

THE BUZZ



YOUR PRESIDENT'S REPORT

Comrades:

A huge thank you to all our Unit #68 members who attended our A.G.M. meeting on March 9th, 2014. Considering there was a time change to daylight saving and everyone forgetting to change their clocks, we still had a 50% turnout. The support my executive received from our members is unbelievable considering we have had the same executive for 7 years, testament to their trust and approval as to how we handle our finances.

My Buzz editor does not permit me to get too political, but as President I must report that our meeting dealt with some very difficult issues. A representative from B.C. Command, Vice- President Sharon Goshko attended our meeting and I hope this will resolve any concerns Command might have had. At issue were our attempts to help other veteran clubs with financial loans.

With news that North Vancouver Unit #45 has closed, I wish we could have helped them before it came to that, after all our motto is "Shoulder to Shoulder." Every

time we lose another veterans club our association needs to take a serious look at the way we operate the remaining units. It has always been my personal opinion that unless all the remaining Vancouver units amalgamate under one roof, then *"The writing is on the wall"*.

When a private bar "The Shark Club" next to Rogers Arena and B.C. Place cannot survive as a drinking establishment with 20,000 to 50,000 patrons every game and I hate to repeat myself, then *"The writing is on the wall"*.

Our world has changed, drinking laws have changed, demographics have changed, we are in a recession and mostly it's been 100 years since WWI, 70 years since WWII and our veteran's numbers are gone. To top it off, I went out with 2 of the booze brothers last week and both of them are no longer drinking--- What's to become of us!!!!

See you all at the B.C. Provincial Convention in Steveston at Unit #284 April 26th, 2014.

Fraternally,

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

***Shoulder to Shoulder
United We Stand***

PROVINCIAL COLOUR GUARD REPORT

Comrades,

We held our first 2014 meeting at Unit #305 in Chilliwack the same day as their installation of officers. This has become a tradition over the last few years and they always express their appreciation, especially this year as we had to fight a snow storm to get there.

It was therefore our pleasure to install a new member to the Colour Guard from Unit #305 . . Comrade Nancy Smith, and we now have 2 members from their unit "Congratulations". That's the good news but the reality is that we are down to only 6 active flag carrying members out of the current membership of 21 comrades. The rest of our members all have personal or health related issues and are only available for a few parades.

Our liaison officer Lou Mazur from B.C. Command has authorized our group to discuss the option of marching together with our comrades from the Royal Canadian Legion colour party at various parades thru the year if it is required to bolster our numbers. In addition we are including the cadets at more parades since it is the youth that must carry the torch.

Please contact any Colour Guard executive or B.C. Command office if you wish to join this elite group of dedicated comrades. Remember it's the comrades who are now in their wheel chairs at the side of the parades why we continue this important tradition. Would it not be devastating to some day attend a parade with no Canadian flag leading the way, don't let this happen -- "JOIN NOW"

Fraternally,

**Bob Rietveld
Color Sergeant**

VETERAN'S AFFAIRS REPORT

Comrades.

On Wednesday March 12, 2014 the last Canadians involved in the NATO mission in Afghanistan left Kabul. A small understated ceremony, held under heavy guard brought to an end 12 years of military involvement in the war-wasted nation. Dignitaries praised our country's involvement and sacrifices. Deborah Lyons, Canadian Ambassador to Afghanistan, told an assembly of the last 100 soldiers who served on a three year training mission that their bravery has brought hope to the hopeless and faith for a better future.

The war cost the lives of 158 soldiers, one diplomat, one journalist and two civilian contractors and at home countless challenges for our returning veterans. We must continue the work as a veteran's organization to pressure the government for the benefits our hero's deserve.

Respectfully submitted in honour of Roy Blair.

Fraternally,
Bob Rietveld



ANAF UNIT #68 MEMBERSHIP . . .

The membership chair for Unit #68 is now our unit secretary - **Jan Holt** – please renew as soon as possible so you may continue receiving all of the wonderful benefits membership accords.

All cards and membership requirements will be done by Jan with a huge thank you from our executive.

HAPPY BIRTHDAY to our Unit #68 MARCH Celebrants!



John Helmbold
Andy Picard

Vivian Hernstedt
Douglas Sheppard

If we miss someone's birthday we do apologize.

