

THE BUZZ



REN ROBINSON

THE BUZZ



YOUR PRESIDENT'S REPORT

Comrades and Associates:

Happy New year to everyone in both units, I wish you all good health and maybe the Lotto Max would help.

We sometimes forget how fortunate we are in this country, personally I am the most blessed person. When you stop to think about all the good things you have, all the garbage just sort of falls aside. So you learn to relax and enjoy life.

The things that are important are relationships and as I just had my 68th birthday, accomplishing and achieving are no longer a priority. I gave up alcohol a year ago and guess what, the club is still operating.

By now all my Unit #68 members have received my letter concerning the proposed amalgamation and the results of the Unit #26 vote on this issue.

What ever my members decide, I hope common sense prevails since the future of both units hangs in the balance. Please make your vote count on January 13, 2013 at our A.G.M. meeting 12:30 P.M. in the Andy Capp Room.

As a member of Unit #284 in Steveston, we attended the Christmas Santa Claus party for my grandchildren. Five of my nine grandchildren were given gifts (age limit) and I wish to thank Comrade Shirley and Bob Young for a job well done. With all my family present we had one of the largest tables at the function.

The magic show was excellent and President Chuck McDonald managed to keep all the kids entertained.

So your Unit #68 President is 68 this year, now lets see if any other club match that one!!!



*Fraternally,
Bob Rietveld
President A.N.A.F. Unit #68*



GREETINGS FROM UNIT #26



As we embark on a New Year:

I wish you Health...

So you may enjoy each day in comfort.

I wish you the Love of friends and family...

And Peace within your heart.

I wish you the Beauty of nature...

That you may enjoy the work of God.

I wish you Wisdom to choose priorities...

For those things that really matter in life.

I wish you Generosity so you may share...

All good things that come to you.

I wish you Happiness and Joy...

And Blessings for the New Year.

I wish you the best of everything...

That you so well deserve!

As we gaze into our crystal ball, we see that there are many changes on the horizon for our Unit. 34 days and counting until we close and 59 days until we have to be off the premises..... As we reported at the last GM, we have met with RCL Branch 16 and they are looking forward to our move to their premises. They have generously given me some office space and use of their boardroom for our Executive and Finance meetings and space for us to hold our General Meetings on the main floor. We will have room to hang a notice board and also a place for our Charter and Executive pictures.

Tom Davis, Dave Jameson and Cris Da Silva are working on moving one of our pool tables into the Branch and Tom, Dave and Ken Chamberlin are working on storage space. We will also be hiring movers to transport our Unit shuffleboard to Branch 16.

We will soon be having sales, sales and more sales. If there is something you are interested in, see Ken, Inder or Janice.

Place a bid!!! We will have some tables, chairs, fridges, freezers and lots of other items. Do you know of a club or a group that would like a pool table FREE??? All they have to do is move it and it is theirs!

Concerning the vote on the amalgamation of Units 26 and 68 – passed by 2/3 of a majority (plus 4 votes) that Unit 26 is in favor of amalgamating with Unit 68. On the issue of changing our Unit Charter number to a new Unit Charter number – defeated. Unit 68 is having a meeting on Sunday, January 13th so we will wait to see how their membership votes.

Please try to attend the next GM on Sunday, January 20th at 12:30pm. We have some decisions to make and you a great part of that process. Please come and help us along.

Sunday, January 27th Unit 26 will host our Installation of Officers starting at 1pm.

This will be followed by our LAST HURRAH PARTY for the Unit. Music will be provided by Cheek to Cheek from 3-7pm and instead of a light lunch we will be serving a Pork Loin dinner for all in attendance from 4:30-5:30pm. Come and celebrate with us!

Sunday, February 3rd is Super Bowl Sunday and what a great day it will be!!! It is our last day of operations and we will be having a potluck that day. See the sign-up sheet on the notice board next to the men's washroom. Sign your name and the dish or delights you would like to bring to our party!!!

This will be the last TOILET PAPER TOSS COMPETITION so make sure to get that arm into condition because you know that Craig is a sharp competitor!!! He will wear you down!!!

