

THE BUZZ

**CELEBRATING
CANADA 150
WITH PRIDE!**



THE BUZZ



FROM YOUR EDITOR, MARDI:

Dear Comrades and Friends

We have a very special report for you this month, as our Past President Bob Rietveld has submitted a report for this July issue. Welcome back, Bob!!!



YOUR PAST PRESIDENT'S REPORT

Comrades . . .

Although Canada's 150th birthday has passed when this issue hits the streets, Rose and I spent our 2nd July 1st in Penticton. Memories of over 15 years marching in Steveston and so many comrades who are now deceased make these years very different. Our B.C. Command Colour Guard led the parade every year, so hearing that this was not the case this year brought a sad tear to my thoughts. Past President Chuck McDonald of Unit # 284 was always so proud of his

Unit during the July 1st festivities. Their little train carried those comrades who could no longer march and during Chucks last few years he drove my H2 Hummer in the Parade, proudly all decorated with our nations flag. Yes, nothing stays the same forever but the following paragraph proves some things will never change.

On June 21st my Hummer led a parade for the annual Beach Cruise in Penticton as over 700 vintage and collectable vehicles participated. There was however a very unusual event that no one can explain. I had asked my wife's sister to take a few pictures as we traveled past the many onlookers. When the parade was over Monica called Rose and sounded confused and stressed as she asked us who was in the Hummer.

Well this next line is absolutely true as I was the Driver and Rose was the only passenger sitting in the front seat. Monica showed us a haunting picture of 2 hands pointing up in the back seat of my hummer.

Remember there was no one in that back seat and yet the hands were as clear as day. After the shock wore off and trying to come up with a logical explanation, we concluded, it was the spirit of either my former comrades Chuck or Roy Blair who never missed a parade. (see picture on next page) . . . Like I said some things never change.



On August 12th I will lead the 2017 Penticton Peach Festival Parade as a private citizen in my Hummer, this was once also a parade our Colour Guard participated in for many years. Although I am a little spooked after the last epiphany, I was honoured to be asked to carry 3 local veterans.



The gentleman with me is the Mayor of Penticton, Andrew Kakubiet

In closing, I do these parades in memory of my Friends and Comrades . . . and mostly to remind young children of those fallen heroes who suffered, so Canada could be the best nation on earth.

I plan to do this again on Canada's 175th Birthday, when I will be 97 years old . . . hey, that's only 25 years from today. Lest We Forget.

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

PICNIC TIME IS HERE . . .

Saturday, July 22ND at Trout Lake!!

We are hoping to see each and every one of our Comrades as it promises to be an extremely Fun Day!!

Each year we have a fabulous Raffle with many, many great items to win - We appreciate any donations to this Raffle, so please bring any donations with you to our picnic. We thank you in advance!!

And . . . the best word to describe the food is DELICIOUS - we have hot dogs, hamburgers, and a wide variety of salads and other goodies that our comrades donate to this event each year. No one will go away hungry!!!!

ONE BIG CHANGE TO NOTE THIS YEAR: We will be manning the BarBQ only between the hours of 11:30 a.m. - 3:30 p.m. This way we can give our Chefs a chance to enjoy the fun along with the rest of us!! Cheffing all day is a very stressful and tiring job!! So this year - we are giving them a very much needed break!! So CHEFS - ENJOY!!

Again we remind you - If you plan to spend the late afternoon hours with us or early evening then do bring some snacks along - such as chicken wings, sausage rolls, etc., etc. And don't forget - it is a BYOB day!! Thanks everyone.

And of course - there will be a few friendly games of Bocce - always a fun afternoon's activity! Hopefully the sun will shine down on us all day!

Come out and enjoy the day with us - everyone is welcome!!



FINAL COLOUR GUARD REPORT

Comrades

As Past Colour Sgt. of our B.C. Command Colour Guard, it is with deep disappointment to hear that Command has suspended operations of the B.C. Colour Guard. As most of you can remember for over 10 years I wrote a Colour Guard article in the Buzz magazine. I always ended my article with the quotation "*Submitted in Honour of Roy Blair.*" My reasoning was to honour the memory of Roy who preceded me in writing this article, but mostly to carry on a tradition.

As I write this article for the last time there are so many joyous memories. Too many departed comrades flood my mind yet during my term we had 26 members; to think that was just a mere few years ago. Today I am told the Colour Guard was down to 4 members so I understand the position that placed my comrades in to attend parades or functions.