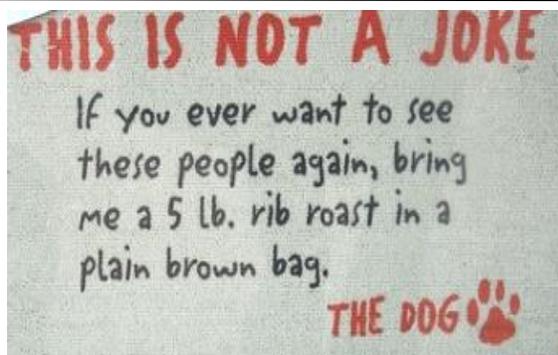
Happy Birthday Everyone!!!!

SHUFF N' STUFF . . .

The **Provincial Command Shuffleboard Longboard Tournament** is taking place on March 29th, 2014 at Unit 100 and is being hosted by Unit 45. Registration commences at 12:00 PM with play commencing at 12:30 PM. Due to the number of registrants a playdown will take place March 22nd, 2014 at 12:00 PM. See you there!

Coming in April . . . **The Annual Provincial Command Darts Tournament.**

Dick Moore
Director, Sports



BUY CANADIAN

Source: The Internet

This is something we should have paid attention to 30 years or more ago, but we are now, never too late, one person, one step at a time.

Please read the article below. I believe the Shop Canadian should be priority one and shop North American priority two (No offence to our friends in other countries, but you should shop your own countries products).

A physics teacher in high school once told the students: That while one grasshopper on the railroad tracks wouldn't slow a train very much, a billion of them would. With that thought in mind, read the following, obviously written by a patriotic Canadian.

Shopping in Lowe's the other day for some reason and just for the fun of it I was looking at the garden hose attachments. They were all made in China. The next day I was in Home Hardware and just for the fun of it I checked the hose attachments there. They were made in Canada!

START LOOKING...

In our current economic situation, every little thing we buy or do affects someone else - even their job.

A quote from a consumer: "*My grandson likes Hershey's candy. I noticed, though, that it is marked made in Mexico now, instead of Smiths Falls, Ontario. I do not buy it any more*".

My favorite toothpaste, Colgate, is made in Mexico now. I have switched to Crest.

You have to read the labels on everything. This past weekend I was at Wal-Mart. I needed 60W light bulbs. I was in the light bulb aisle, and right next to the GE brand I normally buy was an off-brand labelled,

"Everyday Value". I picked up both types of bulbs and compared the stats - they were the same except for the price. The GE bulbs were more money than the Everyday Value brand but the thing that surprised me the most was the fact that GE was made in MEXICO and the Everyday Value brand was made in - (get ready for this) - Canada at a company in Ontario.

Their Equate Products are also made in Canada, and are very good. Just to add my own experience on buying *Made in Canada*, I was looking for canned mushrooms that were made in Canada and could never find any, so I would buy fresh. But recently I found Ravine mushrooms - made in Canada with a little red maple leaf on the can. A little more money but when I opened the can I looked at mushrooms that look like real mushrooms, not a mushroom that looks like it was cleaned in bleach.

Another product I no longer buy is Del Monte or Dole canned fruit. Del Monte is packaged in Taiwan and Dole is now a product of China. Why should we pay for their fruit when our growers are left with fruit rotting on the trees.

E.D. Smith is still made in Canada... buy theirs, at least you will know what is in it and have some quality control.

By the way, all pickles with the Presidents Choice label and the No Name yellow label [Superstore] are made in India. Think about it, water from the Ganges is used... yes THAT Ganges, the one that the people use as a toilet.

So throw out the myth that you cannot find products you use every day that are made right here. My challenge to you is to start reading the labels when you shop for everyday things and see what you can find that is made In Canada. The job you save

may be your own or your neighbour's! (Your children & grandchildren, also.)

If you accept this challenge, pass it on to others so we can all start buying Canadian, one light bulb at a time!

Stop buying from overseas companies! (We should have awakened two decades ago.)

Let's get with the program. Help our fellow Canadians keep their jobs and create more jobs here in Canada.

If President Obama insists on a 'Made in America' Policy, which is commendable of him, to support American workers, we should do likewise.

