles* name on it. Then I went out to our backyard, lifted a few pieces of plank and picked up four nice big beetles and put them in my little stage set.

The big night came, and our club was packed. I was just about to bring the 'Beetles' on stage when the doorman called me to the door and said there's a Province newspaper reporter here that wants to interview you.

I ushered the reporter into the office and showed him my small *Beattles* set and he thought it was great! (I wonder how he knew about the 'Famous Four' appearing in our Club??)

Anyways, the time had come to bring the group on stage. The audience loved it, - not a single person got mad that I had fooled them.

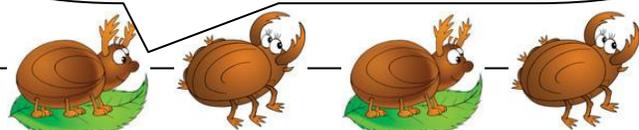
The next day the whole event was mentioned in the Province newspaper! More free publicity for the ANAF - I succeeded again!

Most of these news items and the original letters are on display in our Andy Capp Room at 43rd and Fraser.

Editor's Note:

Ronnie, I have to say that this is one of my all-time favorite stories!! What a Hoot!!

Hey Guys - we were a REAL HIT!!
YAHOO! WAY TO GO!!!



TOUCH OF HUMOUR . . . thanks to Ronnie Robinson & Kamloops Ruthie

GRAVITY

In a doctor's words: At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall.

"*Big breaths,*" I instructed.

"*Yes, they used to be,*" remorseful the patient.

Worried because they hadn't heard anything for days from the widow in the neighbouring apartment, Mrs. Silver told her son, "*Timmy, would you go next door and see how old Mrs. Kirkland is?*"

A few minutes later, Timmy returned.

"*Well,*" asked Mrs. Silver. "*Is she all right?*"

"*She's fine, except that she's mad at you.*"

"*At me?*" the woman exclaimed.

"*Whatever for?*"

"*She said it's none of your business how old she is,*" snickered Timmy.

Four senior women were in a beauty parlor getting their hair done when a young chick with a low cut blouse that revealed a rose bud tattoo above one breast walked in.

One lady leaned over to another and said, "*She doesn't know it yet but in 50 years she'll be wearing a long stemmed rose in a hanging basket*"

A motorist was unknowingly caught in an automated speed trap that measured his speed using radar and photographed his car. He later received in the mail a ticket for \$40 and a photo of his car.

Instead of payment, he sent the police department a photograph of \$40.

Several days later, he received a letter from the police that contained another picture ... of handcuffs.

He sent the cheque the same day!

A little girl asked her mother if all fairy tales begin with "*Once upon a time.*"

Her mother replied that they used to, but now they begin with "*If I'm elected.*"

*In wine there is wisdom;
in beer there is freedom;
in water there is bacteria.*

GOOD ADVICE:

Don't drive faster than your guardian angel can fly!

Kids Do Say The Darndest things.

A grade one teacher was reading the story of the Three Little Pigs to her class. She came to the part of the story where the first little pig was trying to find the building materials for his house. She read that the little pig went up to the man with a wheelbarrow full of straw and said, "*Pardon me sir, but may I please have some of that straw so I can build my house?*"

The teacher paused, then asked the class, "*And what do you think the man said?*"

One little boy raised his hand and said, "*I think he must have said 'Holy crap, a talking pig!'*"

It took the teacher several minutes to compose herself before she could read the rest of the story to the class.

SOMETHING TO THINK ABOUT!