Have a good month and we will see you around,

Janice Graham
Unit #26 President

PROVINCIAL COLOUR GUARD REPORT

Comrades:

The Election of Officers is on Saturday January 12, 2013 at Unit #26. I hope all colour guard members attend to cast their ballot. As I have reported numerous times, being a member of this group is an honour and requires a lot of devotion. As an executive you lead these members but the satisfaction at each parade is appreciated by all your comrades.

Happy Birthday to our longest serving member Charlie Lee. I have been sworn to secrecy by his wife on Charlie's age, but he was born 1924. There-- I sort of kept my word? Charlie still attends every meeting and parade and I wish to thank B.C. Command for allowing Charlie to join the saluting stand at some of the parades. It has been my honour to march with Charlie for over 10 years.

Two years ago at the New Westminster Hayak Parade it was very hot and about 1 block from the finish Charlie looked over at me and said " *Hey Bob, I more block and you will have to call the meat wagon*" I almost lost my step in laughter, but he finished as always. So best wishes Charlie from all the colour guard, you are an exceptional veteran.

Fraternally,
Bob Rietveld
Color Sergeant

VETERAN'S AFFAIRS
REPORT

In many articles thru out the war in Afghanistan we honour our Canadian fallen. I thought it only fitting that I report on the loses suffered by our American allies. As of October 2012 the American deaths in war reached 2,000, a cold reminder of the perils that remain after an 11 year conflict that now garners little public interest at home.

"The tally might seem modest by the standards of war historically, but every fatality is a tragedy and 11 years is too long". In 2012 alone 52 American and other NATO troops have been killed by insurgents disguised as Afghan soldiers or police. As reported by CBS 60 MINUTES. *"You know we are willing to sacrifice a lot for this campaign, but we're not willing to be murdered for it"*

Although both our countries have either withdrawn or are withdrawing troops in 2012 there are still 68,000 soldiers in Afghanistan and most will be coming home by 2014, which can not be soon enough.

The insider attacks are considered one of the most serious threats to our exit strategy and we wonder how it will all end and it leaves me with a sense of hopelessness.

Respectfully submitted in honour of Roy Blair.

Bob Rietveld



*Thank you for
serving our
country and
protecting our
freedoms.*

SHUFF N'

STUFF

SHUFFLEBOARD



A Memorial Shuffleboard Tournament was played Dec. 29th at Unit 26 to honour the memory of Ralph Johansen.

Our thanks to those who fought off the post Christmas blues to share an enjoyable afternoon of shuffleboard.

The winners of the A-B-C tournament were: Sandi Greenfield; Les Jones and Dick Moore.

There is an A-B tournament slated for the weekend of January 26th. However a scheduling conflict has arisen. So please keep your eyes on the bulletin board for more current information.

Dick Moore
Director - Sports

HAPPY BIRTHDAY to our Two
Unit #68 January Celebrants!

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!

**ANAF UNIT #68 INSTALLATION
OF OFFICERS**

Sunday, January 13th at 2:30 pm.

In the Andy Capp Room

Everyone is welcome. Please come out and show your support for our President Bob Rietveld and our executive members.



**ANAF UNIT #26
INSTALLATION OF
OFFICERS**

Sunday, January 27th at 1:00 pm.

Everyone is welcome. Please come out and show your support for President Janice Graham and her executive members.

We will be having a **LAST HURRAH PARTY** for the Unit after the Installation on Sunday, January 27th

We can dance the afternoon away as great music will be provided by Cheek to Cheek from 3-7pm

Then we can enjoy a special Last Hurrah Pork Loin Dinner which will be served from 4:30 - 5:30 pm.

Come and celebrate with us! Let's leave this building in style!!!!

Our wish is that the
New Year 2013
mark the beginning
of a Tidal Wave
of Love, Happiness
and Bright Futures
for all of us.