**BUY CANADIAN! Read the labels.
Support Canadian Jobs**



A couple of Olde Irish Blessings for you . . .

*May the roof above us never fall in.
And may the friends gathered below
it never fall out.*

*There are good ships,
and there are wood ships,
The ships that sail the sea.
But the best ships, are friendships,
And may they always be.*

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Patrick Buchannon, Executive Director
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Fax: 604-395-4376
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*"If you can survive 11 days in cramped
quarters with a friend and come out
laughing, your friendship is the real deal."
Oprah Winfrey*

**GOD HAS A SENSE OF
HUMOR**

A woman received a call that her daughter was sick.

She stopped by the pharmacy to get medication, got back to her car and found that she had locked her keys inside.

The woman found an old rusty coat hanger left on the ground. She looked at it and said *"I don't know how to use this."*

She bowed her head and asked God to send her HELP.

Within 5 minutes a beat up old motorcycle pulled up.



The driver was a bearded man wearing an old biker skull rag. The man got off of his cycle and asked if he could help.

She said: "Yes, my daughter is sick. I've locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?"

He said *"Sure."* He walked over to the car, and in less than a minute the car was open.

She hugged the man and through tears said *"Thank You SO Much! You are a very nice man."*

The man replied *"Lady, I am NOT a nice man. I just got out of PRISON yesterday, I was in prison for car theft."*

The woman hugged the man again sobbing, *"Oh, thank you God! You even sent me a Professional!"*

REMINISCING WITH RON 'ANDY CAPP' ROBINSON



In recent years Vancouver has been called the 'Hollywood of the North'. I wonder how many members are still

around to remember the full-length motion picture made right here in South Vancouver sixty plus (this original column was written for The Buzz in 1995 at 40 plus years so it would now be 60 plus) years ago and the entire cast were members of Unit #26?!



I wrote the story, produced it as well as directed it. I was also the cameraman, film editor and sound director. I originally wrote the script for a cast of 10, however when word got out that we were shooting a movie, half the club wanted roles so I just kept re-writing more roles into the story, the reason being that everyone acting in the movie had to pay \$3.00 and we needed the money to keep filming.

Out of every \$3.00 collected, \$1.00 was to purchase movie film and the remaining \$2.00 was spent for beer which helped keep the film crew in a happy mood.

The name of the movie was "*Frankenstein at War*." The theme of the story was that the big three leaders of the world decided to have Dr. Frankenstein build a monster to kill Hitler, thus ending the war.



There were so many members appearing in the movie that I wouldn't have the space to name them all but here's some names of a few of our members:

Stan Mailey was Hitler, Al Ainsworth was Churchill, President Roosevelt was played by Jack Gamble and Joe Bowes was Stalin. Unit 26 managers Johnny Mackay and Walter Mitchell were German soldiers.

Four brothers appeared in the movie, Jim Eric, Andrew and Harold Connal, two played Canadian soldiers and two portrayed German soldiers.

One of the most popular waiters at that time was Morry Caine and I gave him the role of a beer waiter in the movie (and he damn near acted the part!)

Dr. Frankenstein was played by Marshall Lear and the monster was played by our club janitor, John Bell.

It took me almost 3 months to add sound to the film and about 3 seconds to wipe it out. It was during one of the many showings in the new club at 43rd and Fraser. The old club burned down during the making of "Frankenstein", and let me get this straight – the fire wasn't my fault!



Anyways, while I was operating the projector I passed the time enjoying a few 'refreshments' and I pushed the wrong button and presto! No more sound track.

Luckily though, I wasn't charged with operating a projector while under the influence.

A few years ago I had the film switched to video. I still have a tear or two in my eyes when I watch it on my VCR. So many of my 'Stars' have passed away.

Editor's Note:

Ronnie, time for you to write a new movie – we'll even supply the popcorn!!!!

Fabulous quotes . . .

"Marriage is a great institution, but I'm not ready for an institution yet."

--- Mae West

I WANNA BE A BEAR!!!!

