

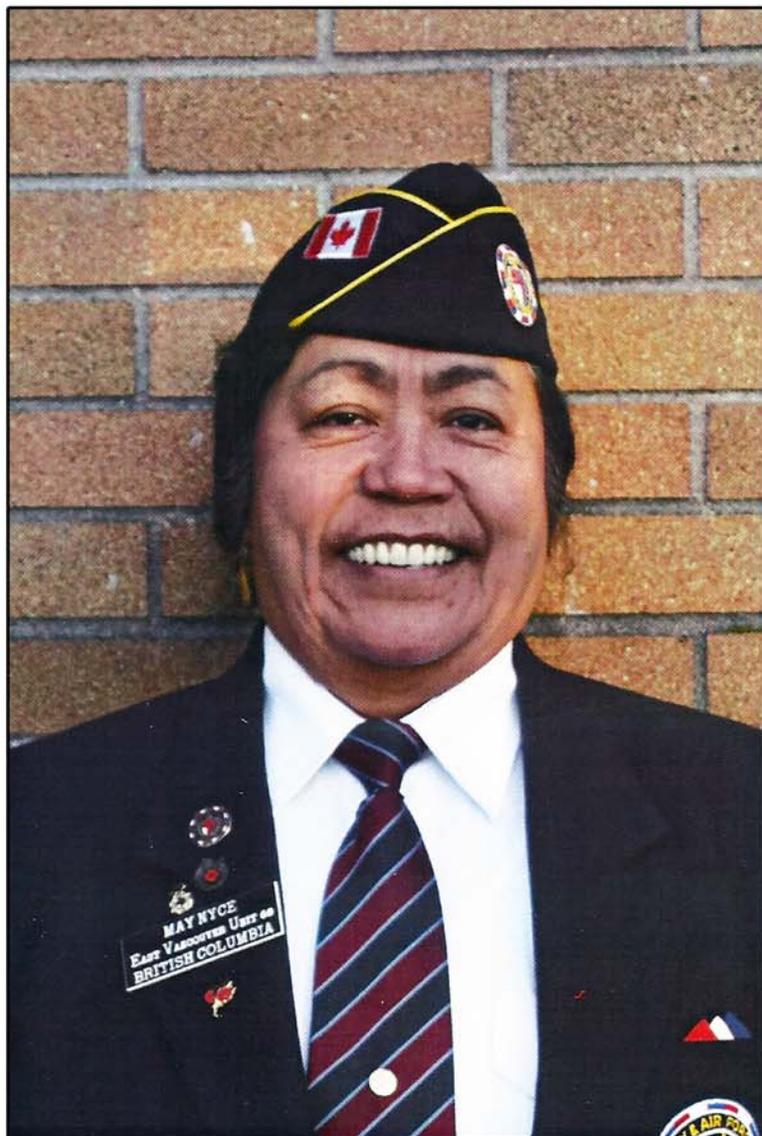
# THE BUZZ

## REMEMBERING MAY...



*May Louise Nyce  
May 15<sup>th</sup>, 1950 -  
April 16<sup>th</sup>, 2014*

*Because I have loved life,  
I shall have no sorrow  
to die.  
- Amelia Burr -*



AS WE...

*CELEBRATE HER LIFE!!*

# THE BUZZ



## YOUR PRESIDENT'S REPORT

Comrades:

It has been a very difficult time for our unit. Our beloved executive member **May Louise Nyce** passed away suddenly on April 16, 2014. A funeral was held in North Vancouver for her family and close friends and we invite every one of our Comrades and Friends to her **Celebration of Life on Sunday May 18th** at Unit #100 at 1:00 P.M. Please contact Rose at 604-277-7815 or at malawirose@hotmail.com if you could donate some food items.

If that wasn't enough, our **Editor of "The Buzz" magazine, Mardi Zipursky**, was also hospitalized, but fortunately she is now back home recovering. Knowing Mardi she is probably already working on the May issue.

My last report dealt with my potentially moving to Penticton and of course there were many positive and negative comments. Hey, I am not gone yet, so my Buzz editors insist that I continue contributing to our magazine.

At our Provincial Convention our **1st vice- President Sandi Greenfield** was

awarded **The Life Membership Award**, Sandi joined Unit #68 in 1991 and has worked in many positions for many years so our unit was proud to recommend her for this award . . . well done Sandi.



On a positive note, Unit #68 and both B.C. & Dominion Command have reached an agreement on a long outstanding issue regarding our assets. A full report will be presented at our next membership meeting.

