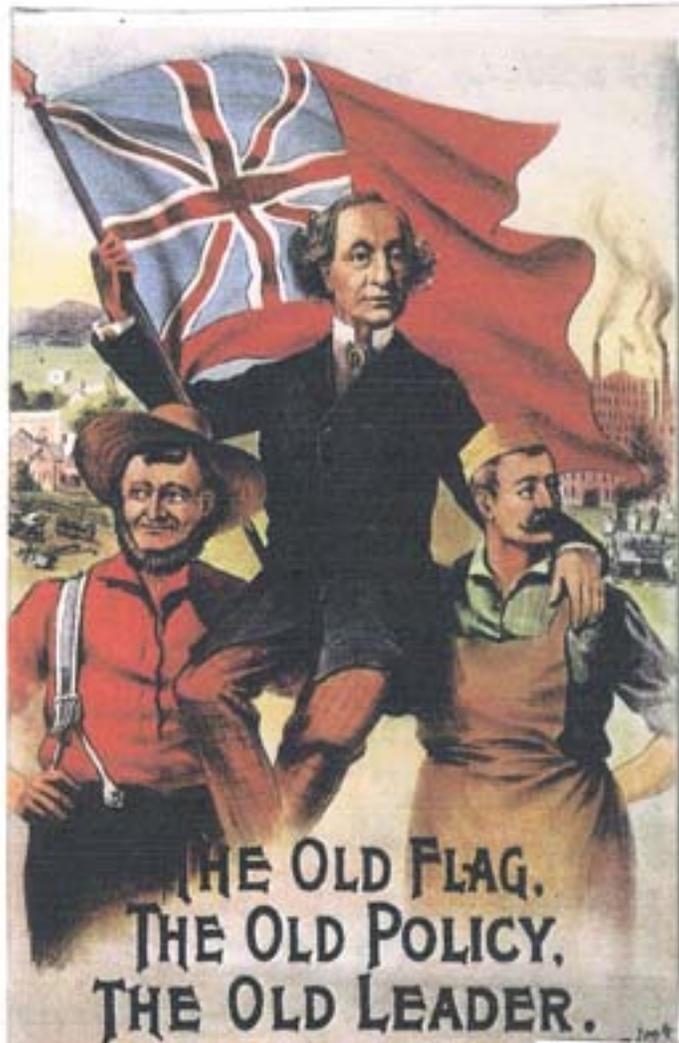


THE BUZZ

HAPPY 145th BIRTHDAY

Canada



THE OLD FLAG.
THE OLD POLICY.
THE OLD LEADER.



PRIME MINISTER ROBINSON

THE BUZZ



YOUR PRESIDENT'S REPORT

Comrades,
This Presidents Report is dedicated to the honour of a Unit #68 member, Comrade Charlie Lee.

Last Sunday, as Parade Commander, I had the privilege to escort Charlie Lee as he laid a wreath for all our Canadian Veterans at "The Hands Across the Border" ceremony. Charlie is an incredible man who turns 89 this year and until last December 2011 marched every parade for over 25 years with your Colour Guard, but now the reason for my report, and we have to go back in time, 69 years to be exact. (1943)

Charlie was only 19 at the time, and part of a WW11 secret agent organization which was disbanded in 1945. Known as (S.O.E.) Special Operations Executive, also code named Force-136. It was made up of agents who were part of the Royal Engineer's Company A-6. Their unit were trained at CFB Chilliwack in 1943 and were mostly Chinese Canadians, a dramatic switch when until then they were not only

denied the right to serve in the Armed Forces but were also denied the right to vote.

Charlie was trained to use high explosives, mountain climbing, Morse Code and parachute jumping. Agents, as they were known, swore an oath of secrecy, and until this day are reluctant to share any information. They received no public recognition for their extremely dangerous work, no rousing send-offs or return welcomes... 50 years later, CFB Chilliwack had an Anniversary Celebration and would finally thank all those former members who were still alive; only 14 comrades were in attendance while the organization had almost 14,000 members at its peak in 1944. We are all familiar with the famous movie, *The Bridge On The River Kwai*, which was just one example of their secretive operation.

I once called Charlie a hero but he answered me by saying "*I am not a hero; the real heroes are the boys who never came back*" An answer I could expect from a very humble and true Canadian Veteran.

On behave of our A.N.A.F. Organization and especially East Vancouver Unit #68, we are deeply in your debt and thank you for your extemporary service.



Fraternally
Bob Rietveld
President Unit # 68

GREETINGS FROM UNIT 26



We counted you in and now we want to THANK YOU!
It takes a lot of volunteer

hours to make clubs such as ours survive!

We have our weekly meat draws and the Ladies Auxiliary have their weekly fruit and vegetable basket draws that are all looked after by volunteers - 8 different people per week X 3.5 hours each X 52 weeks a year = 1,456 man hours to bring you our Friday and Saturday draws.

That doesn't include setting up/taking down or extra volunteers that help with the meat and special draws! You make our club "vibrant"! To all of you I bow and say a "Special Thank You". We could not do our job without your constant, reliable service.