If you're a bear, you get to hibernate. You do nothing but sleep for six months. *I could deal with that.*

Before you hibernate, you're supposed to eat yourself stupid. *I could deal with that, too.*

If you're a bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute cuddly cubs. *I could definitely deal with that.*

If you're a mama bear, everyone knows you mean business. You swat anyone who bothers you or your cubs into next week. If your cubs get out of line, you swat them into the next county. *I could deal with that.*



If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yup..... I wanna be a bear.

WINTER HUMOUR AT ITS BEST!!!!



Gotta Poop, Gotta Poop, Gotta Poop...

Where The Hell Am I gonna Poop!

SMART OLD MEN KNOW . . .

Roland, an older man, approached an attractive younger woman at a shopping mall. *"Excuse me; I can't seem to find my wife. Can you talk to me for a couple of minutes?"*

The woman, feeling a bit of compassion for the old fellow, said, *"Of course, sir. Do you know where your wife might be?"*

"I have no idea, but every time I talk to a woman with boobs like yours, Ruth appears out of nowhere."

THE SHOVEL...



I woke up to go to the toilet in the middle of the night and noticed a burglar sneaking through our next door neighbour's garden.

Suddenly my neighbour came from nowhere and smacked him over the head with a shovel, killing him instantly. He then

began to dig a grave with the shovel.

Astonished I got back into bed. Marge, my wife said, *'Ted you're shaking, what is it?'*

*'You'll never believe what I've just seen' I said, "That b**tard next door still has my f**king shovel'.*

***Always Remember
'The happiest of people don't necessarily have the best of everything,
They just make the most of everything they have.'***

NEW TEETH . . .

A Pastor goes to the dentist for a set of false teeth.

The first Sunday after he gets his new teeth, he talks for only eight minutes.

The second Sunday, he talks for only ten minutes.

The following Sunday, he talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit and they asked him what happened.



The Pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than 8 minutes. The second Sunday his gums hurt too much to talk for more than 10 minutes. But, the third Sunday, he put his wife's teeth in by mistake and he couldn't shut up...

Editor's Note: Sorry, Ladies

With flood waters, freezing conditions contaminating natural conditions..... etc. What better way to hit home the message !!

**IN WINE
THERE IS WISDOM,
IN BEER
THERE IS FREEDOM,
IN WATER
THERE IS BACTERIA.**

TEXTING FOR SENIORS

An old one but too cute not to repeat:

An elderly couple had just learned how to send text messages on their cell phones. The wife was a romantic type and the husband was more of a no-nonsense guy.

One afternoon the wife went out to meet a friend for coffee. She decided to send her husband a romantic text message and she wrote: "If you are sleeping, send me



your dreams. If you are laughing, send me your smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears. I love you."

The husband texted back to her: "I'm on the toilet. Please advise."

Retirement is different for everyone . . .

One day, while going to the shop, I passed by a retirement village. On the front lawn were six old ladies, lying naked on the grass.

I thought this was a bit unusual, but continued on my way.

On my return trip, I passed the same retirement village with the same six old ladies lying naked on the lawn. This time my curiosity got the better of me and I went inside to talk to the retirement village Administrator, and asked her: "Do you know there are six ladies lying naked on your front lawn?"

"Yes," she said, "aren't they darlings? They're retired prostitutes they're having a yard sale. "

A GREAT FISH TALE . . .

A gent from Chicago was on a fishing vacation up north in the Wisconsin woods. He was out fishing on a lake in a small boat and not having much luck.

He noticed a man in another small boat that was close by, open his tackle box and take out a mirror. Being curious the man rowed over and enquired, "What is the mirror for?"

"That's my secret way to catch fish," replied the other man. "I shine the mirror on the top of the water. The fish notice the spot of sun on the water above and they swim up to the surface. Then I just reach down, net them and pull them into the boat."

"Wow! Does that really work?" exclaimed the guy from Chicago "You bet it does." was the response.

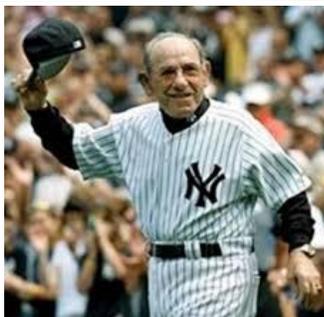
"Would you be interested in selling that mirror? I'll give you \$50 for it." offered the big city gent.



