



THE BUZZ

**ENJOY THE
'DOG DAYS'
OF SUMMER!**



SEE YOU AT THE PICNIC!!!

THE BUZZ



YOUR PRESIDENT'S REPORT

Comrades

On July 4th I had the pleasure of entering my Hummer in the Pt. Roberts Independence Day Parade. This was our second year participating and our American friends loved our participation.

Although it is their national holiday, they organized a flag raising ceremony on our behalf and arranged the band to play our Canadian national anthem after their American salute. As most residents in Pt. Roberts are Canadian their singing for our anthem was a bit overwhelming as it out did their American Anthem volume wise.

My good friend and comrade Vice-President Chuck McDonald of Unit #284 showed up in a wheel chair as he had a heart attack just a week earlier so I was very proud to push him on parade. Our organization could not find a more dedicated member and deserving comrade as a merit holder. Thank you to Inder, Albert, Bill, Shirley and Andy for supporting me at this event.

My next entry is the Penticton Peach Festival Parade and I have contacted both the ANAF Unit and Legion Branch for older veterans to ride in my Hummer, unfortunately with no success. How sad that these clubs could not find me one volunteer. I will enter regardless and proudly carry our colours and ANAF logo.

I hope everyone enjoys our Unit #68 Annual Picnic at Trout Lake.

I have not missed one in 15 years but due to circumstances beyond my control I may not be able to attend this year. I proudly wear my Unit #68 President's T-Shirt every year and Rose does the mini draw, so if we must miss this year . . . we hope to see you all next year.

**Fraternally,
Bob Rietveld
President Unit #68**

HAPPY BIRTHDAY TO US!!!!

Our ANAF Unit is celebrating our birthday this July – Unit #68 is 86 years young this July 1st so we wish our Unit a very Special Happy Birthday and a Very Successful Year to Come .

REMEMBER . . . "Strength is derived from unity. The range of our collective vision is far greater when individual insights become one!"



Whew! It's hot in LotusLand (beautiful B.C.) today. In fact, it feels like the dog days of summer have arrived. But what exactly does that mean?

Many people believe the phrase "dog days of summer" stems from the fact that dogs tend to be a bit on the lazy side during the hottest days of summer. Of course, who can blame them? With that much fur, dogs that exercise during the hot days of summer can overheat easily.

However, the phrase doesn't stem from lazy dogs lying around on hot and humid days. Instead, to find the answer, we only need to look to the summer sky.

The ancient Romans called the hottest, most humid days of summer "*diēs caniculārēs*" or "*dog days*." The name came about because they associated the hottest days of summer with the star Sirius. Sirius was known as the "Dog Star" because it was the brightest star in the constellation Canis Major (Large Dog). Sirius also happens to be the brightest star in the night sky.

Sirius is so bright that the ancient Romans thought it radiated extra heat toward Earth. During the summer, when Sirius rises and sets with the Sun, they thought Sirius added heat to the Sun's heat to cause hotter summer temperatures.

For the ancient Romans, the dog days of summer occurred from about July 24 to

around August 24. Over time, though, the constellations have drifted somewhat. Today, The Old Farmer's Almanac lists the traditional timing of the dog days of summer as being July 3 until August 11.

Although the dog days of summer are usually the hottest, they don't have anything to do with either dogs or the star Sirius. Instead, the tilt of the Earth explains why these days tend to be the summer's hottest.

During summer in the Northern Hemisphere, the tilt of the Earth causes Sun's light to hit the Northern Hemisphere at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days during the summer. This explains why the dog days of summer are from late January to early March in the Southern Hemisphere. The actual dates of the dog days of summer will vary by location, depending upon latitude and climate.



**HAPPY BIRTHDAY to our
Unit #68 JULY Celebrants!**



Ron Gray
John Kimoff

Ken Griggs
Darlene Ludwig

Happy Birthday Everyone!!!!

NOSTALGIA

by A. Lawrence Vaincourt

As the months add up and the years roll by
I realize more each day,
That our time on this earth is passing by
and we'll soon be on our way.
I can't complain, for my life's been good
and regrets, I have but few
But before I depart from this earthly place
there are things I have yet to do.