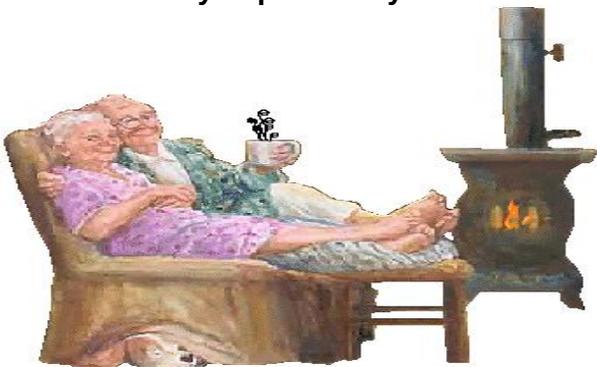
Imagine that you had won the following prize in a contest: Each morning your bank would deposit \$86,400.00 in your private account for your use. However, this prize has rules, just as any game has certain rules.

The **first set of rules** would be: Everything that you didn't spend during each day would be taken away from you. You may not simply transfer money into some other account. You may only spend it. Each morning upon awakening, the bank opens your account with another \$86,400.00 for that day.

The second set of rules:

The bank can end the game without warning; at any time it can say, it's over, the game is over! It can close the account and you will not receive a new one.

What would you personally do?



You would buy anything and everything you wanted, right? Not only for yourself, but for all people you love, right? Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every cent, and use it all, right?

ACTUALLY, this GAME is REALITY!

Each of us is in possession of such a magical bank. We just can't seem to see it. The **MAGICAL BANK is TIME!**

Each morning we awaken to receive 86,400 seconds as a gift of life, and when we go to sleep at night, any remaining time is **NOT** credited to us.

What we haven't lived up that day is forever lost.

Yesterday is forever gone.

Each morning the account is refilled, but the bank can dissolve your account at any Time....**WITHOUT WARNING.**

SO, what will **YOU** do with your 86,400 seconds?

Aren't they worth so much more than the same amount in dollars?

Think about that, and always think of this:

Enjoy every second of your life, because time races by so much quicker than you think.

So take care of yourself, be Happy, and enjoy life!

Live simply...Laugh often. Love generously...Care deeply.

Speak kindly. Leave the rest to Him.

PANDA THERAPY



SH-H-H-H! I'M REVIEWING THE CASE!

THIS IS AN AMAZING TRUE STORY . . .

On July 20, 1969, as Commander of the Apollo 11 Lunar Nodule, Neil Armstrong was the first person to set foot on the moon. His first words after stepping on the moon, "*That's one small step for man, one giant leap for mankind,*" were televised to earth and heard by millions.

But, just before he re-entered the Lander, he made the enigmatic remark "*Good Luck, Mr. Gorsky.*"

Many people at NASA thought it was a casual remark concerning some rival Soviet cosmonaut, however, upon checking, there was no Gorsky in either the Russian or American space programs.

Over the years many people questioned Armstrong as to what the "*Good Luck, Mr. Gorsky*" statement meant, but Armstrong always just smiled.

On July 5, 1995, in Tampa Bay, Florida, while answering questions following a speech, a reporter brought up the 26-year-old question to Armstrong. This time he finally responded. Mr. Gorsky had died, so Neil Armstrong felt he could answer the question.

In 1938 when he was a kid in a small midwest town, he was playing baseball with a friend in the backyard. His friend hit the ball, which landed in his neighbor's yard by the bedroom windows. His neighbors were Mr. and Mrs. Gorsky. As he leaned down to pick up the ball, young Armstrong heard Mrs. Gorsky shouting at Mr. Gorsky. "*Sex! You want sex?! You'll*



get sex when the kid next door walks on the moon!"

TRUE STORY

THE PERFECT TEACHER . . .

Having served his time with the Marine Corps, a man became a school teacher but before school started he injured his back. He was required to wear a plaster cast around the upper part of his body. Fortunately, the cast fit under his shirt and wasn't even noticeable.



On the first day of class, he found himself assigned to the toughest students in the school. Walking confidently into the rowdy classroom, he opened the window wide and sat down at his desk.

When a strong breeze made his tie flap, he took a stapler and stapled the tie to his chest.

He had no trouble with discipline that year...