"Well, okay." said the country guy.

After the money was transferred, the city fisherman asked, "By the way, how many did you catch this week?"

The country local grinned and said, "You're the sixth."



"When you come to a fork in the road, take it."

--- Yogi Berra (1925 -)

GOD LOVES DRUNK PEOPLE TOO . . .

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

"Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

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

The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

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

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

"Where are you?" asks the husband.

The drunk replied "Over here on the swing set."

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

GOODBYE MOM

A young man shopping in a supermarket noticed a little old lady following him around. If he stopped, she stopped. Furthermore she kept staring at him.

She finally overtook him at the checkout, and she turned to him and said, "*I hope I haven't made you feel ill at ease; it's just that you look so much like my late son.*"

He answered, "*That's okay.*"

She then said, "*I know it's silly, but if you'd call out 'Good bye, Mom' as I leave the store, it would make me feel so happy.*"

She then went through the checkout, and as she was on her way out of the store, the man called out, "*Goodbye, Mom.*"

The little old lady waved and smiled back at him.

Pleased that he had brought a little sunshine into someone's day, he went to pay for his groceries.

"*That comes to \$121.85,*" said the clerk.

"*How come so much? I only bought 5 items.*"

The clerk replied, "*Yeah, but your Mother said you'd be paying for her things, too.*"

Bet you thought this was going to be a tear jerker.

Don't trust Little Old Ladies!!!

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**BLESSED ARE THE CRACKED, FOR THEY
ARE THE ONES WHO LET IN THE "LIGHT"!**

GRANNY'S ADVICE.

Yes, our grandmothers still had genuine knowledge of staying naturally healthy!!!

My granny lectured me about her practical knowledge: "*For better digestion, I drink beer, for loss of appetite I drink white wine, with low blood pressure, red wine, with high blood pressure, cognac and whenever I have a cold, I drink Vodka.*"

"*And when do you drink water?*"

"*I have never been that sick!*"

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EAR INFECTION

This is so true! They always ask at the doctor's office why you are there, and you have to answer in front of others what is wrong and sometimes it is embarrassing.

There is nothing worse than a Doctor's Receptionist who insists you tell her what is wrong with you in a room full of other patients. I know most of us have experienced this, and I love the way this old guy handled it.

A 65-year-old man walked into a crowded waiting room and approached the desk.

The Receptionist said, '*Yes sir, what are you seeing the Doctor for today?*'

'*There's something wrong with my dick,*' he replied.

The receptionist became irritated and said, '*You shouldn't come into a crowded waiting room and say things like that.*'

'*Why not, you asked me what was wrong and I told you,*' he said.

The Receptionist replied; '*Now you've caused some embarrassment in this room full of people. You should have said there*

is something wrong with your ear or something and discussed the problem further with the Doctor in private.'

The man replied, *'You shouldn't ask people questions in a roomful of strangers, if the answer could embarrass anyone.'* The man walked out, waited several minutes, and then re-entered.

The Receptionist smiled smugly and asked, 'Yes??'

'There's something wrong with my ear,' he stated.



The Receptionist nodded approvingly and smiled, knowing he had taken her advice. *'And what is wrong with your ear, Sir?'*

'I can't piss out of it,' he replied.

The waiting room erupted in laughter...

**Mess with seniors, and
you're going to lose.**

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An 'Oldie' but well worth repeating!!!!

THE PAINT CAN

A newlywed couple wanted to join a church. The pastor told them, *"We have special requirements for new parishioners. You must abstain from sex for an entire month."*

The couple agreed and, after two-and-a-half weeks, returned to the church. When the Pastor ushered them into his office, the wife was crying, and the husband obviously was very depressed.

"You are back so soon... Is there a problem?" the pastor inquired.

"We are terribly ashamed to admit that we did not manage to abstain from sex for the required month," the young man replied sadly.

The pastor asked him what happened. *"Well, the first week was difficult; however, we managed to abstain through sheer willpower. The second week was terrible, but with the use of prayer, we managed to abstain. The third week, however, was unbearable. We tried cold showers, prayer, reading from the Bible, or anything to keep our minds free of carnal thoughts."*

"But one afternoon, my wife reached for a can of paint and dropped it. When she bent over to pick it up, I noticed that she didn't have panties on and I was overcome with lust and I had my way with her, right then and there," admitted the man, shamefacedly.