Though I lay no claim to wealth or fame
still, life has not passed me by,
For I was born a country boy and a country
boy I'll die.

Big city life with its toil and strife, I chose
for myself and yet,
As my mind slips back to my carefree
youth there are things that I can't forget.

So I must go back to the old home farm
again, just one more time,
To dabble my feet in a babbling brook and
find a tree to climb.
Return to where I carved my name on the
bole of a big beech tree,
And lie at rest in a leaf-filled nest that is
known to only me.

To lie on my back in a field once more, on
a beautiful summer's day,
While I turn my face to the cloudless sky
and smell the fresh-cut hay.
There is life that teems in the woods and
streams while birdsong fills the air
And I'll hear the knell of a far church bell
as I lie so peaceful there.

And my childhood friends will gather
'round and they'll be as young as me
And we'll sit and we'll talk of our future
plans for a life that is yet to be
But if I should gaze in the limpid pool
beneath that old beech tree,
There'll be an old guy staring back, and I'll
know that guy is me.

So I must go back to the farm again
before I am too old,
To re-live, once more, a carefree time
and perhaps, restore my soul.

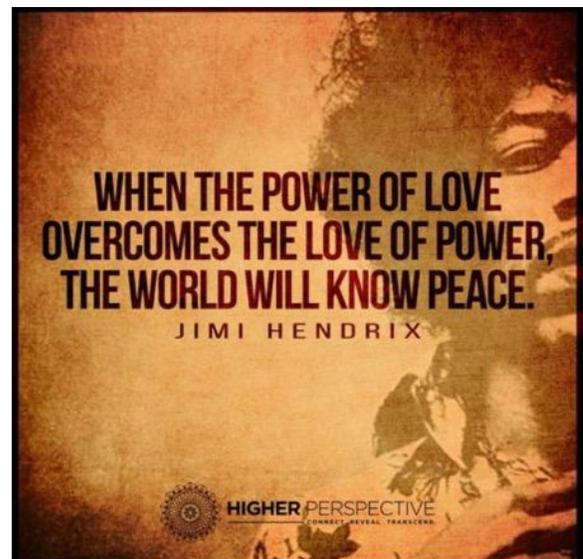
HOW TO DETECT!!



When we visit toilets, bathrooms, hotel rooms, changing rooms etc, how many of you know for sure that the seemingly ordinary mirror hanging on the wall is a real mirror, or actually a two-way mirror?

Just conduct this simple test: Place the tip of your fingernail against the reflective surface and if there is a GAP between your fingernail and the image of the nail, then it is a GENUINE mirror. However, if your fingernail directly touches the image of your nail, then BEWARE, for it is a two-way mirror!

Another way to detect whether a mirror is a two way mirror is to turn off the lights and put a flashlight up against the mirror. If there is a room behind the mirror, you will see it.



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A FUN QUOTE . . .

"A German psychologist says that women talk more than men because they have a bigger vocabulary. But, it evens out because men only listen half the time."

--- Jay Leno

The saying goes that "*man is dog's best friend*". Others find that other pets are also up to the task. The companionship that animals offer is different from human interaction. Human communicate with speech and although this is an advanced form of communication, it has its limitations. Sometimes people struggle to say the right thing when what we really need is to be simply there for each other. Because animals cannot talk they are superior to humans in detecting the feelings of others. A pet may be able to offer a level of companionship that is deeper and more satisfying than human interaction.

BEST FRIEND

Remember all the good times,
Remember all the bad.
You stuck with me through everything,
The best friend I have had.

Through trying times you stayed with me.
You've sure improved my life.
You cheered me up when I was down,
Stuck with me through my strife.

Think about the good stuff, too,
Remember when we met?
I knew that I could trust you.
The best friend anyone could get.

Why is it that good things
Never seem to last?
You try to think about them,
But time erases past.

Sometimes I feel your presence,
I seem to hear your voice.
Memories flood back to me,
And I sit and rejoice.