ANAVETS AFFAIRS

**AFFORDABLE RENTAL
HOUSING FOR SENIORS**



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Vancouver East
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Richmond - 11820 No. 1 Road
North Van. - 225 / 235 / 245 East 3rd St.
Call 874-8105 or email
bcanavets@telus.net for more information

New Chelsea Society
#300 - 3640 Victoria Drive,
Vancouver, B. C. V5N
Patrick Buchannon, Executive Director
Telephone: (604) 874-6255 for Information

VETERANS AFFAIRS CANADA
MEDALS & SERVICE RECORDS
P.O. Box 7700 Charletown, P.E.I. C1A 8M9

VETERANS AFFAIRS ENQUIRIES
Suite 1000 - 605 Robson Street,
Vancouver, B.C. Toll-Free Telephone: 1-
866-522-2122

HEALTH & WELFARE CANADA
PENSION PLAN
Inquiries: 1 - 800 - 277-9914

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.

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

JANUARY 2012 at our
Units #26 & #68

LAST HURRAH PARTY
Sunday January 27th
Come and Celebrate with Us!

SUPER BOWL PARTY

Sunday February 3rd
Join Us for our Closing Day!

Dancing to Great Bands all month. . .

Friday, January 4th - 7:30

Midnight Eagles

Friday, January 11th - 7:30

True Country

Friday, January 18th - 7:30

Bob Marlow

Friday, January 25th - 7:30

Willie MacCalder

Friday, February 1st - 7:30

Lone Strangers

TUESDAY IS TRIPLE T DAY!!

Tuesday, Trivia, & Tacos

Free Pool 4 p.m. - closing

Trivia with Danny Stetski at 7 pm

TEXAS HOLD'EM

Every Wednesday and Friday evenings -

Registration 6:30 pm

DROP-IN EUCHRE Thursday at 7 pm

MEAT DRAWS every week

Fridays at 4:00 p.m. NOW 2 tickets for \$1

Saturdays at 4:00 p.m. NOW 2 tickets for \$1

MEMBERSHIP DRAW - every Saturday
during Meat Draw . . . Must be Here to Win!

THE JOKER DRAW

Play during the Fri. & Sat. Meat Draw

JOIN US & ENJOY

Office Hours: for the month of January

Monday & Friday 8:30 am - 4 pm

Remember: anavets26.ca

REMINISCING WITH RON 'ANDY CAPP' ROBINSON



Here we are into a new year, 2013. Of course we all have a memory or two of 2012. Two of my memories were the loss of two of my friends, Bernie

Smith and my sister-in-law, Ruth Galics.

Bernie passed away on November 14th. He was possibly Canada's most well-known police officer. Most of us will remember him as "*Whistling Bernie Smith*."

This was a name given to him from the people living in one of Canada's most dangerous districts, Main and Hastings. Bernie was exceptionally friendly with those people and because he was continuously whistling as he walked those streets they began calling him "*Whistling Bernie Smith*."

I personally got to know Bernie when we were both on many A.N.A.F. conventions together. Bernie was well-known in the A.N.A.F. organization, having been on the Executive of Taurus Unit 298, as well as its President.

I could write a book about the many dumb stunts Bernie and myself were involved in through our many years together as members of this wonderful organization, The Army, Navy and Air Force Veterans' Organization.

On April 20th I lost another dear friend, Ruth. Ruth was my sister-in-law. Buzz readers will remember her as "*Kamloops Ruthie*".

Ruth kept The Buzz supplied with many humorous jokes these many years. She sent them on from Kamloops, her hometown.

I first met Ruth when she was down for a special course. Ruth was a nurse at the Royal Inland Hospital in Kamloops, and was down to Vancouver for a special medical course.

I began going around with her during the six week course. When the course was completed and we were on our last date before she was leaving to return to Kamloops, she asked if I would do her a favor. She told me her young sister was down from Lillooet and was taking a course at the Sprott Shaw Secretarial

School, and her sister was terribly lonely in Vancouver. Of course being the gentleman I am, I said "Yes".

I took her to the Cascades Drive-In Theatre. Her name was Hester, and she was overjoyed because she had never been to a drive-in theatre.

Of course we never seen the movie (Oh for heaven's sake, get real!!) It was because the movie was fogged out, but the Cascades gave everyone their money back.

A few years later Hester and myself were married. We had five wonderful children together (three boys, two girls).

Hester passed away on March 7th, 1992. I intend to write an entire story about that wonderful woman in a future story one day.