"You understand this means you will not be welcome into our church," stated the pastor.

"We know," said the young man, hanging his head. *"We're not welcome at Home Depot anymore, either."*



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Hello.
I am the Friggin' Happiness
Fairy.
I've sprinkled happy dust on
you.
So Smile dammit. This shit
is expensive!!

A MANAGEMENT COURSE

Lesson No. 1:

A man is getting into the shower just as his wife is finishing up her shower, when the doorbell rings. The wife quickly wraps herself in a towel and runs downstairs. When she opens the door, there stands Bob, the next-door neighbor.

Before she says a word, Bob says, "I'll give you \$800 to drop that towel."



After thinking for a moment, the woman drops her towel and stands naked in front of Bob.

After a few seconds, Bob hands her \$800 and leaves.

The woman wraps back up in the towel and goes back upstairs. When she gets to the bathroom, her husband asks, "Who was that?"

"It was Bob the next door neighbor," she replies.

"Great!" the husband says, "did he say anything about the \$800 he owes me?"

Moral of the story:

If you share critical information pertaining to credit and risk with your shareholders in time, you may be in a position to prevent avoidable exposure.



Lesson No. 2:

A priest offered a Nun a lift. She got in and crossed her legs, forcing her gown to reveal a leg. The priest nearly had an accident. After controlling the car, he stealthily slid his hand up her leg.

The nun said, "Father, remember Psalm 129?"

The priest removed his hand. But, changing gears, he let his hand slide up her leg again. The nun once again said, "Father, remember Psalm 129?" The priest

apologized "Sorry sister but the flesh is weak."

Arriving at the convent, the nun sighed heavily and went on her way.

On his arrival at the church, the priest rushed to look up Psalm 129. It said, "Go forth and seek, further up, you will find glory."



Moral of the story:

If you are not well informed in your job, opportunities for advancement will pass right by you.



Lesson No. 3:

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, "I'll give each of you just one wish."



"Me first! Me first!" says the admin clerk. "I want to be in the Bahamas, driving a speedboat, without a care in the world." Puff! She's gone.

"Me next! Me next!" says the sales rep. "I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Colodas and the love of my life." Puff! He's gone.

"OK, you're up," the Genie says to the manager. The manager says, "I want those two back in the office after lunch."

Moral of the story:

Always let your boss have the first say.



Lesson No. 4:

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?"

The eagle answered: "Sure, why not."

So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.



Moral of the story:

To be sitting and doing nothing, you must be sitting very, very high up.

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Lesson No. 5:

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy."



"Well, why don't you nibble on some of my droppings?" replied the bull. "They're packed with nutrients."

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch.

Finally after a fourth night, the turkey was proudly perched at the top of the tree. He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story:

Bull shit might get you to the top, but it won't keep you there.

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Lesson No. 6:

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and shit on him.

As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was. The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy.

A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.



Morals of the story:

- (1) Not everyone who shits on you is your enemy.
- (2) Not everyone who gets you out of shit is your friend.
- (3) And when you're in deep shit, it's best to keep your mouth shut!

THIS CONCLUDES THE 5-MINUTE MANAGEMENT COURSE

OVERHEARD IN THE CLUBROOMS:

My teenager was headed to school one morning when I told him that the neck tag on his shirt was hanging out. "I know," he replied. "It's a fad me and some of the guys started."

Weeks later, as the style persisted, I commented, "I can't stand it! Every time I see that, I want to fix it for you."

I gently tucked the tag in place and ruffled his hair.

"Yeah," he said smiling slyly. "All the girls do."

AND GOD CREATED CANADA



On the sixth day, God turned to Archangel Gabriel and said, "*Today I am going to create a land called **Canada**. It will be a land of outstanding natural beauty. It shall have tall majestic mountains full of mountain goats and eagles, beautiful sparkling lakes bountiful with bass and trout, forests full of elk and moose, high cliffs over-looking sandy beaches with an abundance of sea life, and rivers stocked with salmon.*"

God continued, "*I shall make the land rich in resources so as to make the inhabitants prosper, I shall call these inhabitants Canadians, and they shall be known as the most friendly people on the earth.*"

"*But Lord,*" asked Gabriel, "*don't you think you are being too generous to these Canadians??"*"

"*Not really,*" replied God. "*Just wait and see the winters I am going to give them!*"

The BEST SIGN of the All Times . . .