Just know that I miss you.
I never will forget,
The times I spent together
With you, beloved pet.

Justina M. Hoerner

REMINISCING WITH RON 'ANDY CAPP' ROBINSON . . .



EDITOR'S NOTE: *With Las Vegas just recently being permitted to join the NHL, and with our Canucks soon beginning their quest for a Stanley Cup we thought this column from*

Ronnie, written in June of 2011, to be very apropos at this time. Enjoy! Enjoy!

Lilian and I spent 8 unbelievable days in Las Vegas. Before we left for Vegas a wild rumor swept the club that we were going to be married down there! Lucky for Lilian, it was only a rumor. I wouldn't do that to any girl! However, did you know that over 100,000 people get married in Vegas every year?

We spent our first 3 days 'On the Strip'! That's the Vegas that has all those wonderful and colorful hotels including such places as The Eiffel Tower and The Statue of Liberty.

Our biggest thrill in this part of Vegas was the outdoor show at the Treasure Island Hotel where they put on a 'Pirate' show 4 times a day featuring a cast of 50 people, two large pirate ships and lots of canon fire – and it's all free! I would say this alone is worth the trip to 'Sin City'!!

After enjoying those 3 wonderful days 'on the strip' we moved to 'Downtown' Vegas and the Golden Nugget Hotel. 'Downtown' Vegas is where it all started, and to us it's where most of the fun is. Everything is situated on Fremont Street – the hotels, the casinos, the free entertainment, and no cars on this street. It is probably the only street in the world that is completely covered with a 'roof', and what a 'roof' or 'ceiling' it has! It consists of 12.5 million LED lights. Every evening there is an unbelievable 'light show' and a huge and LOUD thunder and lightning storm that will scare hell out of you, and it's all free!!

The big thing on Fremont Street right now is the 'Rip Cord'. It lets you travel down Fremont Street over all the people as you pass over them in the air. No, we didn't do it, simply because we didn't have the nerve to do it.

Also new on Fremont Street are what they call the 'Life Statues'. These are people who pose as statues of famous people, such as baseball players, movie stars, etc. I actually kissed the statue of Marilyn Monroe (her exact double). I kissed her and we had a good laugh together, and Lilian took some good photos of my memorable event (she'll show them to you on request!)

We took in one show on our Vegas trip. It featured the 'Rat Pack' and consisted of 'look and sound a-likes' of the original 'Rat Pack' members – Joey Bishop, Frank Sinatra, Dean Martin and Sammy Davis Jr. We were fortunate to meet with them all following the show and had our pictures taken with them all. This was one of the highlights of our Vegas trip!

On the day of the first hockey game between the Canucks and San Jose we wore our Canuck T-Shirts all day. Near game time we found a sports bar where we wanted to watch the game from, in the Fitzgerald Hotel and Casino. However we became rather disturbed to discover there was no place left open to watch the game. The Manager of the Fitzgerald spotted us (because we were wearing our Canuck T-Shirts I suppose), and he asked us both to sit at his table, and we never enjoyed the game so much – the beer and wine flowed freely, thanks to the Fitzgerald Casino!!

After the game, as we were walking down Fremont Street, and visiting in a few of the casinos, we were surprised to have so many people 'high-five' us and quite a few were also wearing the Canuck T-Shirts.

One thing, let me get this cleared up – No, the Vegas Tourist Association is not

I BELIEVE...**I believe-**

that we don't have to change friends if we understand that friends change.

I believe-

that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.

I believe-

that true friendship continues to grow, even over the longest distance. Same goes for true love.

I believe-

that you can do something in an instant that will give you heartache for life.

I believe-

that it's taking me a long time to become the person I want to be.

I believe-

that you should always leave loved ones with loving words. It may be the last time you see them.

I believe-

that you can keep going long after you can't.

I believe-

that we are responsible for what we do, no matter how we feel.

I believe-

that either you control your attitude or it controls you.

I believe-

that money is a lousy way of keeping score.

I believe-

that my best friend and I can do anything or nothing and have the best time.