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EDITORS NOTE: Ronnie, we will hold you to your promises. We would love to have you write about *Hester*, and your life together. And we would ask that you just go ahead and start planning that column.

And it sounds like the stunts with you and "*Whistling Bernie*" is another epic column we would like to see written soon.

Now those should keep you very busy as you start this New Year 2013.

We warmly wish you, Lilian and your wonderful family a Very Happy and Healthy New Year 2013!!

VICKS VapoRub – INTERESTING INFO

During a lecture on Essential Oils, they told the students 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



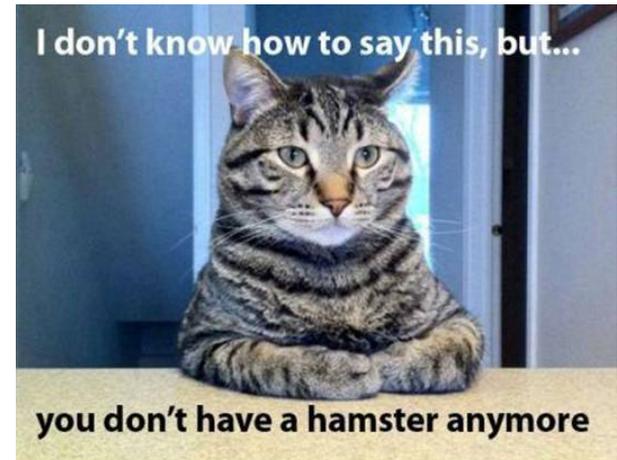
from chapped lips to sore toes and many body parts in between. But we've never heard of this. And don't laugh, it works 100% of the time, although the scientists who discovered it aren't sure why it works.

To stop night time coughing in a child or an adult, 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 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.

A friend 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 uncontrollable coughing to sleeping 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.

So, with the cold and flu season upon us, our conclusion is that we should not shun this one – try it out the next time you get a bad cold. *The only thing you can lose is your cough!!!!*



A TOUCH OF BAR HUMOUR . . .

Walking into the bar, Mike said to Charlie the bartender, "*Pour me a stiff one - just had another fight with the little woman.*"

"*Oh yeah?*" said Charlie "*And how did this one end?*"

"*When it was over,*" Mike replied, "*she came to me on her hands and knees.*"

"*Really,*" said Charlie, "*now that's a switch! What did she say?*"

She said, "*Come out from under the bed, you chicken!*"

WAL-MART SENIOR GREETER

You just have to appreciate this one. Young people forget that we old people had a career before we retired...

Charley, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "*Older Person Friendly*" policies.

One day the boss called him into the office for a talk.

"Charley, I have to tell you, I like your work ethic, you do a bang-up job when you finally get here; but your being late so often is quite bothersome."

"Yes, I know boss, and I am working on it."

"Well good, you are a team player. That's what I like to hear".

"Yes sir, I understand your concern and I will try harder".

Seeming puzzled, the manager went on to comment, *"I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning late so often?"*

The old man looked down at the floor, then smiled. He chuckled quietly, then said with a grin,

"They usually saluted and said, Good morning, Admiral, can I get your coffee, sir"?

EDITOR'S NOTE: One of our favourite stories, ever!

DARK SPOTS ON BANANAS -

Very good info

When we were young, we were told that bananas with dark patches were the preferred variety. Guess science is only discovering now what grandma knew a hundred years ago.

The fully ripe banana produces a substance called TNF which has the ability to combat abnormal cells. So don't be surprised very soon if your favorite grocery store will run out of bananas.



As the banana ripens, it develops dark spots or patches on the skin. The more dark patches it has, the higher will be its immunity enhancement quality. Hence the Japanese love bananas for a good reason. According to a Japanese scientific research, banana contains TNF which has anti-cancer properties. The degree of anti-cancer effect corresponds to the degree of ripeness of the fruit, i.e., the riper the banana, the better the anti-cancer quality.

In an animal experiment carried out by a professor in Tokyo U comparing the various health benefits of different fruits, using banana, grape, apple, water melon, pineapple, pear and persimmon, it was found that bananas gave the best results. They increased the number of white blood cells, enhanced the immunity of the body and produced anti-cancer substance TNF.