My proudest days were marching with so many dedicated Veterans so I cannot close this chapter without sharing the best story of all.



Charlie Lee, the longest and oldest serving Colour Guard member one hot sunny parade day in New Westminster taught me a lesson I will never forget. It was over 95 Celsius and as we approached Queens park I heard Charlie

yell to me "*Sargeant Bob, one more mile and you will have to call the meat wagon (a WW11 term for a death wagon).*"

Charlie was at the time over 90 and had never missed a parade in over 40 years, so at the finish salute I commented "*Charlie You are My Hero.*" Charlie gave me a stern look and said without hesitation, and I quote "*Bob, I am not a Hero, those are the Boys who never returned*" Such was the dedication and humility that drove me all those years.

Well comrades as the song goes . . .

TILL WE MEET AGAIN!

"Lest we Forget".

Submitted in Honour of Roy Blair.

Fraternally Yours

Bob Rietveld

Past Colour Sgt.

B.C. Command Colour Guard.



Our Colour Guard proudly preparing to march in one of the many Parades during the year!

*Colour Guard in Point Roberts U.S.A.
Independence Day Parade*



WE WANTED TO SHARE A FEW FUN AND INTERESTING FACTS ABOUT CANADA

(which we are sure you already know!)

'Eh' isn't just placed anywhere in a sentence but at the end as a form of confirmation or agreement

The Canada-US border is the longest international border in the world

The Canadarm (a robotic arm used in space to repair, capture and deploy satellites as well as aiding in positioning astronauts) is named due to its development by Canadian scientists.

Canada has its own version of the Loch Ness Monster, Ogopogo, a sea creature located in British Columbia's Okanagan Lake.

The game of basketball can trace its roots back to Canada and its inventor, Dr. James Naismith.

The Trans Canada Highway, running between Victoria (British Columbia) and St John's (Newfoundland and Labrador), is reportedly the longest highway in the world.

Vancouver's Stanley Park is bigger than New York's Central Park.

Victoria's Chinatown is the largest in Canada and the second largest in North America, after San Francisco.

Spotted Lake in Osoyoos, British Columbia gets its name during the hot, dry summer months when the natural pools evaporate, causing the water to change colour and leaving behind deposits of salt. The result looks like a polka dot landscape.

There's an annual contest held to pay homage to the Canada's best restroom,

the 2016 winner was an ESSO gas station in Alberta.

Canadians love their hockey so much they are on record as having the largest hockey stick in the world.

Montreal (Quebec) is the fourth largest French speaking city in the world, after Paris, Kinshasa (DR), and Abidjan (Ivory Coast), though it is believed to be the most European-looking

Pancakes are so much sweeter thanks to Canada's contribution. The country produces over 70% of the world's maple syrup (90% from Quebec).

The underground railroad, which wasn't actually a railroad, did provide safe passage for enslaved African Americans into Canada.

Lovable childhood character Winnie the Pooh is based on a real bear from Winnipeg (Manitoba)

The Capilano Suspension Bridge (British Columbia) spans 450 feet across and 230 feet above the Capilano River and can hold the weight of 98 full grown elephants.

Canada is known to have two different national sports depending on the season: winter is for Ice hockey and summer is for lacrosse

The ice burgers that make their way down from the Arctic to Newfoundland and Labrador are used to make Iceberg Water and as well as spirits (vodka, gin, rum and beer)

Membership into of the Dawson City (Yukon) *Sourtoe Cocktail Club* is as simple as one cocktail drink away. A cocktail that consists of a dehydrated toe

GOTTA LOVE OUR CANADA!!

ANAVETS AFFAIRS

AFFORDABLE RENTAL
HOUSING FOR SENIORS

**ANAVET HOUSING**

Vancouver East
951 East 8th Avenue
Richmond - 11820 No. 1 Road
North Van. – 245 East 3rd St.
Call 874-8105 or email
bcanavets@telus.net for more information

New Chelsea Society
7501 – 6th Street,
Burnaby, B. C. V3N 3M2
Patrick Buchannon, Executive Director
Telephone: 604-395-4370
Fax: 604-395-4376
E-mail: admin@newchelsea.ca

**VETERANS AFFAIRS CANADA
MEDALS & SERVICE RECORDS**
P.O. Box 7700 Charlestown, 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 \$ 2,500.00?