I believe-

that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

I believe-

that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I believe-

that sometimes the people you expect to kick you when you're down, will be the ones to help you get back up.

I believe-

that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

I believe-

that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

I believe-

that 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.

I believe-

that it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

I believe-

that no matter how bad your heart is broken the world doesn't stop for your grief.

I believe-

that our background and circumstances may have influenced who we are, but we are responsible for who we become.

I believe-

that just because two people argue, it doesn't mean they don't love each other and just because they don't argue, it doesn't mean they do.

I believe-

that you shouldn't be so eager to find out a secret. It could change your life forever.

I believe-

that two people can look at the exact same thing and see something totally different.

I believe-

that your life can be changed in a matter of hours by people who don't even know you.

I believe-

that even when you think you have no more to give, when a friend cries out to you you will find the strength to help.

I believe-

that credentials on the wall do not make you a decent human being.

I believe-

that the people you care about most in life are taken from you too soon.

Unknown author

I believe in myself

FYI . . . UPDATE ON DRUGS

All drugs have two names, a trade name and generic name. For example, the trade name is *Tylenol* and its generic name is *Acetaminophen*. *Aleve* is also called *Naproxen*.

Amoxil is also called *Amoxicillin* and *Advil* is also called *Ibuprofen*.

The FDA has been looking for a generic name for *Viagra*.

After careful consideration by a team of government experts, it recently announced that it has settled on the generic name of *Mycoxafloppin*.

Also considered were *Mycoxafailin*, *Mydixadrupin*, *Mydixarizin*, *Dixafix*, and of course, *Ibepokin*.

Fizer Corp. announced today that *Viagra* will soon be available in liquid form, and will be marketed by Pepsi Cola as a power beverage suitable for use as a mixer. It will now be possible for a man to literally pour himself a stiff one.

Obviously we can no longer call this a soft drink, and it gives new meaning to the names of 'cocktails', 'highballs' and just a good old-fashioned 'stiff drink'. Pepsi will market the new concoction by the name of: *MOUNT & DO*.



Thought for the day: There is more money being spent on breast implants and *Viagra* today than on Alzheimer's research. This means that by 2020, there should be a large elderly population with perky boobs and huge erections and absolutely no recollection of what to do with them.

A HISTORY LESSON FOR YOU



1... WHY?

Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE:

When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

2.... WHY?

Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE:

This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3.... WHY?

Why are zero scores in tennis called 'love'?

BECAUSE:

In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US, Americans (naturally), mispronounced it 'love.'

4.... WHY?

Why do X's at the end of a letter signify kisses?

BECAUSE:

In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

5... WHY?

Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE:

In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6... WHY?

Why do people clink their glasses before drinking a toast?

BECAUSE:

In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

7... WHY?

Why are people in the public eye said to be 'in the limelight'?

BECAUSE:

Invented in 1825, limelight was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the Centre of attention.

8... WHY?

Why is someone who is feeling great 'on cloud nine'?

BECAUSE:

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

9... WHY?

In golf, where did the term 'Caddie' come from?

BECAUSE:

When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

10... WHY?

Why are many coin collection jar banks shaped like pigs?

BECAUSE:

Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.

***And now you know the origins of some of our strange customs
Don't ya feel smarter?***

A VERY HELPFUL FACT . . .

Many of us will ditch a banana once it starts to go brown and spotty.



But it turns out this is actually the best time to scoff the tasty yellow fruit when it comes to reaping the health benefits.

They could even help you stave off cancer.

The more dark brown patches a banana has, the riper it is, which means it contains more Tumor Necrosis Factor (TNF).

This is a cancer-fighting substance that helps battle against abnormal cells in our bodies.

The type of TNF found in ripe bananas prevents the growth of tumor cells and stops them from spreading by causing the death of cells, known as apoptosis.



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

A JANITOR'S JOB

An unemployed man is desperate to support his family of a wife and three kids. He applies for a janitor's job at a large firm and easily passes an aptitude test.