The recommendation is to eat 1 to 2 bananas a day to increase your body immunity to diseases like cold, flu and others. According to the Japanese professor, yellow skin bananas with dark spots on it are 8 times more effective in enhancing the property of white blood cells than the green skin version.

GOTTA LOVE SENIORS....

One night a nurse was making her rounds in a Calgary nursing home.

While walking down the hall, she came across an open door. She looked in and saw old Frank sitting up in bed pretending to drive.

She then asked, 'Frank, what are you doing?

He replied, *'I'm driving to Winnipeg.'*

The nurse smiled at him and carried on making her rounds.

The next night as she walked past Franks room she saw the same thing.

Again she asked, *'Frank, what are you doing?'*

He replied, *'I'm driving to Winnipeg; it's a two day trip you know!'*

The nurse smiled at him and carried on making her rounds.

A few minutes later she came across another open door and looked in.

She saw Bill pretending to dance with someone.

She then asked, *'Bill, what are you doing?'*

Bill replied, *'I'm dancing with Franks wife, he's gone to Winnipeg for a few days...'*



THE SENILITY PRAYER

Grant me the senility to forget the people I never liked anyway,
the good fortune to run into the ones I do,
and the eyesight to tell the difference.

SENIOR'S BUS TRIP!!!!!!!!!!!!

A senior citizens group charters a bus for an overnight gambling casino trip.

An elderly woman comes up to the bus driver and says, *'I've just been molested!'*

The driver felt that she had fallen asleep and had a dream. So he tells her to go back to her seat and sit down.

A short time later, another old woman comes forward and claims that she was just molested. The driver thought he had a bus load of old wackos, but who would be molesting these old ladies?

About 10 minutes later, a third old lady

comes up and says that she'd been molested too. The bus driver decides that he'd had enough and pulls into the first rest area.

When he turns the lights on and stands up, he sees an old man on his hands and knees crawling in the aisles.

'Hey gramps, what are you doing down there?' says the bus driver.

'I lost my toupee. I thought I found it three times, but every time I tried to grab it, it gets up and runs away!'



A sunset is heaven's gate

left ajar.

A TOUCH OF COUPLE HUMOUR

On a bitterly cold winter's morning a husband and wife in Surrey were listening to the radio during breakfast.

They heard the announcer say, *"We are going to have 8 to 10 inches of snow today. You must park your car on the even-numbered side of the street, so snow ploughs can get through conveniently"*.

So the good wife went out and moved her car as instructed.

A week later while they



are eating breakfast again, the radio announcer said, *"We are expecting 10 to 12 inches of snow today. You must park your car on the odd-numbered side of the street, so the snow ploughs can get through."*

The good wife went out and moved her car again.

The next week they are again having breakfast when the radio announcer says, *"We are expecting 12 to 14 inches of snow today. You must park....."* Then the power went off.

The good wife was very upset, and with a worried look on her face she said, *"I don't know what to do. Which side of the street do I need to park on so the snow ploughs can get through?"*

Then, with all the love and understanding in his voice that men who are married to such helpful women always exhibit, the husband replied,

"Why don't you just leave the car in the garage this time?"

YO . . . MR. POLICEMAN . . .



"HE'S ABOUT 5' 3", WEARING A RED JACKET, SMELLS OF BEER, AND HE SHOT A GUN AT ME"

TELLING IT LIKE IT IS . . .

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!"*

OVERHEARD IN THE DOCTOR'S HOSPITAL LOUNGE . . .

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," replied the patient with deep remorse.

PONDER THIS FOR 2013 . . .

"Yesterday is not ours to recover, but tomorrow is ours to win or to lose."

- Lyndon B. Johnson

WHY TEACHERS DRINK!!!!

The following questions were set in last year's GED examination. These are genuine answers (from 16 year olds) . . . and they WILL breed! ! !

Q. Name the four seasons:

A. Salt, pepper, mustard, and vinegar

Q. Explain one of the processes by which water can be made safe to drink?

A. Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q. How is dew formed?