I'VE LEARNED

I've learned.... That the best classroom in the world is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned....That just one person saying to me, 'You've made my day!' makes my day.

I've learned....That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned....That being kind is more important than being right.

I've learned....That you should never say no to a gift from a child.

I've learned....That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned....That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned....That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned....That simple walks with my grandmother around the block on summer nights when I was a child did wonders for me as an adult.

I've learned....That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned....That we should be glad God doesn't give us everything we ask for.

I've learned....That money doesn't buy class.

I've learned....That it's those small daily happenings that make life so spectacular.

I've learned....That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned....That to ignore the facts does not change the facts.

I've learned....That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned....That love, not time, heals all wounds.

I've learned....That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned....That everyone you meet deserves to be greeted with a smile.

I've learned....That no one is perfect until you fall in love with them.

I've learned....That life is tough, but I'm tougher.

I've learned....That opportunities are never lost; someone will take the ones you miss.

I've learned....That when you harbor bitterness, happiness will dock elsewhere.

I've learned....That I wish I could have told my Mom that I love her one more time before she passed away.

I've learned....That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned....That a smile is an inexpensive way to improve your looks.

I've learned....That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

I've learned....That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned....That the less time I have to work with, the more things I get done.

The Beer Prayer:

Our lager, which art in barrels,
 Hallowed be thy drink.
 Thy will be drunk,
 (I will be drunk,)
 at home as in the tavern.
 Give us this day our foamy head,
 and forgive us our spillages,
 as we forgive those who spill against us.
 And lead us not to incarceration,
 but deliver us from hangovers.
 For thine is the beer,
 the bitter and the lager,
 forever and ever,
 Barmen.





HOW TO LOCK YOUR CAR AND WHY

I locked my car. As I walked away I heard my car door unlock. I went back and locked my car again three times. Each time, as soon as I started to walk away, I would hear it unlock again!! Naturally alarmed, I looked around and there were two guys sitting in a car in the fire lane next to the store. They were obviously watching me intently, and there was no doubt they were somehow involved in this very weird situation. I quickly chucked the errand I was on, jumped in my car and sped away. I went straight to the police station, told them what had happened, and found out I was part of a new, and very successful, scheme being used to gain entry into cars. Two weeks later, my friend's son had a similar happening....

While traveling, my friend's son stopped at a roadside rest to use the bathroom. When he came out to his car less than 4-5 minutes later, someone had gotten into his car and stolen his cell phone, laptop computer, GPS navigator, briefcase.....you name it. He called the police and since there were no signs of his car being broken into, the police told him he had been a victim of the latest robbery tactic -- there is a device that robbers are using now to clone your security code when you lock your doors on your car using your key-chain locking device.

They sit a distance away and watch for their next victim. They know you are going inside of the store, restaurant, or bathroom and that they now have a few minutes to steal and run. The police officer said to manually lock your car door-by hitting the lock button *inside* the car -- that way if there is someone

sitting in a parking lot watching for their next victim, it will not be you.

When you hit the lock button on your car upon exiting, it does not send the security code, but if you walk away and use the door lock on your key chain, it sends the code through the airwaves where it can be instantly stolen.

This is very real.

Be wisely aware of what you just read and please pass this note on. Look how many times we all lock our doors with our remote just to be sure we remembered to lock them -- and bingo, someone has our code...and whatever was in our car.

Snopes Approved -- Please Share with Everyone You Know

SPEAKING ABOUT BOOTS. .

A Lady went into a bar in Waco and saw a cowboy with his feet propped up on a table. He had the biggest boots she'd ever seen.

The woman asked the cowboy if it's true what they say about men with big feet (being well endowed). The cowboy grinned and said, *'Shore is, little lady. Why don't you come on out to the bunkhouse and let me prove it to you?'*

The woman wanted to find out for herself, so she spent the night with him. The next morning she handed him a \$100 bill.