SOME WONDERFUL CANINE HUMOUR

One afternoon, a woman was in her back yard hanging the laundry when an old, tired-looking dog wandered into the yard. The woman could tell from the dog's collar and well-fed belly that he had a home. But when she walked into the house, the dog followed her, sauntered down the hall and fell asleep in a corner. An hour later, he went to the door, and the woman let him out.

The next day the dog was back. He resumed his position in the hallway and slept for an hour. This continued for several weeks.

Curious, the woman pinned a note to his collar: "*Every afternoon, your dog comes to my house for a nap.*"

The next day he arrived with a different note pinned to his collar: "*We have ten children. He's trying to catch up on his sleep.*"

DO YOU REMEMBER THE GOOD OLD SIXTIES????

Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday. They include:

Bobby Darin --- Splish, Splash, I Was Havin' A Flash

Herman's Hermits --- Mrs. Brown, You've Got a Lovely Walker

Ringo Starr --- I Get By With A Little Help From Depends

The Bee Gees -- How Can You Mend A Broken Hip?



Roberta Flack--- The First Time Ever I Forgot Your Face?

Johnny Nash --- I Can't See Clearly Now?

Paul Simon--- Fifty Ways To Lose Your Liver

The Commodores --- Once, Twice, Three Times To The Bathroom

Leo Sayer --- You Make Me Feel Like Napping

The Temptations --- Papa's Got A Kidney Stone

Abba--- Denture Queen

Tony Orlando --- Knock 3 Times On The Ceiling If You Hear Me Fall

Helen Reddy --- I Am Woman, Hear Me Snore

Leslie Gore--- It's My Procedure, and I'll Cry If I Want To

And Last but NOT least...

Willie Nelson --- On the Commode Again



AND THEN IT IS WINTER.



You know . . . time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young, just married and embarking on my new life with my mate.

And yet in a way, it seems like eons ago, and I wonder where all the years went.

I know that I lived them all...

And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is . . . the winter of my life and it catches me by surprise . . .

How did I get here so fast? Where did the years go and where did my youth go?

I remember well . . . seeing older people through the years and thinking that those

older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like . . .

But, here it is . . . my friends are retired and getting gray . . . they move slower and I see an older person now.

Some are in better and some worse shape than me . . . but, I see the great change . . .

Not like the ones that I remember who were young and vibrant . . . but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day!

And taking a nap is not a treat anymore ... it's mandatory!

Cause if I don't on my own free will . . . I just fall asleep where I sit!

And so . . . now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!!

But, at least I know, that though the winter has come, and I'm not sure how long it will last . . . this I know, that when it's over . . . its over

Yes, I have regrets. There are things I wish I hadn't done . . . things I should have done, but indeed, there are many things I'm happy to have done.

It's all in a lifetime. . . .

So, if you're not in your winter yet . . . let me remind you, that it will be here faster than you think.

So, whatever you would like to accomplish in your life please do it quickly!

Don't put things off too long!!

Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life . . . so, live for today and say all the things that you want your loved ones to remember . . . and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one".

LIVE IT WELL!! ENJOY TODAY!

DO SOMETHING FUN!

BE HAPPY! BE THANKFUL!

Editor's Note: This is an Oldie but such a Goodie – ENJOY! ENJOY . . . once again!

IT'S TIME FOR YOUR AW-W-W OF THE MONTH



A Swan Mummie and her two little ones, nestled cozy and warm!!

A TOUCH OF BAR HUMOUR PERHAPS?

(What do you think, Jim?)

"What's that drink you're mixing" the stranger asked the bartender in the upscale Tex-Mex bar.

"I call it a Lil' Texas Shooter", said the bartender as he continued to mix up several batches of the drink.

"What's in it?" asked the stranger.

"Sugar, milk and rum." said the barkeep.

"Is it good?" asked the man.

"Sure is, Senor." said the bartender smiling. "The sugar gives you pep, and the milk gives you plenty of energy."



"And the rum?" asked the stranger.