As always your executive is working hard to find profitable investments for our unit since the interest from these investments are our only income. Together with my executive we have maintained a positive cash flow for the last 8 years and all we need is more members renewing for 2014.

Congratulations to our friends at Unit #26 who are busy re-modeling their new club. We look forward to the Grand Opening.

*Fraternally,*

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

## PROVINCIAL COLOUR GUARD REPORT

Comrades,

Effective April 12th, 2014 I offered my resignation as B.C. Command Colour Sergeant, after 12 years on the executive and 3 years as Colour Sergeant. I felt it was time to pass the gavel.

I do not need to tell anyone how much I loved my time in the Colour Guard as their leader and I always did my best. We lost many devoted members during my term, Ralph Jannies, John Yates, Danny Lee, Rudy Eylman, Roy Blair, John Helmbold, and last month May Nyce. Also, currently in hospital is my mentor, Chuck McDonald, so things have changed, and as Ian Beebe used to say, "*Change is good donkey.*"

My comrade and friend, **Inder Malawarair** has been appointed as my replacement and Matthew McBride as 2. I. C. for the balance of the year until our next elections.

It felt strange to print my new position to this report but Past Colour Sergeant has a good vibe.

I wish all my comrades continued success and I know the colour guard is in good hands with Inder . . . you are all the backbone of this proud organization.

Fraternally,

**Bob Rietveld**  
Past Color Sergeant

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**Ever Onward . . .**  
**. . . . Ever Upward!!!!**

## VETERAN'S AFFAIRS REPORT

Comrades.

May 9th was proclaimed "**NATIONAL DAY OF HONOUR**" celebrating the strength and resolve of our troops in Afghanistan.

A ceremony was held on Parliament Hill with Veterans of all branches of the Canadian Armed Forces.

The occasion paid tribute to the fallen, the sacrifices of the wounded and the special burden borne by military families. The goal is to honour the end of a generational mission that affected almost every community in Canada. It honours the tremendous respect our men and women in uniform have earned through their courageous efforts.

These heroes deserve our unwavering support and everlasting respect.

*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 MAY Celebrants!



Reginald Beaumont      Sheryl Calvert  
Lilian Goodwin         Douglas Moore

*Unfortunately your Editors have been known to miss a birthday or two for our members. If we have missed yours please contact us and let us know so that we can update our files. Thank you*

***Happy Birthday Everyone!!!!***

## SHUFF N' STUFF . . .

**The Annual Provincial Command Golf Tournament** will be held on Saturday, June 21, 2014 at the Ardmore Golf Course, 930 Ardmore Drive in North Saanich, BC. Registration commences at 11:00 am and tees off at 11:30 am.

Each Unit may enter 2 teams of 4 players. Registration form and accommodation recommendations are posted on the 100 club bulletin board located in the northeast corner of the club.

**The Canadian Masters shuffleboard tournament** takes place at the 100 club, Friday June 13 through June 15, 2014. All are invited to participate.

**Dick Moore**  
**Director, Sports**

## CELEBRATING OUR MAY . . .

*A helping hand,  
a willing heart,  
Sometimes that's all  
it takes -  
A simple gesture on  
someone's part,  
But what a difference it  
makes.*



*May, that's just the kind of gift you gave,  
Over and over each day,  
And we'll always be glad that you had  
Chosen to live in such an unselfish way.*

*~ Author Unknown*

**May Nyce** was a 'Shining Star' of our Unit #68 – she was a fabulous, hard-working, selfless volunteer and was up for any event or necessary job that had to be accomplished, and always with that winning smile!! She was able to lift anyone's spirits, and make them know that they were loved and appreciated!!!

*Dearest May . . .*

*We may not have told you as often as  
we should have,  
But we certainly hope you knew it  
was so very true,  
That every day we were so very  
grateful for  
A faithful volunteer like you!*

*Your caring words, your caring  
deeds,  
They meant so very much,  
For all you gave to others  
We could never say "Thank You"  
enough*

*Thank You, Dearest May -  
Our Forever Comrade  
and our Very Special Friend!!!!*

## YOUR HEALTH - RESEARCH FOR YOU . . . .

Comrades:

With the passing recently of so many of our members both in our unit and the colour guard. I started doing some research on a new phenomena entitled "**Personal Genomics.**"

This research is the ability to analysis your personal DNA. This test, done by private firms does analytical studies on predictive markers for inherited disease or cancer. Imagine spitting into a test tube and discovering that you are at risk for Alzheimer, Cancer or any number of conditions that won't show up for years, but with this information you could actually work in a constructive way to lessen these conditions.