June seems to be one of our busiest months and already we would like to honor a few of our members for their valuable service: Doug & Sylvia Kelsey were the tournament organizers this year for our Annual Golf Tournament that was held on Saturday, June 9th at Country Meadows. 40 golfers started teeing off at 9am and finished off at the Unit for drinks, dinner and prizes.

We will have 2 teams in Provincials this year. Team 1 sponsored by the Unit is: Brian McElhinney, Boof Dosanjh, Ruby Reschke and Dave Dyer. Team 2 sponsored by the players is: Doug Kelsey, Cecil Scott, Howie Evans and either Cris DaSilva or Craig Lamartina. Additional spare is Gerhard Kroeber. I attended the wind up downstairs and can say that everyone had a great day!

Thank you Doug and Sylvia for all your hard work, and to all the players that followed a

little white ball around a big green field all day long in search of a little hole! Amazing!!!

On Tuesday and Thursday, June 12th and 14th we celebrated the Queen's Diamond Jubilee with 4 of our area pre-schools and daycares. On Tuesday we visited Plum Blossom Care Centre in the morning and John Oliver Pre-school in the afternoon. On Thursday we visited Sunset Community Pre-school in the morning and St. Casimir's Daycare in the afternoon. To prepare for the visits, Jan Holt called the facilities and set up a schedule time for us to visit and celebrate with the children. Prior to our visit she dropped off coloring pages of the Canadian and British flags for the children to complete along with crowns for them to color and decorate. On the day, we arrived with juice and crown cookies made by our very own Chef Audrey. A collage of the Queen's life and a goodie bag containing flags, pins, coupons and a flyer advertising our July 1st Canada Day Celebrations. In turn, the children sang and entertained us. This was all made possible by a \$345.00 donation from Canada Heritage. They also sent us updated pictures of Queen Elizabeth that were perfect for framing. So each facility was presented with a framed picture of the Queen.

Our volunteers for this undertaking were: Jan Holt, Inder Malawarair, Joyce Yates, Dodi Droucher, Karel Chalmers, Lilian Goodwin, Sheryl Calvert, Charlie Calvert, Ken Chamberlin and our Unit secretary Ruby and Chef Audrey. Please take a bow Ladies and Gentlemen!

And to round off the month we had our very own Ladies Auxiliary sponsor our Father's Day BBQ Steak Dinner on Sunday, June 17th. Sir Inder manned the BBQ along with Joyce Yates, Gerti Neilson, Dodi Droucher, Karel Chalmers, Irene Howe and Kelly Hoe. Our Ladies work very hard and are great supporters of the Unit. Ladies - Thank You - YOU ARE THE BEST!!! Stand up and be noticed!

Now we look forward to some JOINT VENTURES FOR UNITS 26 & 68. On July 1st we have our Canada Day Multi-cultural Celebration from 11-4pm on 43rd Avenue from Fraser to Chester Street, followed by Nasty Habits starting at 5pm to late in the evening.

We'll both be honoring our birthdays on Sunday, July 15th with a BIG BIRTHDAY BASH celebration with a BBQ Chicken & Spare Rib Dinner and cake made by our very own Chef Audrey (who is a pasty chef by trade!), music by Sweetwater, prizes, draws plus lots more.

Then we end the month with the famous PICNIC on Saturday, July 28th at Trout Lake. So plan to be with us on all these occasions and remember to thank the volunteers that made the event happen. You will make their day!

Janice Graham
President Unit 26

PROVINCIAL COLOUR GUARD REPORT

Comrades:

As mentioned in my Presidents report the "Hands Across The Border" event was a huge success.

I was Parade Commander for both the Canadian and American sides. With permission from the event organizer Sue Head, I made a few changes. First I asked the American Honour Guard to lead the Veterans parade instead of our Colour Guard. We always lead, but I felt it was time to give our neighbours a chance and the suggestion was very well received and appreciated by our American Comrades.

I also shortened the parade since this would

speed up the event and thereby keeping the attention of the kids in focus since the estimate was 10,000 kids from both countries. Again this change was very popular. Also, our Colour Guard were on the 6:00 P.M. Global news.

After the parade I was interviewed by the Province newspaper and what a surprise when they published my thoughts in the paper the next day.

The Honorary Canadian Veteran this year was Comrade Charlie Lee who I nominated and what an honour it was for me to escort him up to the Peace Arch to lay the wreath. Charlie's wife and family showed up and you could see the pride in his eyes.

After all this our Colour Guard had its annual barbecue and invited the legion and pipe band to have a few munchies. Thanks to John Issac, Shirley Gibbons and all the volunteers who helped make the day a great success. See you all July 1st in Steveston for the big Canada Day Parade.

P.S. come and join us for a few cocktails at the new Unit #284 Club which has just re-opened.

Fraternally:
Bob Rietveld
B.C. Command Colour Sergeant

Wishing all of my
comrades in Unit
#68 and #26 a
Very Happy & Fun-
Filled Birthday!!
VETERANS



AFFAIRS REPORT

On Friday June 22, 2012 I was invited to a Veterans Lunch at Branch #48 R.C.L.