A. The sun shines down on the leaves and

makes them perspire.

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty?

A. He says goodbye to his boyhood and looks forward to his adultery.

Q. Name a major disease associated with cigarettes?

A. Premature death.

Q. What is artificial insemination?

A. When the farmer does it to the bull instead of the cow.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. How are the main 20 parts of the body categorized (e.g. The abdomen)

A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A,E,I,O,U.

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby

Q. What is the most common form of birth control?

A. Most people prevent contraception by wearing a condominium.

Q. Give the meaning of the term 'Caesarean section'?

A. The caesarean section is a district in Rome.

Q. What is a seizure?

A. A Roman Emperor.

Q. What is a terminal illness?

A. When you are sick at the airport.

Q. Give an example of a fungus. What is a characteristic feature?

A. Mushrooms. They always grow in damp places and they look like umbrellas.

Q. Use the word 'judicious' in a sentence to show you understand its meaning.

A. Hands that judicious can be soft as your face.

Q. What does the word 'benign' mean?

A. Benign is what you will be after you be eight.

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

**An oldie but always nice to have
a repeat giggle or two . . .**

*You Don't Have To Own A Cat To
Appreciate This One! You don't even have
to like 'em!*

We were dressed, and ready to go out for the New Years Eve Party. We turned on a night light, turned the answering machine on, covered our pet parakeet, and put the cat in the backyard.

We phoned the local cab company and requested a taxi. The taxi arrived and we opened the front door to leave the house.

As we walked out the door, the cat we had put out in the yard, scoots back into the house. We



didn't want the cat shut in the house, because she always tries to eat the bird. My wife goes on out to the taxi, while I went back inside to get the cat. The cat runs upstairs, with me in hot pursuit.

Waiting in the cab, my wife doesn't want the driver to know that the house will be empty for the night. So, she explains to the taxi driver that I will be out soon, *'He's just going upstairs to say Goodbye to my mother.'*

A few minutes later, I get into the cab. *'Sorry I took so long,'* I said, as we drove away. *'That stupid bitch was hiding under the bed. I had to poke her ass with a coat hanger to get her to come out! She tried to take off, so I grabbed her by the neck. Then, I had to wrap her in a blanket to keep her from scratching me. But it worked! I hauled her fat ass downstairs and threw her out into the back yard!'*

The cab driver hit a parked car.

TICKLE ME GIGGLES . . .

There is a factory in Northern Minnesota which makes the Tickle Me Elmo toys. The toy laughs when you tickle it under the arms.

Well, Lena is hired at The Tickle Me Elmo factory and she reports for her first day promptly at 8:00 am.

The next day at 8:45 am there is a knock at the Personnel Manager's door. The Foreman throws open the door and begins to rant about the new Employee. He complains that she is incredibly slow and the whole line is backing up, putting the entire production line behind schedule.

The Personnel Manager decides he should see this for himself, so the 2 men march down to the factory floor. When they get there the line is so backed up that there are Tickle Me Elmo's all over the factory floor

and they're really beginning to pile up. At the end of the line stands Lena surrounded by mountains of Tickle Me Elmo's. She has a roll of plush red fabric and a huge bag of small marbles.

The two men watch in amazement as she cuts a little piece of fabric, wraps it around two marbles and begins to carefully sew the little package between Elmo's legs.

The Personnel Manager bursts into laughter. After several minutes of hysterics he pulls himself together and approaches Lena.



'I'm sorry,' he says to her, barely able to keep a straight face, *'but I think you misunderstood the instructions I gave you yesterday...'*

'Your job is to give Elmo two test tickles.'

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OUR NEW BULL . . .
(overheard in the clubrooms))

We recently spent \$2500 on a young Black Angus bull. We put him out with the herd but he just ate grass and wouldn't even look at a cow. I was beginning to suspect his preferences.

Anyhow, I had the Vet come have a look at him. He said the bull was very healthy, but possible a little young, so he gave me some pills to feed him once per day.

Holy crap! The bull started to service the cows within two days. All of my cows! He even broke through the fence and bred all my neighbor's cows! He's been breeding just about everything in sight. He's like a machine!