It is theoretically possible to do a whole genome sequencing on every newborn. Such a test could be a revelation for early treatment, prevention and the use of targeted therapies.

Cancer is a disorder of genetic mutations, and a diagnosis of the disease verges on a death sentence.

Cancer is not a single foe, but comes in hundreds of unique varieties, therefore treatments could now be targeted to a direct tumor, tailored to both the patient and the precise genetic signature of the patient's cancer.

The promise of genome sequencing is letting doctors pick the right cancer drug the first time, Genomics helps remove the guess work.

A California-based company "Illumina" will deliver a patient's entire genetic blueprint for about \$1,000.00.

How you choose to use this information varies in terms of your individual behaviour. Of course whether a doctor will be able to do anything meaningful with the results is doubt-full and then there is the chance that a person could live their whole lives without developing the inherited diseases.

This information and more, can be found at [vancouver.sun.com/genome](http://vancouver.sun.com/genome) but I condensed some of the information to peak your interest as it sure got my attention.

**Knowledge is everything!**

Bob Rietveld

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## ***VOLUNTEERS – unlikely heroes***

***What is a hero? Heroes have an uncanny ability to look beyond the crisis of the moment and see a purpose so big they forget, momentarily, about everything else, including their own interests.***

***These are the types of people that have always been our heroes. These are the types of heroes we need more of today.***

***We are now able to clone animals, and we may even be able to clone humans, but what we can't clone is character and integrity and the kind of selflessness that makes up the heart and souls of heroes.***

***Volunteers are everyday heroes – and we thank everyone that gives so much of themselves selflessly every hour, every day and year. Thank you.***

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E-mail: admin@newchelsea.ca

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please contact 572-3242 or 1 - 800 - 268-0248.

**MY PRIVATE PART DIED TODAY . . .**

An old man, Mr. Wallace, was living in a nursing home. One day he appeared to be very sad and depressed.

Nurse Tracy asked him if there was anything wrong.

*'Yes, Nurse Tracy,' said Mr. Wallace. 'My Private Part died today, and I am very sad.'*

Knowing her patients were a little forgetful and sometimes a little crazy, she replied, *'Oh, I'm so sorry, Mr. Wallace. Please accept my condolences.'*

The following day, Mr. Wallace was walking down the hall with his Private Part hanging out of his pajamas.

He met Nurse Tracy. *'Mr. Wallace,'* she said, *'You shouldn't be walking down the hall like that. Please put your Private Part back inside your pajamas.'*

*'But, Nurse Tracy I can't,'* replied Mr. Wallace. *'I told you yesterday that my Private Part died.'*



*'Yes,'* said Nurse Tracy, *'you did tell me that, but why is it hanging out of your pajamas?'*

*'Well,'* he replied, *'Today is the Viewing.'*



## REMINISCING WITH RON 'ANDY CAPP' ROBINSON



### **THE ACCIDENT**

A few weeks before Christmas 2013 it came over the radio that we were to get our first snowfall in Vancouver this night.

Known as '*Nosy Robinson*' most of my life, I just had to be one of the first people to actually see the snow fall. So I got out of bed around two in the morning and walked through the front room to look out the window. No snow!

I turned around and started back to bed in total darkness. In a few seconds something happened that was to change my life forever.

I suddenly tripped over something in the total darkness of our front room. I must have put both my hands straight out in an attempt to stop my fall. I ended face down over the fireplace's hard hearth. My Lilian heard my fall from the bedroom and came running out and helped me off the floor. I was in terrible pain.

After helping me back into bed and feeding me some strong aspirins I finally fell to sleep.

When I woke up the next morning I discovered I had lost the use of both hands. I was unable to even hold an ordinary pencil in either hand.

Gone were the cartooning days ahead of me. Farewell to my good buddy Andy Capp and all his buddies.

One thing for sure, I won't be taking my Lilian to any fancy restaurants while I have to use my special eating utensils.

I do hope all you nice members who reached out to shake my hand on that special day of swearing in our combined Units #26, #68 and #100, understood that I was in terrible pain at that time. Please forgive me!

### **Editor's Note:**

This column was written by Ronnie in his own long hand, and he did a wonderful job – it is totally legible!!!