"That gives you plenty of ideas what to do with all that pep and energy." quipped the bartender.



CAN I KEEP HIM???? PLEASE????

IT'S NOT TRUE THAT ONLY A "DOG PERSON" WOULD TRULY APPRECIATE THIS STORY

I pulled into the crowded parking lot at the local shopping center and rolled down the car windows to make sure my Labrador Retriever Pup had fresh air.



She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there.

I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me? Stay! Stay!"

The driver of a nearby car, a pretty young lady, gave me a strange look and said,

"Why don't you just put it in Park?"

Feeling a little dragged out after a very busy Holiday Season??? Here are two helpful hints

- Dampen a washcloth with cool water and put over your eyes. Just a few moments of this will leave you feeling cool and refreshed.
- Take a walk. The fresh air is a break from the stale air indoors. And a change of surroundings usually helps give you a new outlook.

A TOUCH OF IRISH HUMOUR FOR YOU . . .

Six retired Irishmen were playing poker in O'Leary's apartment when Paddy Murphy loses \$500 on a single hand, clutches his chest, and drops dead at the table. Showing respect for their fallen brother, the other five continue playing standing up.

Michael O'Connor looks around and asks, *'Oh, me boys, someone got's to tell Paddy's wife. Who will it be?'*

They draw straws. Paul Gallagher picks the short one. They tell him to be discreet, be gentle, don't make a bad situation any worse.

'Discreet??? I'm the most discreet Irishmen you'll ever meet. Discretion is me middle name. Leave it to me.'

Gallagher goes over to Murphy's house and knocks on the door. Mrs. Murphy answers, and asks what he wants. Gallagher declares, *'Your husband just lost \$500, and is afraid to come home.'*

'Tell him to drop dead!' says Murphy's wife..

'I'll go tell him.' says Gallagher.

FROM YOUR EDITORS: As we begin a New Year we ask you to ponder these words of wisdom as you follow this year's path in life . . . Author Unknown

THE GIFT OF GIVING

*The more you give, the more you get
The more you laugh, the less you fret
The more you do unselfishly,
The more you live abundantly
The more of everything you share,
The more you'll always have to spare,
The more you love, the more you'll find
That life is good and friends are kind
For only what we give away
Enriches us from day to day.*

ONE SUNDAY MORNING . . .

A priest decided to do something a little different. He said *'Today, in church, I am going to say a single word and you are going to help me preach. Whatever single word I say, I want you to sing whatever hymn that comes to your mind'* -- the pastor shouted out **'CROSS.'**

Immediately the congregation started singing in unison, **'THE OLD RUGGED CROSS.'**

The pastor hollered out **'GRACE.'** The congregation began to sing **'AMAZING GRACE, how sweet the sound.'**

The pastor said **'POWER.'** The congregation sang **'THERE IS POWER IN THE BLOOD.'**

The Pastor said **'SEX.'** The congregation fell into total silence. Everyone was in shock. They all nervously began to look around at each other afraid to say anything.

Then all of a sudden, way from in the back of the church, a little old 87 year old grandmother stood up and began to sing **'MEMORIES.'**

Gotta Love Little Old Ladies.



Laugh... It burns calories!!!

VICKS VapoRub – VERY INTERESTING

During a lecture on Essential Oils, they told us how the foot soles can absorb oils. Their example: Put garlic on your feet and within 20 Minutes you can 'taste' it.

Some of us have used Vicks VapoRub for years for everything from chapped lips to sore toes and many body parts in between. But I've never heard of this. And don't laugh, it works 100% of the time, although the scientists who discovered it aren't sure why.

To stop night time coughing in a child (or adult as we found out personally), put Vicks VapoRub generously on the soles of your feet, cover with socks, and the heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition it is extremely Soothing and comforting and they will sleep soundly.