The human resources manager tells him, *"You will be hired at minimum wage of \$7.35 an hour. Let me have your e-mail address so that we can get you in the loop. Our system will automatically e-mail you all the forms and advise you when to start and where to report on your first day."*

Taken aback, the man protests that he is poor and has neither a computer nor an e-mail address.

To this the manager replies, "You must understand that to a company like ours that means that you virtually do not exist. Without an e-mail address you can hardly expect to be employed by a high-tech firm. Good day."

Stunned, the man leaves. Not knowing where to turn and having \$10 in his wallet, he walks past a farmers' market and sees a stand selling 25 lb. crates of beautiful red tomatoes. He buys a crate, carries it to a busy corner and displays the tomatoes. In less than 2 hours he sells all the tomatoes and makes 100% profit.

Repeating the process several times more that day, he ends up with almost \$100 and arrives home that night with several bags of groceries for his family. During the night he decides to repeat the tomato business the next day. By the end of the week he is getting up early every day and working into the night. He multiplies his profits quickly.

Early in the second week he acquires a cart to transport several boxes of tomatoes at a time, but before a month is up he sells the cart to buy a broken-down pickup truck.

At the end of a year, he owns three old trucks. His two sons have left their neighbourhood gangs to help him with the tomato business, his wife is buying the tomatoes, and his daughter is taking night courses at the community college so she can keep books for him.

By the end of the second year he has a dozen very nice used trucks and employs fifteen previously unemployed people, all selling tomatoes. He continues to work hard.

Time passes and at the end of the fifth year he owns a fleet of nice trucks and a warehouse that his wife supervises, plus two tomato farms that the boys manage. The tomato company's payroll has put hundreds of homeless and jobless people to work. His daughter reports that the business grossed over one million dollars.

Planning for the future, he decides to buy some life insurance. Consulting with an insurance adviser, he picks an insurance plan to fit his new circumstances.

Then the adviser asks him for his e-mail address in order to send the final documents electronically. When the man replies that he doesn't have time to mess with a computer and has no e-mail address, the insurance man is stunned, *"What, you don't have e-mail? No computer? No Internet? Just think where you would be today if you'd had all of that five years ago!"*

"Ha!" snorts the man. "If I'd had e-mail five years ago I would be sweeping floors at Microsoft and making \$7.35 an hour."

Which brings us to the moral of the story:
Since you got this story from me by e-mail,
you're probably closer to being a janitor
than a millionaire.

Sadly, I received it by email also.

— — — — —

*An oldie but a goodie and great advice for
all . . .*

If you can always be cheerful, ignoring
aches and pains,

If you can resist complaining and boring
people with your troubles,

If you can eat the same food every day and
be grateful for it,

If you can understand when your loved
ones are too busy to give you any time,

If you can take criticism and blame without
resentment,

If you can conquer tension without
medical help,

If you can relax without alcohol,

If you can sleep without the aid of drugs,

Then You Are Probably The Family Dog!

And you thought I was going to get all
spiritual

Handle every stressful
situation
like a dog.

If you can't eat it
or play with it,

Piss on it and walk away.



— — — — —

An elderly couple were sitting at home
watching TV.



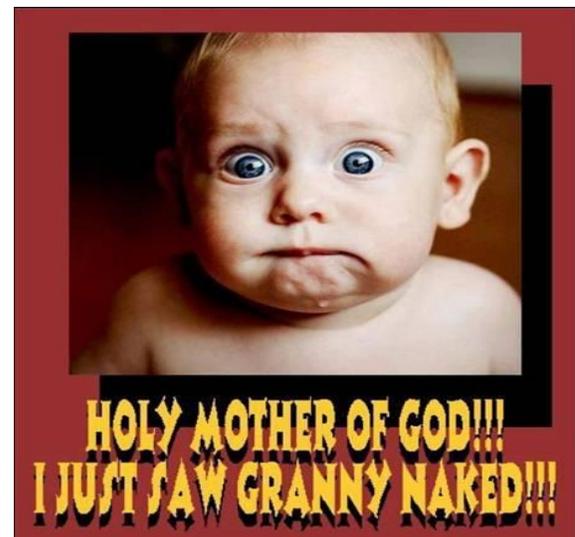
Phil had the remote and was switching
back and forth between a fishing channel
and the porn channel.