The invitation was from M.P. Don Davis with a special guest speaker, N.D.P. Veteran's Affairs Critic in parliament, Peter Stoffer, who came all the way from Nova Scotia.

I was quite impressed by the dedication this M.P. has taken on for the veterans cause and you could feel his sincerity as he spoke.

Many veterans present at the meeting commended Mr. Stoffer on pressuring the government to vastly improve programs and services for veterans and their families.

Some of the issues discussed were:

- Introduction of Bill C-201 to ensure retired veterans get full pensions.
- Pushed for an end to SISIP claw backs.
- Better support for those suffering from PTSD.
- Increase federal government allowances for veteran's funerals.
- Continue to push for improvements to the New Veterans Charter.

Peter and I had an immediate bond when he opened his story of his parents coming to Canada from Holland after the Second World War, which is also my history.

Both our fathers were veterans and moved to Canada because of the sacrifices made by Canadians to free our country. We both made a commitment to ensure that our veterans are well cared for - from the moment they sign up to serve our country to the moment they pass away.

It is our responsibility to stand by the men and women who have put their lives on the line for us.

Veterans already fought once, they should not have to fight again for fair benefits

Respectfully submitted in honour of
Roy Blair.
Bob Rietveld

*At the going down of the sun
and in the morning
we will remember them!!*

Always
&
Forever



SHUFF N' STUFF . . .

There are no Provincial Command sporting events for the months of July and August. The club is initiating a Saturday afternoon shuffleboard drop-in. The event will take place the last Saturday of each month, with registration at noon and play commencing at 12:30. The entrance fee is \$5 per player with the club matching the entrant's fees up to \$100. The format will be determined by the number of players. This invitation is open to all, and your participation is most welcome.

The July 1st Canada Day Celebration will once again include a Bocce Ball Tourney to be held across the street at John Oliver Field. Come one, come all.

The annual picnic falls on July 28, 2012 at which time the Bocce Ball playdowns for the right to represent the Units at the Provincial Command Bocce Ball Tournament which will take place this coming September. Unit 26 is the host for the tournament. So we shall see you at Trout Lake. Remember to bring your appetite and a little sun screen.

Dick Moore, Director - Sports

ANAVETS AFFAIRS

AFFORDABLE RENTAL
HOUSING FOR SENIORS

ANAVET HOUSING

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New Chelsea Society
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Vancouver, B. C. V5N

Patrick Buchannon, Executive Director
Telephone: (604) 874-6255 for Information

VETERANS AFFAIRS CANADA
MEDALS & SERVICE RECORDS

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

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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.

*"If you can't make it better,
you can laugh at it."*

Erma Bombeck

JULY 2012 at Unit #26

CANADA DAY

STREET PARTY

Sunday, July 1st!!!

Nasty Habits 5 – 9 pm

JOINT BIRTHDAY BASH

Sunday July 15th

Sweetwater 3 – 7 pm

JOINT PICNIC BBQ

Saturday July 28th
at Trout Lake from 9 am – 4 pm

Dancing to Great Bands all month. . .

Friday & Saturday, July 6th & 7th

Midnight Eagles

Friday & Saturday, July 13th & 14th

Sweetwater

Friday & Saturday, July 20th & 21st

True Country

Friday & Saturday, July 27th & 28th

Diehards

NOTE NEW TIMES:

Fridays 7:30 – 11:30 pm

Saturdays 6:30 – 10:30 pm

TEXAS HOLD'EM

Every Wednesday and Friday evenings –

Registration 6:30 pm

Watch for news on the Friday Poker

DROP-IN EUCHRE

Thursdays at 7 p.m.

TRIVIA with DANNY STETSKI

Tuesdays at 7 p.m

MEAT DRAWS every week

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

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

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

JOIN US AND ENJOY!!

Remember: anavets26.ca

REMINISCING WITH
RON 'ANDY CAPP' ROBINSON...



CONVENTION

CAPERS

by

Ron Robinson of the Andy Capp Club

This column is reprinted from the July
2000 Buzz

Many years ago the Army, Navy and Air Force Convention was held in Ucluelet, which is situated on the West Coast of Vancouver Island. In those rich and happy days, most clubs chartered their own delegate's buses.

My story starts on a Sunday, and we were scheduled to leave for Vancouver and home. I was staying at the Thornton Motel a few blocks from the Ucluelet Unit. From my motel balcony I had a good view of the club.

Nearing the time our bus was to leave I discovered I had an over abundance of booze in my room, and I didn't want to pack it on the bus. So, I knocked on the Padre's door next to mine, and asked Rev. Bill Valentine if he'd like to help me consume my booze. Bill flew into my room like the *Flying Nun*.

During our drinking time I carried my luggage out to the highway so I wouldn't have to do it when the bus came. A while later, I spotted the bus leaving the unit and heading down the highway. When it slowed down beside my luggage I began waving to them to stop.

Well, the bus driver and my comrades got my signals wrong and figured I was waving them all goodbye. Then, as they merrily waved 'Good-bye', the bus sped off towards Nanaimo. Here I was - stranded in Ucluelet (the Padre was staying a week so he was no help to me, except for a short prayer that I'd get some sort of a lift home.)