Just happened to tune in to A.M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good, due to the chemicals in them This method of using Vicks VapoRub on the soles of the feet was found to be more effective than prescribed medicines for children at bed time. In addition it seems to have a soothing and calming effect on sick children who then went on to sleep soundly.

My wife tried it on herself when she had a very deep constant and persistent cough a few weeks ago and it worked 100%! She said that it felt like a warm blanket had enveloped her, coughing stopped in a few minutes. So she went from; every few seconds uncontrollable coughing, she slept cough-free for hours every night she used it.

If you have grandchildren, pass this on.

If you end up sick, try it yourself and you will be amazed at how it works.

DON'T SHUN THIS ONE. TRY IT THE NEXT TIME YOU GET A BAD COLD. THE ONLY THING YOU CAN LOSE IS YOUR COUGH.

A TRUE STORY . . .

(as recorded via the Internet)

One night at McCord Air Force Base, I was dispatched to check out the security fence where an alarm had gone off.

The fence was at the end of the base runway. When I got to the scene, I found a raccoon was the culprit, so I ran around and flapped my arms to scare the animal away.



Suddenly an air-traffic controller came over the public-address system and announced loudly, "*Attention to the airman at the end of the runway. You are cleared for takeoff.*"



Wishing all of our Friends and Comrades a New Year 2011 filled with lots of Bear Hugs!!!!

GEMS from our Special Friend Elsie Fraser of ANAF Assiniboia Unit 283 in Winnipeg, Manitoba



I just had a call from a Charity asking me to donate some of my clothes, to the starving people throughout the world.

I told them to F&%#@k off. Anybody who fits into my clothes isn't starving.

— . — . — . — . — . — .

HOLD A GOOD FRIEND AND DON'T LET GO . . .

FRIENDS . . .

They love you, but they are not your lover.

They care for you, but they are not from your family.

They are ready to share your pain, but they are not your blood relation.

They are **FRIENDS!**

A True Friend . . .

Scolds like a **DAD**.

Cares like a **MOM**.

Teases like a **SISTER**.

Irritates like a **BROTHER**.

— . — . — . — . — . — .

Hope is the ability to hear the music of the future.



Faith is having the courage to dance to it today.

— . — . — . — . — . — .

SOME OLDIES BUT GOODIES

At a cocktail party, one woman said to another, 'Aren't you wearing your wedding ring on the wrong finger?'

'Yes, I am. I married the wrong man.'

— . — . — . — . — . — .

A lady inserted an ad in the classifieds: 'Husband Wanted'.

Next day she received a hundred letters. They all said the same thing: 'You can have mine.'

— . — . — . — . — . — .

When a woman steals your husband, there is no better revenge than to let her keep him.

— . — . — . — . — . — .

If you want your spouse to listen and pay strict attention to every word you say -- talk in your sleep.

— . — . — . — . — . — .

Just think, if it weren't for marriage, men would go through life thinking they had no faults at all.

— . — . — . — . — . — .

First guy says, 'My wife's an angel!'

Second guy remarks, 'You're lucky, mine's still alive.'

— . — . — . — . — . — .

If you want your spouse to listen and pay strict attention to every word you say -- talk in your sleep.

— . — . — . — . — . — .



GOD LOVES DRUNKS TOO . .

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it's 3am in the morning and it's bloody pouring rain out there!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself! God loves drunk people too you know."

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, *"Hello, are you still there?"*

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk.



WILL YOU DANCE WITH ME?

EDITORS NOTE: *We have printed this item before but thought it was a perfect time to reprint it . . . as we welcome the New Year 2011!! ENJOY!*

Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine.

I got to thinking one day about all those women on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible.

How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word 'refrigeration' mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched 'Jeopardy' on television?

I cannot count the times I called my sister and said, 'How about going to lunch in a half hour?' She would gas up and stammer, 'I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast, It looks like rain.' And my personal favorite: 'It's Monday.' She died a few years ago. We never did have lunch together.

Because Canadians cram so much into their lives, we tend to schedule our headaches. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect!