Sally became more and more annoyed and
finally said, "*For god's sake, Phil... leave it
on the porn channel... you know how to
fish!*"

I bet you didn't see that coming...

— — — — —

OUT OF THE MOUTHS OF BABES



— — — — —

The Blue Whale ejaculates over 40 gallons
of sperm when mating. Only 10% enters
the female.

And you always wondered why the sea
tasted salty?

CHILDREN WRITING ABOUT THE OCEAN



The next time you take an oceanography course, you will be totally prepared.

- 1) - *This is a picture of an octopus. It has eight testicles.* (Kelly, age 6)
- 2) - *Oysters' balls are called pearls.* (Jerry, age 6)
- 3) - *If you are surrounded by ocean, you are an island. If you don't have ocean all round you, you are incontinent.* (Mike, age 7)
- 4) - *Sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend any more.* (Kylie, age 6)
- 5) - *A dolphin breaths through an asshole on the top of its head.* (Billy, age 8)
- 6) - *My uncle goes out in his boat with two other men and a woman and pots and comes back with crabs.* (Millie, age 6)
- 7) - *When ships had sails, they used to use the trade winds to cross the ocean. Sometimes when the wind didn't blow the sailors would whistle to make the wind come. My brother said they would have been better off eating beans.* (William, age 7)

8) - *Mermaids live in the ocean. I like mermaids. They are beautiful and I like their shiny tails, but how on earth do mermaids get pregnant? Like, really?*

(Helen, age 6)

9) - *I'm not going to write about the ocean. My baby brother is always crying, my Dad keeps yelling at my Mom, and my big sister has just got pregnant, so I can't think what to write.*

(Amy, age 6)

10) - *Some fish are dangerous. Jellyfish can sting. Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves in to chargers.*

(Christopher, age 7)

11) - *When you go swimming in the ocean, it is very cold, and it makes my willy small.*

(Kevin, age 6)

12) - *Divers have to be safe when they go under the water. Divers can't go down alone, so they have to go down on each other.*

(Becky, age 8)

13) - *On vacation my Mom went water skiing. She fell off when she was going very fast. She says she won't do it again because water fired right up her big fat ass.*

(Julie, age 7)

14) - *The ocean is made up of water and fish. Why the fish don't drown I don't know.*

(Bobby, age 6)

15) - *My dad was a sailor on the ocean. He knows all about the ocean. What he doesn't know is why he quit being a sailor and married my mom.*

(James, age 7)

***If you didn't smile at these,
you need to find a better
sense of humour.***

PATTULLO BRIDGE



The first bridge across the Fraser River connecting to New Westminster was opened in 1904. The New Westminster Bridge was completed in the “horse and buggy” era. There were two decks: a lower level for railway and motor traffic, and an upper level for horses, wagons, and pedestrians. The upper level was wide enough to allow the passing of two wagon loads of hay, sufficient for the time. However, the Ford Model T was introduced in 1908 and by 1915 its purchase price was \$440.00 (U.S.) making it affordable for more people to own a car. Motorized traffic was forced to move to the upper level; the frequency of trains crossing the lower level making it impossible for automobiles to use it, according to the Columbian newspaper.

The need for a new bridge to handle increased traffic had been evident for years but it wasn't until 1927 that a company was established and given a provincial charter to build a new bridge.

However, construction didn't start on a new bridge until September 1935, on the South Westminster (Surrey) end of the bridge. In order to create an approach on the New Westminster side, the provincial government bought ten houses, a funeral parlour, Mayer's warehouse and the Weir & Taylor Machine shop on Front Street to make way for the bridge. Hugh McDonald's

home, at the corner of Leopold Place and Columbia Street, was rumoured to have had a large cache of gold hidden by the Royal Engineers on the property. Despite searches, it was never found. Two of the homes were moved, but the other structures were demolished.