LAST POST FUND INC.
British Columbia Branch #520
#203-7337 – 137th St. Surrey, BC V3W 1A4
For information regarding financial assistance
please contact 572-3242 or 1 – 800 – 268-0248.

A QUOTE TO PONDER . . .

*"No matter how much cats fight, there
always seems to be plenty of kittens."*

--- Abraham Lincoln

**ANAF UNIT #68
MEMBERSHIP . . .**

The membership chair for
Unit #68 is our unit secretary - **Jan Holt** –
if you have not already enrolled for the
year 2017 please do so NOW so you may
continue receiving all of the wonderful
benefits membership accords.

A membership is only \$35.00 per person
and \$60.00 for a couple. If you wish to mail
in your membership fee, Jan Holt's
address is as follows:

#204 - 7850 Knight Street
Vancouver. B.C. V5P 2X6

*PLEASE REMEMBER . . . We need 'YOU',
and your continued support as loyal and
dedicated Members. An active
membership makes for an active club!*

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

Ron Gray
John Kimoff

Ken Griggs
Darlene Ludwig

*We have been known to occasionally miss
a member's birthday, so if we have missed
your birthday please contact us and let us
know so that we can update our files.*

Thank you

Happy Birthday Everyone!!!!

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

REMINISCING WITH RON 'ANDY CAPP' ROBINSON ...



Editor's Note: *This is a column Ronnie wrote for our July 2008 issue of The Buzz – he really admired this lady . . .*

In loving Memory

This is a story about a woman named Margaret Lally and how an American by birth became possibly the best known woman in Canada.

In 1971 she received Canada's highest award, the Order of Canada, and was also awarded an Honourary Doctorate from the Simon Fraser University in the same year.

She was admired by most Canadian politicians, as well as being detested by them. She became known across this great country of ours as "*The Crusty Queen of Publishing*". Margaret coined the expression, "*That's for Damshur!*"

I don't know just how many books have been written about her, but I do know it's over seven books.

Margaret was born in Windy Ridge, Kansas on August 3rd, 1888. Her ancestors were of Irish decent and she often said that's where she got her Irish temper.

As a young girl she worked in a saddle factory where her and the other girls that worked with her would often wonder what the cowboys, who purchased the saddles, really looked like.

When Margaret read somewhere that the real cowboys were in Canada in a place called Alberta, off she went and traveled with her sister to Alberta.

After a short stay in Canada she left for a job in Seattle. Still in search for a better paying job, she took a steamer to

Vancouver – the year was 1912. Her wealth at that time was \$15. Her first job was selling subscriptions to the B.C. Federationist. Later she found a better job, paying her \$12 a week. The job required her to take two street cars and a long walk to Marine Drive every day. She finally got a job closer to home in South Vancouver. It was at this time that she met a young reporter named George Murray. George later became the owner and Editor of the South Vancouver Chinook. It was around this time that they were married, and she became Margaret Murray.

In 1949 George was elected as a Member of Parliament. So many things happened in their exciting lives that I'm afraid it would take several books for me to tell you the entire story, so I'm skipping all those years and taking you to the Lillooet part.

It's hard to believe, but in the Gold Rush Days Lillooet had a population of over 10,000 gold seekers, but at the time of Ma's arrival the population was around 3,000. She got the name of 'Ma Murray' when she became the owner and publisher of the Bridge River-Lillooet news. Ma's editorials made her famous nation wide. Always, with a bit of humour in her writings, Ma suddenly became known across Canada.

It was in September of 1971 that I had the privilege of meeting and becoming a friend of Ma Murray.

Lillooet had just suffered a horrific fire and Ma wrote a story that my wife and I were the first people from the Lower Mainland to bring boxes of clothing to the people who lost all their belongings in the fire.

She later wrote a story about my creating the bumper sticker "*ATLANTIC to PACIFIC – CANADA is TERRIFIC*".

Ma Murray passed away in her bed above the old Lillooet news office on September 25th, 1982. She was 94 – and *That's for Damshur!!!!*



Forever In Our Memories

**AHHHHH SUMMER . . .
GOLF, ANYONE??**



A hacker went up to a club pro and challenged him to 18 holes of golf for \$100. There was one catch, though – the hacker gets two Gotcha's.