"We'll go back and visit the grandparents when we get Steve toilet-trained. We'll entertain when we replace the living-room

carpet... We'll go on a second honeymoon when we get two more kids out of college".

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of 'I'm going to,' 'I plan on,' and 'Someday, when things are settled down a bit.'

When anyone calls my 'seize the moment' friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you're ready to trade your bad feet for a pair of Roller blades and skip an elevator for a bungee cord.

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process. The other day, I stopped the car and bought a triple-Decker. If my car had hit an iceberg on the way home, I would have died happy.

Now...go on and have a nice day. Do something you **WANT** to... not something on your **SHOULD DO** list. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? So, why are you waiting?

Have you ever watched kids playing on a merry go round or listened to the rain lapping on the ground? Ever followed a butter fly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask . . . 'How are you?' Do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child,

'We'll do it tomorrow.' And in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say 'Hi'!

When you worry and hurry through your day, it is like an unopened gift....Thrown away..... Life is not a race. Take it slower. Hear the music before the song is over.

'Life may not be the party we hoped for . . . but while we are here we might as well dance!'

WHERE WOULD YOU BE:

IF - you had all the money your heart desires?

IF - you had no worries?

IF - you came home and the finest meal was awaiting you

IF - your bath water had been run?

IF - you had the perfect kids or pets?

IF- your partner was awaiting you, with open arms and kisses?

So, where would you be?

Well..... Helloooooo !!!!!!!



You'd be at the wrong f%#@&*n' house!

**AND FROM OUR UNIT #68
BUZZ RECIPE CORNER . . .**

***CROCKERY POT SAUSAGE
AND EGG CASSEROLE***

INGREDIENTS:

1 doz. beaten eggs
14 slices bread
2 1/4 cups milk (low-fat
or skim is fine)
2 1/2 cups grated
Cheddar or Monterey
Jack cheese
1 lb. sausage, cooked
and drained
1/2 tsp. salt
1 tsp. pepper (to taste)
2 tsp. mustard (optional)



METHOD:

Grease sides of the crock with butter.

If desired, spread mustard on one side of the bread and cut bread into large squares.

Make layers in the Crockery Pot of bread, followed by sausage, followed by cheese, ending with a cheese layer.

Beat eggs, milk, salt and pepper together. Pour over mixture in Crockery Pot, cover and turn on low.

Cook for 8 to 12 hours.

Sounds like the perfect combination for this cold (Br-r-r-r) and snowy season!!!

ENJOY!!!!

***As you get older – Remember -
your secrets are safe with your
friends because they can't
remember them either!***

FROM YOUR EDITORS . . .

The Holiday Season has come and gone and we warmly welcome the New Year 2011!!



We want to issue a Very Special Thank You to a very sweet lady who gave us a very much appreciated donation for our Buzz just before the Holiday Season.

And also Thank You to two of our friends who have been Buzz sleuthing and donated some very much needed bee stickers to us! Please keep on the lookout for any and all Bee stickers!!! They are getting harder and harder to find!!

As our President announced our Unit is celebrating our 90th year this 2011! Let's pledge to make it the best year yet for our Unit!! Ever onward and upward is our Goal!

Yes, The Buzz is in its 14th year and still going strong, thanks to all of our supporters who read each issue avidly, and who email us with great stories and jokes. Then of course our Special Thanks as always to our Ronnie Robinson for his great columns each month, and his wonderful covers!!! Don't even think about quitting, Ronnie!!!

We want to apologize for any repeats that you see in these issues, but sometimes we feel an item is worth repeating, and at other times – we just totally forget that we have already printed it!!! Tch! Getting old!!!

OUR WEBSITE: anavets26.ca

May many blessings come your way today and in the coming year:

May you always have love to share . . .

Health to spare . . .

And friends that care!!!

Happy New Year Everyone!!!

***Your Editors
Mardi & Fred***