By June 1936 the Fraser River rose to near-record height, wrecking the coffer dam partly constructed for the No. 5 pier. Another one-week setback also occurred when a cottonwood log blocked the sinking of a caisson below river level.

Premier Thomas Dufferin “Duff” Pattullo officially opened the bridge named for him on Monday November 15, 1937. The Pattullo Bridge had taken two years and two months to build. It cost four million dollars, was 2286 metres in length and had 31 piers.

The Pattullo was also the first bridge in Canada to be illuminated by sodium vapour lamps, like the San Francisco-Oakland and Golden Gate bridges. When it was built, it saw about 5000 cars a day drive over it. Tolls started at midnight of opening day (the bridge was nicknamed Pay-toll-a) and ended at 6:00 pm on February 12, 1952.

AN INTERESTING FACT . . .



There is a festival in Nepal dedicated solely to thanking dogs for their loyalty and friendship.

GREAT IDEA NEPAL!!! LOVE IT!

WE LOVE LITTLE JOHNNY!!

A first grade teacher was having trouble with one of her students. The teacher asks, "Johnnie! What is your problem?!"

Johnnie says, "I'm too smart for the first grade. My sister's in the third grade and I'm smarter than she is! I think I should be in the third grade!"

The teacher had had enough. As a result, she took Johnnie to the principal's office and explained Johnnie's request.

While Johnnie waited in the outer office, the teacher explained the situation to the principal. The principal told Johnnie's teacher that he would give the boy a test and if Johnnie failed to answer any of the special questions he was to go back to the first grade and behave.

The teacher agreed. Johnnie was brought into the room. The principal told Johnnie his terms and Johnnie agreed.

Principal: "What is 3×3 ?"

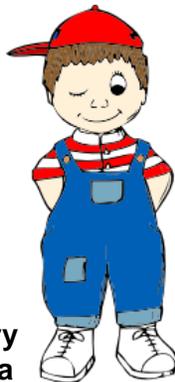
Johnnie: "9"

Principal: "What is 6×6 ?"

Johnnie: "36"

Principal: "What is 9×9 ?"

Johnnie: "81"



And so it went with every question the principal thought a third grader should know. Johnnie appeared to have a strong case. The principal looked at the teacher and told her, "I think Johnnie can go on to the third grade."

The teacher, knowing Little Johnnie's tendency toward sexually oriented wisecracks, said to the principal, "Let *me* ask him some questions before we make that decision?"

The principal and Johnnie both agreed, Johnnie with a sly look on his face.

The teacher began by asking, "What does a cow have 4 of that I have only 2 of?"
Johnnie: "Legs."

Teacher: "What is in your pants that you have but I do not have in mine?"

The principal's eyes open wide! Before he could stop Johnnie's expected answer, Johnnie said, "Pockets."

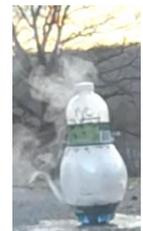


The principal breathed a sigh of relief and told the teacher, "I think we should put Johnnie in the fifth grade. I missed the last two questions myself!!!"

A SERIOUS WARNING

Kids are putting Drano, tin foil, and a little water in plastic drink bottles and capping it up - leaving it on lawns, in mail boxes, in gardens, on driveways etc. just waiting for you to pick it up intending to put it in the rubbish, but you'll never make it!!! If the bottle is picked up, and the bottle is shaken even just a little - in about 30 seconds or less it builds up enough gas which then explodes with enough force to remove some of your extremities. The liquid that comes out is boiling hot as well.