The club pro, with his attitude, said, "*No problem. Whatever the heck Gotcha's are, I'll still kick your butt all over the course!*"

After the round, the two walked into the clubhouse. Others were stunned to see the club pro pay the hacker \$100. They asked the pro how it happened.

He remarked, "*Well, when I was teeing off on the first hole, right in the middle of my backswing, he reached between my legs, grabbed my balls and yelled, 'Gotcha!' And you have no idea what it is like playing 18 holes waiting for the second Gotcha...*"



A HANDY HOUSEHOLD BUG HINT FOR YOU . . .



For those of us who **Defest** those obnoxious little fruit flies

FRUIT FLY TRAP

Supplies:

red wine vinegar
Dawn dish soap
plastic wrap
rubber band
toothpick
clear jar

Steps:

Put 3-4 drops of Dawn soap into the bottom of the jar.

Pour 6 Tbsp. of red wine vinegar into the jar (or enough to fill it about 1/4 in.).

Gently swirl the jar around to combine the ingredients.

Place a piece of plastic wrap over the jar and pull it tight across the top. Secure it with a rubber band. Trim off any excess plastic.

Using a toothpick, poke holes into the plastic so the flies can get in.

Place your trap near any fruit you have out on the counter.

Goodbye fruit flies!

NOTE: Change out the mixture about every 2 weeks, more often if you are catching a lot of fruit flies.

CANADIAN 150th ANNIVERSARY 2017 COIN DESIGNS UNVEILED

by *CoinNews.net* on November 8, 2016

The Royal Canadian Mint unveiled designs for a series of circulating coins that celebrate Canada's sesquicentennial.



Canadian 2017 Circulation Coin Designs

Canada turns 150 in 2017 and the RCM will strike new designs on 5-cent, 10-cent, 25-cent, loonie and toonie coins to commemorate the anniversary.

A national design contest, *My Canada, My Inspiration*, kicked off in March 2015 when the RCM asked Canadians to create new designs from five theme perspectives: Our Wonders, Our Character, Our Achievements, Our Passions, and Canada's Future.

The public cast more than 1 million votes for designs that numbered in the thousands. The finalists in each class were determined by the RCM and a panel of notable Canadians. Canadians then voted and selected a final design for each category in September 2015.

On Wednesday, Nov. 2, unveiling ceremonies happened simultaneously in

the hometowns of each winning coin designer.



2017 5-Cent Circulation Coin Design

A beaver will remain on the reverse of the upcoming 5-cent coin.

Digitally created by graphic designer Gerald Gloade and celebrating the theme *Our Passions*, the image features a solitary beaver in the water.

Gloade's illustration, calling *Living Traditions*, was influenced by his northeastern woodland Algonkian heritage and the wildlife theme of Canada's 1967 commemorative centennial coins, according to the RCM.

"As a proud Mi'kmaw, I was inspired to re-imagine the beaver of our traditional five-cent coin through the eyes of my own First Nations culture," Gloade said.

Surrounding the beaver are inscriptions of CANADA, 1867-2017, 5 CENTS, and GG for Gloade's initials.



2017 10-Cent Circulation Coin Design

Designed by Amy Choi and celebrating the theme *Our Character*, the reverse of the upcoming 10-cent coin shows an airborne maple leaf that forms the wings and tail of a dove.

Choi was able to illustrate what she felt Canada achieved in its first 150 years through a work entitled *Wings of Peace*, according to the RCM.

"My coin design expresses the hope that, one day, the offering of the maple leaf will be as symbolic as the offering of an olive branch," Choi said. "Since Canada is known world-wide for its desire to promote peace, cooperation and diversity, I was moved to combine the maple leaf and the dove as my way to show what I admire most about my country."

Around the maple leaf are inscriptions of CANADA, 1867-2017, 10 CENTS, and AC for Choi's initials.

2017 25-Cent Circulation Coin Design



Created by Joelle Wong when she was eight years old, the upcoming 25-cent coin celebrates the

theme Canada's Future.

It depicts a turtle, bird and beaver, all decorated with aboriginal patterns, reaching for a plant growing out of a pair of hands. The design symbolizes how Canadians are all connected in protecting its nature.

Wong worked with one of her teachers to research Canadian wildlife and indigenous art techniques to develop her painting of animals commonly represented in aboriginal culture, the RCM stated.