I don't know what was in the pills the Vet gave him, but they kinda taste like peppermint.

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A Hug Certificate for You!

If I could catch a rainbow
I would do it just for you
And share with you its beauty
On the days you're feeling blue.

If I could build a mountain
You could call your very own;
A place to find serenity,
A place to be alone.

If I could take your troubles
I would toss them in the sea,
But all these things, I'm finding,
Are impossible for me.

I cannot build a mountain
Or catch a rainbow fair,
But let me be what I know best,
A friend who's always there.

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MANAGING STRESS . . .

A couple of drinking buddies, Dave and Rick worked as aircraft mechanics in an airport in Melbourne, Australia. One day the airport was fogged in and they were stuck in the hangar with nothing to do.

Dave said, *'Man, I wish we had something to drink!'*

Jim says, *'Me too. Y'know, I've heard you can drink aviation fuel and get a buzz. You wanna try it?'*

So they pour themselves a couple of glasses of high octane booze and get completely smashed.

The next morning Dave wakes up and is surprised at how good he feels. In fact he feels GREAT! NO hangover! NO bad side effects. Nothing!

Then the phone rings. It's Jim. Jim says,

'Hey, how do you feel this morning?'

Dave says, *'I feel great, how about you?'*

Jim says, *'I feel great, too. You don't have a hangover?'*

Dave says, *'No that jet fuel is great stuff -- no hangover, nothing. We ought to do this more often.'*

'Yeah, well there's just one thing.'

'What's that?'

'Have you f###ted yet?'

"No.'

'Well, DON'T - cause I'm in New Zealand !"

— . — . — . —

Life is a coin,
You can spend it anyway you wish,
But you can only spend it once.

Do not miss an opportunity to tell someone you care!!!!

WILL YOU DANCE WITH ME?

EDITORS NOTE: This is a beautiful story that we have printed before, but we always like to reprint it for the New Year - with our wishes for a Wonderful 2013 for all of us!!!!

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 giftThrown 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!"



A QUOTE TO BRING IN THE NEW

For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning.
T.S. Eliot

YEAR 2013

A GREAT POEM FOR ALL
YOU SENIOR COMPUTER
NERDS OUT THERE . . .



The computer swallowed Grandma,
Yes, honestly it's true!

She pressed 'control and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.

She must have caught a virus-
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind;

I've even used the Internet,
But nothing did I find.

In desperation, I asked Mr. Google
My searches to refine.

The reply from him was negative,

Not a
thing
was
found
'online.'

**Why are there never any
"GOOD" side-effects?**

**Just once I'd like to
read a medication bottle
that says**

**"MAY CAUSE EXTREME
SEXINESS".**

-Unknown Author

My Grandma you should see,

Please 'Copy, Scan' and 'Paste' her,
And send her back to me.

This is a tribute to all the Grandmas &
Grandpas who have been fearless and
learned to use the computer.....

They are the greatest!!!

*FOR ALL OF OUR DEVOTED
READERS . . .*

OUR WISH FOR YOU IN 2013

*May peace break into your home and may
thieves come to steal your debts.*

*May the pockets of your jeans become a
magnet for \$100 bills.*

*May love stick to your face like Vaseline
and may laughter assault your lips!*

*May happiness slap you across the face
and may your tears be that of joy*

*May the problems you had, forget your
home address!*

In simple words

*May 2013 be the best year of
your life!!!*

**MARK YOUR CALENDARS FOR
THE SUPER BOWL PARTY on
Sunday, February 3rd . . .**

**Come on out and help us
celebrate a great game and a
great club!!!**

**This little guy loves his football . .
cute as a button!!!!**





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



TOMATO MACARONI CHEESE

A great Comfort Food for this
chilly (Br-r-r-r) weather . . .

INGREDIENTS:

1/2 lb. elbow macaroni
4 medium tomatoes, sliced 1/4-inch thick
1/2 lb. bacon
1/2 cup chopped onion
3 cups shredded sharp cheddar cheese
Milk to cover
1/2 tsp. salt
1/4 tsp. red pepper
1/4 tsp. black pepper

METHOD:

- Cook macaroni and drain.
- Cut up bacon in 1-inch pieces and fry with onions.
- Season with salt, black pepper and red pepper.
- Layer ingredients in a greased 3 or 4 L casserole, starting with the macaroni,

then sliced tomatoes, sprinkle drained bacon and onion, then cheese.