I carried my luggage down to the unit hoping someone from Vancouver would still be there. Luckily, the bus from Unit 68 was still there and told me to climb aboard. I must have been born with a silver shot glass in my mouth! The bus had a bar on it! It was the most intoxicating trip - and one I had only dreamed about. When they carried me off the bus later that night, I thanked the two wagon-masters (the Harrison boys) for a most enjoyable trip home. That was the night that I discovered why Unit 68 was known as "The Friendly Club!"

In a few weeks, the delegates will be off to Regina to attend the 45th Dominion Convention. It will be the first time in 34 years that I have missed a Convention. This is due to a by-law change in my unit's bylaws. I will miss it.

Editors Note: Ron, it is always a pleasure to go back and re-read these columns!! They are all very special - but of course we love this particular one because of your very nice compliment on 'Our Friendly Club'!!

OUR JOINT BIRTHDAY BASH CELEBRATION

Sunday, July 15th

Dinner tickets are free to members of both Units with a refundable \$10.00 reservation fee . . . (the \$10.00 will be refunded to the member when they get their dinner. We need to know how many dinners to have the kitchen cater for.)

Guests pay \$10.00 each
Dinner: BBQ chicken & rib dinner served from 5-6pm
Music by: Sweetwater from 3-7pm

Raffles, prizes, draws and lots of fun.
Tickets available at the bar.





Multicultural Canada Day Street Party at

ANAVETS UNIT 26 & 68

Join us to Celebrate Canada's Birthday
July 1st from 11:00 am to 4:00 pm.
between Fraser & Chester Street
Bring your family and friends!

Live Entertainment

Face Painting, Kids crafts, Dancers and **MORE**
Free Hot Dogs, Birthday cake and **FUN !!**



Canadian
Heritage

Patrimoine
canadien

Canada



Hosted by Army, Navy and Air Force Veterans & the South Hills
Business Improvement Association

Come one, come all to the ANAVETS
Canada Day Celebration at
43rd & Fraser
Entertainment! Handouts! Hotdogs! Soft
Drinks! Fun! And MORE!
Hosted by:
Army, Navy and Air Force & South Hills
Business Improvement Association

A parade of wishes to say...
Happy Canada Day!



©123Greetings.com

Canada Day Bocce Ball Tournament

When: July 1st CANADA DAY

Registration: 10:30 AM

Start: 11:00 AM

Where: John Oliver Field -- Southeast
corner

What we'll bring: Bocce Balls, paper,
pencils and measuring tapes

What you'll bring: **PARTNERS !**

Game format will be based on number of
entrants.

A.N.A.F. UNIT #68 & UNIT #26 CELEBRATE AT OUR ANNUAL PICNIC AT TROUT LAKE

We will be at John Hendry Park at
Trout Lake on Saturday, July 28th
from 8 am - 4pm



Delicious Food, Competative Bocci,
Great Comradery, and a whole
pack of Terrific Raffle Prizes

EVERYONE IS WELCOME!!!!!!

So Mark Your Calendars.

Please feel free to donate your
offerings to the luncheon menu.

Plan to come out and join us as we
celebrate our Birthdays!

Canada's Prayer by Chris Robertson

I'm dreaming of Canada tonight.
 A country where mountains and hopes
 touch the sky
 A country where an ocean of kindness fills
 all hearts
 A country where ideas are a forest of
 wisdom
 Oh God let me wake up in Canada!

I'm dreaming of Canada tonight.
 A country where compassion is as tall as a
 douglas fir
 A country where understanding is as deep
 as a great lake
 A country where confidence grows like
 grain
 Oh God let me wake up in Canada!

I'm dreaming of Canada tonight.
 A country where happiness flows like the
 water of a river
 A country where love is a breath of fresh air
 A country where peace covers the land like
 snow
 Oh God, please let me wake up in Canada,
 tonight...

Canada's Prayer was written by Chris Robertson. Chris Robertson was the first person in history to travel from bottom of mainland Canada 6,520 kilometres to the top under their own power. Enroute he challenged over 5 million Canadians to make Canada better by answering the question: "What will you do in your life to make Canada a better country than when you found it?"

Proud to be



Canadian

© wondercliparts.com

THEY ALL CALL IT CANADA

Side by Side and step by step
 Our fathers were marching along
 They were building a road to the future
 With a spade and a smile and a song.

Out of the wildness and out of the sand
 Grew the land that we live in today.
 Though the job to be done has barely begun,
 There is one thing I'm proud to say:

My country is my cathedral
 The northern sky its dome
 They all call it Canada
 But I call it home

The mountains, the lakes and valleys
 Are friends that I have known
 They all call it Canada
 But I call it home

From the Atlantic to the Pacific
 From the pole to the U.S.A.
 We're one united brotherhood
 And united we will stay

The people across the border
 And far across the foam
 They all call it Canada
 But I call it home

*Taken from DLTK's Growing Together
 Web Page with our thanks*





TEACHERS HAVE ALL THE FUN . . .

TEACHER: Desmond, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?

DESMOND: No, teacher, it's the same dog!