"I love animals and green spaces and that gave me the idea of showing my hope for Canada's future in a painting that celebrates the importance of our nature and native Canadian culture," Wong said.

Around the scene are inscriptions of CANADA, 1867-2017, 25 CENTS, and JW for Wong's initials.



2017 Dollar Circulation Coin Design

Wesley Klassen designed the upcoming dollar, which features major landmarks and celebrates the theme *Our Achievements*.

The RCM noted that Klassen's design illustrates the iconic engineering achievements which dominate the Canadian landscape from east to west. It depicts landmarks like Lion's Gate Bridge, a prairie grain elevator, the CN Tower, Quebec City's majestic Chateau Frontenac Hotel and an East Coast lighthouse.

"I chose images that are in one way or another connected to the railroad, for which all Canadians can be forever grateful, and I'm touched that my design appealed to so many of them," Klassen said.

Above the depictions are inscriptions of CANADA and 1867-2017. Below them are DOLLAR and WK for Klassen's initials.

2017 Two Dollar Circulation Coin Design



Designed by Dr. Timothy Hsia and celebrating the theme *Our Wonders*, the upcoming two-dollar coin depicts the northern lights.

The reverse shows a pair of paddlers dwarfed by a night sky that is alive with the ever-shifting movement of the Aurora Borealis. The paddlers pause and gaze awestruck in wonder of the mesmerizing scene unfolding above them.

"The northern lights are a true Canadian wonder, one that all Canadians from sea to sea can appreciate and call their own. To me, this radiant light display embodies Canada's unity and beauty," Hsia said. "I titled my design 'Dance of the Spirits' after how the Cree people attribute the northern lights to the special moment when the spirits manifest themselves, dancing, to the human eyes and minds below."

Around the scene are inscriptions of CANADA, 1867, 2017, 2 DOLLARS, and TH for Hsia's initials. There are also two maples leaves above and below.

SO THIS IS HOW IT'S DONE!!!!

Two married friends are out drinking one night, when one turns to the other and says, "You know I don't know what else to do. Whenever I go home after we've been out drinking, I turn the headlights off before I get to the driveway. I shut off the engine and coast into the garage. Take my shoes off before I go into the house, I sneak up the stairs, get undressed in the bathroom, stick my foot in the toilet and pee down my leg to prevent splashing sounds. I ease into bed and my wife STILL wakes up and yells at me for staying out so late."



His friend looks at him and says, "Well, you're obviously taking the wrong approach. I screech into the driveway, slam the door, storm up the steps, pee hard into the toilet water, then use the full flush, throw my shoes in the closet, undress in the bedroom, then jump into bed, slap her on the butt and say 'WHO'S READY FOR FUN?!'"

She always acts like she's sound asleep. Works every time!"

FROM OUR UNIT #68 BUZZ RECIPE CORNER:



SUMMER CORN SALAD

A fresh summer salad loaded with grilled corn and lots of veggies!

INGREDIENTS:

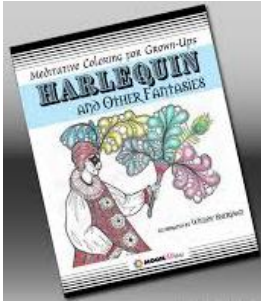
5 ears Corn, baked, boiled or grilled
1 Tomato, seeded and diced
1 small Red Onion, chopped
1 green Bell Pepper, seeded and diced
1 Lime, juiced
2 Tablespoons Olive Oil
1 Tablespoon chopped fresh Cilantro (optional)
Salt and Pepper, to taste

METHOD:

Remove cooked corn kernels with a knife and place in large bowl.
Add diced tomato, onion, and bell pepper. Toss to combine.
Add lime juice and olive oil.
Stir in cilantro then season with salt and pepper.
Serve and enjoy!

SUMMER YUM 4 U!!!!



HARLEQUIN NOVEL . . .

version 2017

He grasped me firmly, but gently, just above my elbow & guided me into a room, his room. Then he quietly shut the door & we were

alone. He approached me soundlessly, from behind, & spoke in a low, reassuring voice, close to my ear.

"Just relax."

Without warning, he reached down & I felt his strong, calloused hands start at my ankles, gently probing, moving upward along my calves. Slowly but steadily. My breath caught in my throat.

I knew I should be afraid, but somehow I didn't care. His touch was so experienced, so sure. When his hands moved up onto my thighs, I gave a slight shudder & partly closed my eyes. My pulse was pounding.