- Repeat layers, ending with cheese on top.
- Pour milk over layers to cover.
- Bake at 350° F for 45 minutes to 1 hour until browned.

Makes 6 servings. ENJOY!!!!

After the Grand Old Age of 75 or so
you realize a number of things – one of
which is . . .

*You can live without sex but not your
glasses!!*

SMART KIDS??????

Miss Figpot looked over her third grade
class and happened to notice Billy and
Little Johnny giggling and talking during
her lesson.

*"Well, since you two are obviously
listening so well, let's see if you can
answer this one!"* The teacher said with a
smirk on her face. *"What is the
proper name to use when
referring to a cow that has just
given birth?"*

There was a moment of silence,
then Little Johnny started
giggling.

*"You think it's funny Johnny?
You know the answer?"* growled Miss
Figpot.



"Umm...yeah!" Johnny
replied.

"Well, let's hear it."

*"You would call her
de-calfenated!"*



IF YOU NEED LOVE, HOPE
AND LOYALTY FOREVER –
HUG A DOG!!!



SENIOR DRIVER . . .

My neighbour was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn.

He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair.

He said with excitement, *"you appear quite elderly to be driving."*

"Well, yes, I am," she replied proudly. *"I'll be 97 next month, and I am now old enough that I don't even need a driver's license anymore."*

"The last time I went to my doctor, he examined me and asked if I had a driver's license. I told him yes and handed it to him. He took scissors out of the drawer, cut the license into pieces, and threw them in the waste basket, saying, 'You won't need this anymore,' so I thanked him and left!"

CAFÉ HUMOUR

"May I take your order?" the waiter asked.

"Yes, how do you prepare your chickens?" asked the customer.

"Nothing special, sir," he replied. *"We just tell them straight out that they're going to die."*



FOR THOSE OF YOU WHO HAVE PETS, THIS IS A TRUE STORY. FOR THOSE THAT DON'T, IT IS A TRUE STORY. . . .

The following was found posted very low on a refrigerator door.

Dear Dogs and Cats: The dishes with the paw prints are yours and contain your food. The other dishes are mine and contain my food. Placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest.

The stairway was not designed by NASCAR and is not a racetrack. Racing me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort, however. Dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other, stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out on the

other end to maximize space is nothing but sarcasm.

For the last time, there is no secret exit from the bathroom! If, by some miracle, I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, try to turn the knob or get your paw under the edge in an attempt to open the door. I must exit through the same door I entered. Also, I have been using the bathroom for years - canine/feline attendance is not required.

The proper order for kissing is: Kiss me first, then go smell the other dog or cat's butt. I cannot stress this enough.

Finally, in fairness, dear pets, I have posted the following message on the front door:

TO ALL NON-PET OWNERS WHO VISIT AND LIKE TO COMPLAIN ABOUT OUR PETS:

- (1) They live here. You don't.
- (2) If you don't want their hair on your clothes, stay off the furniture. That's why they call it 'fur'-niture.
- (3) I like my pets a lot better than I like most people..
- (4) To you, they are animals. To me, they are adopted sons/daughters who are short, hairy, walk on all fours and don't speak clearly.

FROM YOUR
EDITORS . . .



The Holiday Season has come and gone and we are welcoming the New Year 2013!! May it be a healthy and happy year for all of our comrades.

The future holds many changes for all of us but we look forward to that future nonetheless!! Your Buzz will go on – you will be able to read it on the website, as well as

the option of chasing down President Bob and there you will find copies!!!

There will also be copies at RCL Branch #16 – ask Ronnie or Janice of Unit #26 and they will gladly give you a copy (if they have any left) – “first come, first served” is always a good policy!!!!

Let us all go forward ‘*Shoulder to Shoulder*’ with high hopes for the future of this wonderful organization!

Your Editors, Mardi & Fred