TEACHER: What do you call a person who keeps on talking when people are no longer interested?

PUPIL: A teacher.

TEACHER: Willie, name one important thing we have today that we didn't have ten years ago.

WILLIE: Me!

GEORGE BURNS . . .

George Burns (January 20, 1896 – March 9, 1996), born Nathan Birnbaum, was an American comedian, actor, and writer. He was one of the few entertainers whose career successfully spanned vaudeville, film, radio, television and movies. His arched eyebrow and cigar smoke punctuation became familiar trademarks for over three quarters of a century. Beginning at the age of 79, Burns' career was resurrected as an amiable, beloved and unusually active old comedian, continuing to work until shortly before his death, in 1996, at the age of 100.



"Sex at 90 is like trying to shoot pool with a rope."

"When I was a boy the Dead Sea was only sick."

I'd go out with women my age, but there are no women my age."

~ George Burns

WORRIES . . .

The ninety-five year old woman at the nursing home received a visit from one of her fellow church members.

"How are you feeling?" the visitor asked.

"Oh," said the lady, *"I'm just worried sick!"*

"What are you worried about, dear?" her friend asked. *"You look like you're in good health. They are taking care of you, aren't they?"*

"Yes, they are taking very good care of me."

"Are you in any pain?" she asked.

"No, I have never had a pain in my life."

"Well, what are you worried about?" her friend asked again.



The lady leaned back in her rocking chair and slowly explained her major worry. *"Every close friend I ever had has already died and gone on to heaven. I'm afraid they're all wondering where I went."*

HAPPY CANADA DAY!!!!



ENJOY! ENJOY!!!

BECAUSE I'M A MAN . . .

Because I'm a man . . .
when I lock my keys in the car, I will fiddle with a coat hanger long after hypothermia has set in. Calling AAA is not an option. I will win.

Because I'm a man . . .
when the car isn't running very well, I will pop the hood and stare at the engine as if I know what I'm looking at. If another man shows up, one of us will say to the other, 'I used to be able to fix these things, but now with all these computers and everything, I wouldn't know where to start.' We will then drink a couple of beers and break wind, as a form of holy communion.

Because I'm a man . . .
when I catch a cold, I need someone to bring me soup and take care of me while I lie in bed and moan. You're a woman. You never get as sick as I do, so for you, this is no problem.

Because I'm a man . . .
I can be relied upon to purchase basic groceries at the store, like steaks, milk or bread. I cannot be expected to find exotic items like 'tofu' or 'tampons'. For all I know, these are the same thing.

Because I'm a man . . .
when one of our appliances stops working, I will insist on taking it apart, despite evidence that this will just cost me twice as much once the repair person gets here and has to put it back together.

Because I'm a man . . .
I must hold the television remote control in my hand while I watch TV. If the thing has been misplaced, I may miss a whole show looking for it though one time I was able to survive by holding a calculator. (former applies mainly to engineers).

Because I'm a man . . .
there is no need to ask me what I'm thinking about. The true answer is always either golf, cars, sports or sex. I have to

make up something else when you ask, so don't ask.

Because I'm a man . . .
you don't have to ask me if I liked the movie. Chances are, if you're crying at the end of it, I didn't and if you are feeling amorous afterwards... then I will certainly at least remember the name and recommend it to others.

Because I'm a man . . .
I think what you're wearing is fine. I thought what you were wearing five minutes ago was fine, too. Either pair of shoes is fine. With the belt or without it, looks fine. Your hair is fine. You look fine. Can we just go now?

Because I'm a man . . .
and this is, after all, the year 2012, I will share equally in the housework. You just do the laundry, the cooking, the cleaning, the vacuuming, and the dishes, and I'll do the rest..... Like hosing down the patio and wandering around in the garden with a beer wondering what to do next.



This has been a public service message for women to better understand men!!!

"I saved a girl from being attacked last night. I controlled myself."

"I drink too much. The last time I gave a urine sample it had an olive in it."
Rodney Dangerfield

GARFIELD ON THE OIL CRISIS

A lot of folks can't understand how we came to have an oil shortage here in Canada .



Well, there's a very simple answer. Nobody bothered to check the oil. We just didn't know we were getting low. The reason for this is purely geographical.

Our Oil is located in:

ALBERTA

SASKATCHEWAN

BRITISH COLUMBIA

MANITOBA

COASTAL NEW BRUNSWICK

COASTAL NEWFOUNDLAND

Our DIPSTICKS are located in OTTAWA

Any Questions ???

NO ? . . . Didn't think so.

Trivia on Wasp Spray (Interesting Tip)

INFORMATION THAT JUST MIGHT
BE USEFUL SOMEDAY!

Here's a more humane way to wreck someone's evil plans for you. Did you know this? I never really thought of it before. I guess I can get rid of the baseball bat.

WASP SPRAY:



A receptionist in a church in a high risk area was concerned about someone coming into the office on a Monday to rob them when they were counting the collection. She asked the local Police Department about using pepper spray, and they recommended to her that she get a can of wasp spray instead.

The wasp spray, they told her, can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray, they have to get too close to you and could overpower you. The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. She keeps a can on her desk in the office, and it doesn't attract attention from people like a can of

pepper spray would. She also keeps one nearby at home for home protection.