I felt his knowing fingers caress my abdomen, my ribcage & then, as he cupped my firm, full breasts in his hands, I inhaled sharply.

Probing, searching, knowing what he wanted, he brought his hands to my shoulders, slid them down my tingling spine & into my panties.

Although I knew nothing about this man, I felt oddly trusting & expectant.

This is a man, I thought, who's used to taking charge. A man who would tell me what he wanted. A man who would look into my soul & say

"Okay ma'am, you can board your flight now."

SOME OLD SOME NEW . . .

Man who wants pretty nurse must be patient.

Passionate kiss, like spider web, leads to undoing of fly.

Lady who goes camping with man must beware of evil intent.

Squirrel who runs up woman's leg will not find nuts.

Man who leaps off cliff jumps to conclusion.

Man who runs in front of car gets tired, but man who runs behind car gets exhausted.

Man who eats many prunes get good run for money.

War does not determine who is right; it determines who is left.

Man who fight with wife all day get no piece at night.

It takes many nails to build a crib, but only one screw to fill it.

Man who drives like hell is bound to get there.

Man who stands on toilet is high on pot.

Wise man not keep sledge hammer and slow computer in same room.

Man who live in glass house should change clothes in basement.

And, CONFUCIUS ALSO DID NOT SAY:
"A Lion will not cheat on his wife, but a Tiger Wood."

MINDFUL EATING COULD START WITH A RAISIN

By Jae Berman

June 1, 2017

The Washington Post

June 26, 2017

Excerpt from Vancouver Sun



What if one little raisin held all the wisdom we need to learn to eat well?

Nutrition will forever be a hot debate, with new science and new fads. The value of each macronutrient (proteins, carbohydrates and fats) is always being disputed, and one is often looked at as the hero or enemy. We play with vitamins and minerals and discuss miracle supplements and superfoods. We experiment with smaller, more frequent meals or fasting.

But what if nutrition didn't have anything to do with meal timing or magic bullets? What if the answer had nothing to do with food, but rather our awareness of how we're eating? Could becoming more mindful be what's needed to create the nutritional change you're looking for?

Most of us eat mindlessly. We're rushing and stuffing food in our mouths as we go from point A to point B. We're so engrossed in our conversation at dinner (or the Facebook feed on our smartphone) that we eat the whole plateful, barely noticing what was on it and how it tasted. Or our minds are focused on the ongoing to-do list in our heads.

All this mindless eating may be having a negative effect on our health. Standard portions in restaurants and elsewhere in the food industry are growing, and that plate of food may be more than we need. However, if we don't notice our hunger cues or consciously decide to stop, we'll probably just keep eating.

Mindful eating is the practice of just that: being mindful when you eat. Paying attention to the flavor, smell and texture of food and noticing how it makes you feel.

A very common first lesson when learning about mindful eating is called the raisin exercise. It's so simple yet surprisingly powerful.

1. Sit in a comfortable chair in a quiet place.
2. Take one raisin and place it in your hand. Imagine you have no idea what a raisin is and this is the first time you're seeing one.
3. Look at it. Notice the wrinkles, the color, the size, and feel the weight. Really look at it. Hold it up to the light and notice how it looks in different perspectives.
4. Bring the raisin to your nose and smell it. Close your eyes and smell again.
5. Bring the raisin to your ear and roll it in your fingers and listen. Close your eyes and listen.
6. Place the raisin in between your lips, not yet in your mouth. How does it feel? Can you taste anything? Is your mouth watering?
7. Place the raisin in your mouth and move it around without chewing. How does it feel in your mouth? On your tongue, against your cheeks, in your teeth. Is your mouth watering now? Can you taste anything? How does it taste?

8. Finally start to chew. What does chewing feel like? Can you feel your jaw and/or teeth? How does it taste now? How does it feel? What does a chewed raisin feel like in your mouth?

9. And finally, when ready, swallow. Take note of how your mouth and throat feel.

Do this exercise very slowly. It could take five to 15 minutes.

Mindful eating is a phenomenal tool that you can use throughout your day to manage portions, pay attention to choices and just slow down a bit. Your mealtime doesn't have to be as slow and detailed as the raisin exercise, just a version that works for you.