Don't pick up any plastic bottles that may be lying in your yards or in the gutter, etc. Pay attention to this. A plastic bottle with a cap. A little Drano. A little water. A small piece of foil. Disturb it by moving it; and BOOM!! No fingers left and other serious effects to your face, eyes, etc. Share this with everyone you know



Source: www.scopes.com

**FROM OUR UNIT
#68 BUZZ RECIPE
CORNER:**



**THREE CHEESE SPAGHETTI
NESTS**



INGREDIENTS:

- 10 ounces dry Whole Wheat Spaghetti (or gluten free option)
- 1/2 cup grated regular or low fat Cheddar Cheese
- 1 cup fat free or low fat Cottage Cheese
- Olive Oil
- pinch Garlic Salt
- 1/4 teaspoon Pepper
- 1 teaspoon Tumeric
- 1/4 teaspoon Smoked Paprika
- shaved Parmesan for garnish

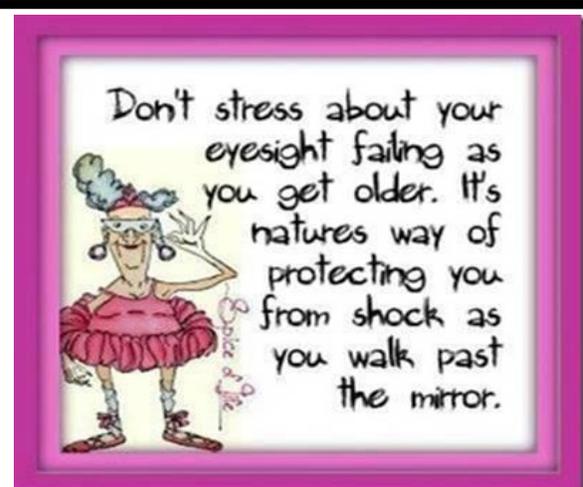
METHOD:

1. Pre heat oven to 425 F with the rack in the center of the oven. Lightly spray Muffin tins.
2. Cook pasta according to directions, reserve 1/2 cup of cooking liquid. Be sure not to break spaghetti while cooking so you can twirl it into nests.
3. Combine cottage cheese and cheddar cheese in a bowl.

4. Toss cooked pasta with a splash of olive oil, all spices and seasonings. Add some of the reserved cooking liquid if you need to.
5. Mix with cheese mixture. Reserve a bit of cheese to top each nest.
6. Twirl spaghetti with a fork and add to muffin tins, create nest shapes.
7. Top each nest with a bit of the cottage cheese mixture.
8. Bake for about 10 minutes. The tops of your nests will be lightly browned and a bit crispy. Let cool for a few minutes. Gently loosen spaghetti nests from muffin tins with a spatula and serve.
9. Top with parmesan & dried basil or parsley if desired.

VARIATIONS

- You can try different spices in your spaghetti nests: chili powder, cayenne, thyme, saffron, nutmeg, cumin, etc...would all be fun & unique flavor twists.
- You can play around linguine, angel hair and other pasta shapes.
- Try flavored pasta: Spinach, cabernet, etc.



PRESIDENT BOB'S SPRINGTIME PROJECT . . .

When he and Rose moved into their new digs in Penticton their backyard was filled with junk and an old chicken coop – here is what he created!!! AWESOME!!



YesSirRee – you are one fantastic carpenter Bob . . . an awesome creation!!! You are welcome to re-invent our backyard anytime!!!!

Your Editors, Mardi & Fred

FROM YOUR EDITORS . . .

We were both saddened by the news of our friend Bert's passing – we were hoping so much that he would beat this thing – and even come back for our picnic on Saturday – he was always the life of the party – and we all loved him!! You will be long remembered Bert! You were a very special man!



We want to thank all of our loyal readers who send us great items and cartoons, etc. for our newsletter every month – it is very much appreciated!!

And our Special Thanks once again to our Star Columnist, *Ron 'Andy Capp' Robinson!!* We thank you once again for taking us with you down Memory Lane!!

Remember – you have a standing invitation to visit our webpage at anavets68.com

We are looking forward to our **Unit #68 Annual Picnic/BarBQ** which is on Saturday, July 23rd – it is always a fun day as we meet and greet both old friends and new!! And the food is always delicious! Watch next month's issue for 'picnic news and views'.

Wishing all of our friends and comrades a fun, sunny summer – keep well, smile, and hug often!!

**Your Editors,
Mardi & Fred**

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Someday everything will make perfect sense. So for now laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason. . . . Unknown author