On the heels of a break in and beating that left an elderly woman in Toledo, Ohio, dead, self defense experts have a tip that could save your life.

Val Glinka teaches self-defense to students at Sylvania Southview High School. For decades, he's suggested putting a can of wasp and hornet spray near your door or bed. Glinka says, "*This is better than anything I can teach them.*"

Glinka considers it inexpensive, easy to find, and more effective than mace or pepper spray. The cans typically shoot 20 to 30 feet; so if someone tries to break into your home, Glinka says, "*Spray the culprit in the eyes!*" It's a tip he's given to students for decades.

It's also one he wants everyone to hear. If you're looking for protection, Glinka says look to the wasp spray. "*That's going to give you a chance to call the Police; maybe get out. Maybe even save a life.*"

Did you also know that wasp spray will kill a snake? And a mouse!

It will! Good to know, huh?

It will also kill a wasp!!

It actually kills many varmints including centipedes.



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

GETTING TOO OLD TO SHOP!

Had a little problem at the grocery store today.

Apparently when the cashier said "*strip down, facing me*": she was talking about my debit card.
 - - - - -

CALORIES:

They say that during sex you burn off as many calories as running 8 miles.

Who the h*ll runs 8 miles in 30 seconds?
 - - - - -

I was in a pub on Saturday night. Had a few....I noticed two large women by the bar. They both had strong accents so I asked, "*Hey, are you two ladies from Scotland?*"

One of them chirped: "*It's Wales you frigging idiot!*"

So, I immediately apologized and said..., "*Sorry, are you two whales from Scotland?*"

That's the last thing I remember...
 - - - - -

YOU HAVE TO ADMIRE THE DIRECTNESS OF AGE...

Two older women were having lunch together while discussing the merits of cosmetic surgery.

The first woman said, "*I need to be honest with you. I'm getting a boob-job.*"

The second woman responded, "*Oh, that's nothing. I'm thinking of having my arse-hole bleached!*"

"*Oh! Dear!*" replied the first woman. "*I just can't picture your husband as a blonde!*"

THE REAL MISS AMERICA

There's a Proud Papa out there somewhere!!

SECURITY FORCES SNIPERS



Nothing blends in better with the environment like 1/4 carat diamond earrings and lip gloss

This 19 year old ex-cheerleader, now an Air Force Security Forces Sniper, was watching a road in Pakistan that led to a NATO military base when she observed a man digging by the road. She engaged the target (she shot him).

It turned out he was a bomb maker for the Taliban, and he was burying an IED that was to be detonated when a U.S. patrol walked by 30 minutes later. It would have certainly killed and wounded several soldiers.

The interesting fact of this story is the shot was measured at 725 yards. She shot him as he was bent over burying the bomb. The shot went through his rectum and into the bomb which detonated; he was blown to pieces. The Air Force made a motivational poster of her. (Folks, that's a shot 25 yards longer than seven football fields) and the last thing that came out of his mouth ... was his ass! If You Can Not Stand Behind Our Troops, please Feel Free To Stand In Front Of Them!!!!

Remember Freedom is a great thing!!!!
 But it's definitely NOT FREE!!

- - - - -
 "Live, Love, Laugh!"



THE END OF AN ERA.....

The Roy Rogers Museum in Branson, MO has closed its doors forever.

The contents of the museum were sold at a public auction. Roy Rogers told his son, if the museum ever operates at a loss, close it, and sell the contents. He complied.

Among the many treasures sold that day, it is noted that Trigger sold for \$266,500.

Do you remember the 1938 movie *The Adventures of Robin Hood*, with Errol Flynn and Olivia de Havilland? Well Olivia rode Trigger in that movie.

Trigger was bred on a farm co-owned by Bing Crosby. Roy bought Trigger on a time payment plan for \$2,500. Roy and Trigger made 188 movies together.

Trigger even out did Bob Hope by winning an Oscar in the movie *Son of Paleface* in 1953.

It is extremely sad to see this era lost forever. Despite the fact that Gene and Roy's movies, as well as those of other great characters, can be bought or rented for viewing, today's kids would rather spend their time playing video games.

Today it takes a very special pair of parents to raise their kids with the right values and morals.

These were the great heroes of our childhood, and they did teach us right from wrong, and how to have and show respect for each other and the animals that share this earth.

You and I were born at the right time. We were able to grow up with these great people even if we never met them.

In their own way they taught us patriotism and honor, we learned that lying and cheating were bad, and sex wasn't as important as love.

We learned how to suffer through disappointment and failure and work through it. Our lives were drug free.

So it's good-bye to Roy and Dale, Gene and Hoppy, The Lone Ranger and Tonto.

Farewell to Sky King and Superman and Sgt. Friday.

Thanks to Capt. Kangaroo, Mr. Rogers and Capt. Noah and all those people whose lives touched ours, and made them better.

It was a great ride through childhood . . .

HAPPY TRAILS MY FRIENDS!!!

Finally a computer setting your Editor understands

OVERHEARD IN THE CLUB



ROOMS . . .