- Before eating, sit comfortably and look at your plate. Notice what you're about to eat.
- Take a forkful, taste the flavors, chew with some intention, swallow and check in with yourself.
- Take each bite a bit more slowly, and be aware of what is happening.
- After each bite, take one second to check in with your hunger cues and notice whether you feel full or need more.
- When you feel full, put the fork down.

A FUN QUOTE FOR YOU

"According to a new survey, women say they feel more comfortable undressing in front of men than they do undressing in front of other women. They say that women are too judgmental, where, of course, men are just grateful."

---Jay Leno

Assure me that this won't happen to us:

An elderly Floridian called 911 on his cell phone to report that his car has been broken into.

He is hysterical as he explains his situation to the dispatcher. "*They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!*" he cried.

The dispatcher said, "*Stay calm... An officer is on the way.*"

A few minutes later, the officer radios in "*Disregard. He got in the back-seat by mistake.*"

— — — — —

A little old lady was running up and down the halls in a nursing home.

As she walked, she would flip up the hem of her nightgown and say '*Supersex.*'

She walked up to an elderly man in a wheelchair. Flipping her gown at him, she said, '*Supersex...*'

He sat silently for a moment or two and finally answered, '*I'll take the soup.*'

— — — — —

As a senior citizen was driving down the freeway, his car phone rang.

Answering, he heard his wife's voice urgently warning him, '*Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!*'

'*Heck,*' said Herman, '*It's not just one car. It's hundreds of them!*'

TELL ME THIS WON'T HAPPEN TO US!!

PASS THE BUTTER . . . PLEASE.

This is interesting

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back.

It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavourings....

DO YOU KNOW the difference between margarine and butter?

Read on to the end....gets very interesting!

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams, compared to 5 grams for margarine.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few and only because they are added!

Butter tastes much better than margarine and it can enhance the flavours of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine..

Very high in trans fatty acids.

Triples risk of coronary heart disease ...

Increases LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five times..

Lowers quality of breast milk

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact...HERE IS THE PART THAT IS VERY INTERESTING!

Margarine is but **ONE MOLECULE** away from being **PLASTIC**...and shares 27 ingredients with **PAINT**

These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

* no flies, not even those pesky fruit flies will go near it (that should tell you something)

* it does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny weeny microorganisms will not a find a home to grow. Why? Because it is nearly plastic. Would you melt your tupperware and spread that on your toast?

Share This With Your Friends.....(If you want to 'butter them up' for better health)!

FOR ALL OF OUR DOG-LOVERS OUT THERE!!!

An older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of.

He calmly came over to me, I gave him a few pats on his head. He then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep.



An hour later, he went to the door, and I let him out.

The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious I pinned a note to his collar: *'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'*

The next day he arrived for his nap, with a different note pinned to his collar:

'He lives in a home with non-stop chatting wife, 6 children, 2 under the age of 3 - he's trying to catch up on his sleep. Can I come with him tomorrow?'

THE IMPORTANCE OF WALKING...

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where the hell he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing...

I joined a health club last year, spent about 250 bucks. Haven't lost a pound. Apparently you have to go there! Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

I know I got a lot of exercise the last few years,just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a pub with a Happy Hour and by the time I leave, I look just fine!!!



CINDERELLA

Cinderella is now 95 years old.

After a fulfilling life with the now dead prince, she happily sits upon her rocking chair, watching the world go by from her front porch, with a cat named Bob for companionship.

One sunny afternoon out of nowhere, appeared the fairy godmother.

Cinderella said, "*Fairy Godmother, what are you doing here after all these years?*"

The fairy godmother replied, "*Cinderella, you have lived an exemplary life since I last saw you. Is there anything for which your heart still yearns?*"

Cinderella was taken aback, overjoyed, and after some thoughtful consideration, she uttered her first wish:

"The prince was wonderful, but not much of an investor. I'm living hand to mouth on my disability checks, and I wish I were wealthy beyond comprehension."

Instantly her rocking chair turned into solid gold.

Cinderella said, "*Ooh, thank you, Fairy Godmother*"

The fairy godmother replied, "*It is the least that I can do. What do you want for your second wish?*"

Cinderella looked down at her frail body, and said, "*I wish I were young and full of the beauty and youth I once had.*"



At once, her wish became reality, and her beautiful young visage returned.

Cinderella felt stirrings inside of her that had been dormant for years.