Blushing, he said, *'Well, thankya, ma'am. Ah'm real flattered. Ain't nobody ever paid me fer mah services before.'*

'Don't be flattered... take the money and buy yourself some boots that fit.'



A LESSON ON LIFE

Life does indeed end when you stop dreaming.

Hope ends when you stop believing.

Love ends when you stop caring and friendship ends when you stop sharing.

But then again, they tell us that into each life we have to be prepared for some rain to come down.

At some point in time we come to realize that life is too precious and time is too valuable to fritter away. We make adjustments.

And we'll conclude that to live a life to the hilt doesn't necessarily mean to live a life of grandeur.

Letting ourselves get emotional over trials is not a sign of weakness either. It's a healthy way to process or refine unpleasant feelings.

And lastly, ***"Life is not holding a good hand--it's playing a poor hand well."***



UNIT 68 ANNUAL PICNIC

**Plan to Attend our
Famous Summer
BBQ/Picnic at**

**Trout Lake on Saturday, July 26th
from 9 - 9 Watch your next Buzz
issue for all the fun details of the
day's events.**

**Everyone is Welcome to Attend!!
Mark your Calendar!**

AND FROM OUR UNIT #68 BUZZ RECIPE CORNER:



HAM, EGG, AND CHEESE BREAKFAST CUPS



Here's a simple, adorable breakfast idea: ham, egg and cheese cups! They bake in a muffin tin, and they're ready in minutes. You can

customize them to use whatever deli meat and cheese you like.

INGREDIENTS:

16 slices deli ham
8 eggs
Salt And Pepper
shredded cheddar cheese
chives

METHOD:

1. Preheat oven to 350 degrees.
2. Spray eight regular-sized muffin cups with cooking spray. Using two slices of ham for each cup, lay the ham slices criss-crossing each other, ruffling the slices into the muffin cup and up the sides to make it fit.
3. Crack one egg into each muffin cup. Sprinkle with salt and pepper. Top with cheese.
4. Bake for 10-12 minutes, or until white appears cooked. Sprinkle each serving with chives.

ENJOY!!!

**Go on-line and check out our new
Unit #68 website!! anavets68.com**



PHEW!! What a month - I've had it with this '*In Like a Lion*' Sh#t!!!!

SICK AND VISITING:

The following are comrades from units or colour guard, please advise me if you have knowledge of any others.

Wishing one and all a Very Speedy Recovery!!!

May Nyce-- Recovering in Vancouver General Hospital-- Unit #68

John Helmbold-- Recovering in Surrey Memorial Hospital-- Unit #68

Inder Malawarair-- Recovering at home-- Unit #26

Mike Carpenter-- Knee Replacement-- Recovering at home-- Unit #68

Ian Beebe-- Hip Replacement-- Recovering at home-- Unit #26

Nancy Smith-- Royal Columbian Hospital-- Unit #305

Contact-- Bob Rietveld -- Cell phone number 604-240-7084

Life is too short to wake up with regrets... Love the people who treat you right and forget about the ones who don't.

Enjoy Life NOW –
it has an **Expiration Date!!**

FROM YOUR EDITORS . .

In like a LION – out like a *LAMB*???

We hope!!!



Hope all of our friends and comrades had a Happy St. Patrick's Day!

We apologize for the lateness of this March issue but that dreaded Flu Bug nipped your editors yet again – that's twice already this year!!! Next year we get a Flu Shot!!!!

As we often mention, we do repeat some stories and jokes from time to time – we apologize for that but when you think about it – they most often deserve a second or even a third printing!!!

As always, we thank all who contribute to our Buzz on a daily or weekly basis – we couldn't do it without your help – it is very much appreciated.

Special Thanks as always to our **Ronnie 'Andy Capp' Robinson** for his fabulous covers and his fun and informative column each month!

Our wish to you again this month – stay well, hug your comrades, laugh out loud . . . and enjoy life – Spring is on the way – we hope!!!!

Your Editors,
Mardi & Fred



FRIENDS are like FLOWERS

*That brighten your day
With fragrance
and beauty
To share on life's way.*

*So treat them like flowers
From the Gardener above,
Weed them with mercy
And water with love.*