Whenever I come home from playing golf, my son always asks me excitedly, "Did you win, Dad?"

I have explained to him time and time again that you're really just playing against yourself.



This time the family was on vacation and I had gone out to play a round. When I returned, the kids were swimming in the hotel pool, which was full of young kids and surrounded by dozens of parents.

From across the pool, at the top of his lungs, my son yelled, "Hey Dad! Were you just playing with yourself?"

We checked out that night.

There was a bit of confusion at the store this morning. When I was ready to pay for my groceries, the cashier said, "Strip down facing me."

Making a mental note to complain to my MLA about our security measures running amok, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out that she was referring to my credit card.

I have been asked to shop elsewhere in the future.



They need to make their instructions to us seniors a little clearer!

(We think our friend Elsie must have been in the same store!!!)

WE LOVE LITTLE JOHNNY . . .

When Little Johnny's family moved into their new house, a visiting relative asked him how he liked the new place.

"It's terrific," he said. "I have my own room, Billy has his own room, and Jenny has her own room. But poor Dad is still stuck with Mom."

A BROOM STORY 4 U . . .

Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married.



One broom was, of course, the bride broom, the other the groom broom.

The bride broom looked very beautiful in her white dress.

The groom broom was handsome and suave in his tuxedo.

The wedding was lovely.

After the wedding, at the wedding dinner, the bride-broom leaned over and said to the groom-broom, 'I think I am going to have a little broom!'

'IMPOSSIBLE!' said the groom broom.

Are you ready for this? Brace yourself; this is going to Hurt!!!!!!

'WE HAVEN'T EVEN SWEEPED TOGETHER!!

Sounds to me like she's been sweeping around!

MILK BOTTLE NOTES



These are genuine notes that were left in milk bottles for various milkmen in the UK

Dear milkman:

I've just had a baby, please leave another one.

— — — — —

Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.

— — — — —

Please cancel milk. I have nothing coming into the house but two sons on the dole.

— — — — —

Sorry not to have paid your bill before, but my wife had a baby and I've been carrying it around in my pocket for weeks.

— — — — —

Sorry about yesterday's note. I didn't mean one egg and a dozen pints, but the other way round.

— — — — —

When you leave my milk knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.

— — — — —

Please knock. My TV's broken down and I missed last night's Coronation Street. If you saw it, will you tell me what happened over a cup of tea?

— — — — —

My daughter says she wants a milkshake. Do you do it before you deliver or do I have to shake the bottle?

— — — — —

Please send me a form for cheap milk, for I have a baby two months old and did not know about it until a neighbour told me.

— — — — —

Milk is needed for the baby. Father is unable to supply it.

— — — — —

From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don't want any milk.

— — — — —

My back door is open. Please put milk in 'fridge, get money out of cup in drawer and



leave change on kitchen table in pence, because we want to play bingo tonight.

Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.

— — — — —

When you leave the milk please put the coal on the boiler, let dog out and put newspaper inside the screen door. P.S. Don't leave any milk.

WHY MARRY . . . YOU ASK!!!

Here are a few thoughts on the subject

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.

— — — — —

A woman is incomplete until she is married. Then she is finished.

— — — — —

A little boy asked his father, *"Daddy, how much does it cost to get married?"*

His Father replied, *"I don't know son, I'm still paying."*

— — — — —

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

— — — — —

Marriage is the triumph of imagination over intelligence.

MM-M-M-M-M WATERMELON!

Watermelon is a natural source of most



powerful antioxidants provided by nature. It is a good source of the antioxidant vitamins C and A to protect us from diseases. It reduces the risk of dehydration.

Summer and watermelon are inseparable. Watermelons are found almost everywhere in the world. Although we can find watermelons in our markets throughout the year, the season for watermelon is the summer when they are sweet and of the best quality. No other fruit can we find so crunchy and thirst quenching like watermelon.

HEALTH BENEFITS OF WATERMELON

1. The health benefits of watermelon are really great. No matter how it is sliced, it is packed with some of the most important antioxidants found in nature.
2. It is an excellent source of vitamin C and a very good source of vitamin A, particularly through its concentration of beta-carotene.
3. The beautiful red watermelon is also a source of the potent carotene antioxidant which is called lycopene. These antioxidants travel throughout the body neutralizing free radicals. Free radicals are substances in the body that can cause much damage to us. They are able to oxidize cholesterol, making it stick to blood vessel walls and thicken them which can lead to hearty attack or stroke. The lycopene which gives fruits the attractive red color that we find in watermelon can help reduce the risks of prostate cancer.
4. It is a surprising fact that watermelon is the only fruit that contains higher concentrations of lycopene than any other fresh fruit or vegetable.
5. Watermelon is a fruit that is rich in electrolytes sodium and potassium that we lose through our perspiration.
6. Watermelon is rich in the B vitamins necessary for energy production. Food experts recommend watermelon as a very good source of vitamin B6 and a good source of vitamin B1 and magnesium. Because of its higher water content approximately ninety percent and calorie value it is ranked more valuable than other fruits.
7. Watermelon has a special cooling effect and is exceptionally high in citrulline, an amino acid that our bodies use to make another amino acid, arginine, which is used in the urea cycle to remove ammonia from the body.
8. The antioxidants help reducing the severity of asthma. It also reduces the risk of colon cancer, asthma, heart disease, rheumatoid arthritis, and prostate cancer.
9. Watermelon is a good source of thiamin, potassium and magnesium which protect our body from so many diseases.
10. Watermelon is fat free but helps energy production. It protects against macular degeneration.