And then the fairy godmother spoke once more: "*You have one more wish; what shall it be?*"

Cinderella looks over to the frightened cat in the corner and says: "*I wish for you to transform Bob, my old cat, into a kind, and handsome, young man.*"

Magically Bob suddenly underwent so fundamental a change in his biological make-up, that when he stood before her, he was a man so beautiful, the likes of him neither she, nor the world, had ever seen.

The fairy godmother said, "*Congratulations, Cinderella, Enjoy your new life.*"

And with a blazing shock of bright blue electricity, the fairy godmother was gone as suddenly as she appeared.

For a few eerie moments, Bob and Cinderella looked into each other's eyes.

Cinderella sat, breathless, gazing at the most beautiful, stunningly perfect man, she had ever seen.

Then Bob walked over to Cinderella, who sat transfixed in her rocking chair, & held her close in his young muscular arms.

He leaned in close, blowing her golden hair with his warm breath, as he whispered in her ear . . .

"Bet you're sorry you had me neutered"

And that's how the fight started.....

My wife and I were watching *Who Wants To Be A Millionaire* while we were in bed. I turned to her and said, 'Do you want to have Sex?'

'No,' she answered.

I then said, 'Is that your final answer?'

She didn't even look at me this time, simply saying, 'Yes..'

So I said, "Then I'd like to phone a friend."

And that's when the fight started...

— — — — —

My wife and I were sitting at a table at her high school reunion, and she kept staring at a drunken man swigging his drink as he sat alone at a nearby table.

I asked her, "*Do you know him?*"

"Yes", she sighed, "*He's my old boyfriend. I understand he took to drinking right after we split up those many years ago, and I hear he hasn't been sober since.*"

"My God!" I said, "*Who would think a person could go on celebrating that long?*"

And then the fight started...

— — — — —

My wife was hinting about what she wanted for our upcoming anniversary. She said, "*I want something shiny that goes from 0 to 150 in about 3 seconds.*"

I bought her a bathroom scale.

And then the fight started.....

— — — — —

After retiring, I went to the Social Security office to apply for Social Security. The woman behind the counter

asked me for my driver's License to verify my age. I looked in my pockets and realized I had left my wallet at home.

I told the woman that I was very sorry, but I would have to go home and come back later.

The woman said, '*Unbutton your shirt*'. So I opened my shirt revealing my curly silver hair.

She said, '*That silver hair on your chest is proof enough for me*' and she processed my Social Security application.

When I got home, I excitedly told my wife about my experience at the Social Security office.

She said, '*You should have dropped your pants. You might have gotten disability too.*'

And then the fight started...

— — — — —

My wife was standing nude, looking in the bedroom mirror.

She was not happy with what she saw and said to me, "I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment."

I replied, "Your eyesight's damn near perfect."

And then the fight started.....

— — — — —

My wife sat down next to me as I was flipping channels.

She asked, "What's on TV?"

I said, "Dust."

And then the fight started...

—————



FRIENDS . . .

They love you, but they are not
your lover.

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

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

They are.....FRIENDS!

A True friend...
Scolds like a DAD..
Cares like a MOM.
Teases like a SISTER.
Irritates like a BROTHER.

WITH A SAD HEART

We extend our heartfelt condolences to our good friend and comrade Vera Lipsett (Forseth) on the loss of her husband Gordie Lipsett. Gordie passed away on Sunday ,June 25th after a lengthy illness. He will be sadly missed.



FROM YOUR EDITORS . . .

Well, Comrades . . . our Summer season has definitely arrived!!!! Phew – is it ever HOT!



Our thoughts and prayers are with our neighbours in the Cariboo and northeast region who are dealing with a horrid wild fire situation all across our beautiful province. May the winds die down fast, and the rain pour down in torrents!! Who would have thought we would wish for rain here in LotusLand???

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

We wish you all an enjoyable summer – with friends and family!! Make memories to last throughout the entire season! And always remember – a loving *Hug* says it all so very well!!

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

SEE YOU AT THE PICNIC!!!!

Saturday, July 22ND at Trout in John Henry Park!! Come out and meet and greet old friends and new - it promises to be a 'Fun Day' as always!!

Until we meet again – stay healthy and be happy!!

**Your Editors,
Mardi & Fred**

— — — —

Words to live by . . .

*Hold a Good Friend and
Don't Let Go...*