When the heat of summer (should it ever arrive!!) tires us with thirst, eating watermelon is a safe alternative to taking energy drinks. Since it contains high water quantity it can hydrate us whereas other drinks are caffeine filled energy drinks which can easily dehydrate us. Nothing can be more satisfactory on a hot, dusty day than a crisp, juicy slice of watermelon!

....

*.. and a glass of white wine
with ice!!!*



AND FROM OUR UNIT 68
RECIPE CORNER . . .

DELICIOUS
WATERMELON
SALAD



INGREDIENTS:

- 8 cups cubed watermelon
- 2 to 4 ounces cubed or crumbled feta
- 1 tablespoon lime juice
- 1 tablespoon extra-virgin olive oil
- Salt and pepper
- Fresh basil or mint

INSTRUCTIONS:

1. Mix the watermelon and feta.
2. Toss with a dressing made from the lime juice, olive oil, and salt and pepper to taste. Sprinkle with slivered fresh basil or mint. Serves 8.

This salad serves 6

ENJOY!

Happy Birthday to all of our
Unit 68 JULY Celebrants!

Ken Griggs
John Kimoff
William Ritchie

Judith Johnston
Darlene Ludwig
Derek Worswick

Happy Birthday
Everyone!

ENJOY YOUR DAY



Maturity has more to do with what types of experiences you've had, and what you've learned from them, and less to do with how many birthdays you've celebrated.

A GREAT 'OLDIE' for you to ponder . . .

If you can start the day without caffeine
or pep pills,
If you can be cheerful, ignoring aches
and pains,
If you can resist complaining and boring
people with your troubles,

If you can eat the same food everyday and
be grateful for it,
If you can understand when loved ones are
too busy to give you time,
If you can overlook people taking things
out on you when,
if through no fault of yours,
something goes wrong,
If you can take criticism and blame
without resentment,
If you can face the world without
lies and deceit,
If you can conquer tension without
medical help,
If you can relax at any given moment,
If you can always sleep
without
the aid of drugs,
Then,.....
You are probably a dog.



AH-H-H AIN'T OLD AGE GRAND!!!!

A rather elderly gentleman (mid-nineties) walks into an upscale cocktail lounge. He is very well-dressed, smelling slightly of a good after-shave, hair well-groomed, great-looking suit, flower in his lapel. He presents a suave, well-looked-after image.

Seated at the bar is an elderly fine-looking lady (mid-eighties).

The gentleman walks over, sits along-side of her, orders a drink, takes a sip, turns to her and says, "So tell me, good-looking, do I come here often?"



The Window
from which we look . . .



A young couple moved into a new neighbourhood.

The next morning while they are eating breakfast, the young woman saw her neighbour hanging the wash outside.

"That laundry is not very clean", she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on, but remained silent.

Every time her neighbour would hang her wash to dry, the young woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband: *"Look, she has learned how to wash correctly. I wonder who taught her this."*

The husband said, *"I got up early this morning and cleaned our windows."*

And so it is with life. What we see when watching others depends on the purity of the window through which we look!

FROM YOUR EDITORS . . .

SUMMER IS OFFICIALLY HERE – has anyone felt it yet???? Brr-r-r-r-r!!!

What a fabulous July we have planned . . . as we celebrate Canada Day at our Street Party on July 1st, our Joint Birthday Bash on July 15th – and of course – our FABULOUS ANNUAL PICNIC on July 28th at Trout Lake!!! Don't worry about rain – we are under that big concrete umbrella – so we stay dry and cozy!!

We will be welcoming all of our Comrades and friends to these upcoming events – so please plan to join with us and ENJOY!! Let's strive to make this a summer to remember!!!

Don't forget to check out our website at anavets26.ca You can find The Buzz on there, and thanks to Kerr Adamson and Ruby Mein – you will now be able to see our great covers that Ronnie Robinson does for us!!

We advise you to always check Ronnie's signature in the bottom right hand corner . . . in the March issue celebrating St. Patty's Day he was '*Ron O'Robinson*', in the April issue beside the Easter Bunny he signed '*Ron Rabbitson*', in the May issue in honour of Mother's Day he was '*Ma Robinson*' and in the June issue he signed '*Rover Robinson*' to go along with '*The Dog Days of Summer*'. Thanks Ronnie for that monthly 'giggle'!! And of course, his columns are legendary!!

Special Thanks also to our friend Elsie Fraser of the Assiniboia Unit 283 in Winnipeg, Manitoba, and to all of our monthly contributors who supply us with great items, and more than a few giggles to input each month!! You are all very much appreciated!

Wishing you a Great July – ENJOY! ENJOY!
Your Editors, Mardi & Fred