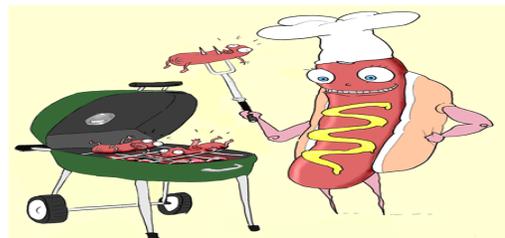
Ronnie, it is so wonderful to have your very capable and hard-working writing fingers back on the job!! We know this column must have taken you a few writing '*stops and starts*' to complete, and we want you to know that you can take as long as you like to write your columns – they are definitely worth the wait!!!

**So we extend a hearty Welcome Back to our Star Columnist, Ron 'Andy Capp' Robinson!!!!**

*With your new Unit #26 clubrooms in the final stages of the opening renovations, we are sure you will have many, many stories to relate to us about the 'goings-on' there!!! We look forward to those columns with great expectations!!*

### **JOIN US FOR OUR ANNUAL PICNIC AT TROUT LAKE**

**Sat., July 26<sup>th</sup> from 8am – 9 pm**



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

**EVERYONE IS WELCOME!!!!!!**

## WHY TEACHERS DRINK

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

**Q.** Name the four seasons

**A.** Salt, pepper, mustard and vinegar

**Q.** How is dew formed

**A.** The sun shines down on the leaves and makes them perspire

**Q.** What guarantees may a mortgage company insist on

**A.** If you are buying a house they will insist that you are well endowed

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

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

**Q.** What are steroids

**A.** Things for keeping carpets still on the stairs (Shoot yourself now, there is little hope)

**Q.** What happens to your body as you age

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

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

**A.** He says goodbye to his boyhood and looks forward to his adultery (So true)

**Q.** Name a major disease associated with cigarettes

**A.** Premature death

**Q.** What is artificial insemination

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

**Q.** How can you delay milk turning sour

**A.** Keep it in the cow (Simple, but brilliant)

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

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

**Q.** What is the fibula?

**A.** A small lie

**Q.** What does 'varicose' mean?

**A.** Nearby

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

**A.** Most people prevent contraception by wearing a condominium (That would work)

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

**A.** The caesarean section is a district in Rome

**Q.** What is a seizure?

**A.** A Roman Emperor. (Julius Seizure, I came, I saw, I had a fit)

**Q.** What is a terminal illness

**A.** When you are sick at the airport. (Irrefutable)

**Q.** What does the word 'benign' mean?

**A.** Benign is what you will be after you be eight (brilliant)



I'll take that glass of wine now . . . or two or maybe three!!!!



## WHAT IS CONGESTIVE HEART FAILURE???

### *The Facts on Congestive Heart Failure . .*

Congestive heart failure (CHF) occurs when the heart isn't able to pump blood normally. As a result, there is not enough blood flow to provide the body's organs with oxygen and nutrients. The term "heart failure" does not mean that the heart stops beating completely, but that the heart is not working as efficiently.

CHF affects over 6 million people in North America and is the most common cause of hospitalization for people over 65 years of age. Each year CHF is implicated in over 300,000 deaths.

There are two basic problems in congestive heart failure:

- ❏ systolic dysfunction occurs when the heart can't pump enough blood to supply all the body's needs
- ❏ diastolic dysfunction occurs when the heart cannot accept all the blood being sent to it

Many people have both systolic and diastolic heart failure.

### **Causes of Congestive Heart Failure . . .**

CHF is usually the result of other health problems:

- ❏ coronary artery disease, a condition that causes narrowing of the arteries that supply the heart with blood, can damage and weaken areas of the heart
- ❏ persistent high blood pressure forces the heart to pump against higher pressure, which causes it to weaken over time - people who have uncontrolled high blood

pressure are more likely to develop CHF than those who don't

- ❏ heart attack damages the heart muscle - people who have had heart attacks are at 5 times the average risk of developing CHF
- ❏ diabetes also increases CHF risk
- ❏ arrhythmias (abnormal heart rhythms) can cause the heart to pump inefficiently
- ❏ heart valve disease may have been caused by abnormalities that have been present since birth or have developed over time
- ❏ heart valve damage may have been caused by rheumatic disease or infection
- ❏ viral infection of the heart muscle can seriously weaken the heart
- ❏ an enlarged wall between the heart chambers (a genetic condition) may be a cause
- ❏ certain kidney conditions that increase blood pressure and fluid buildup can increase the risk of CHF by placing more stress on the heart

In addition, all the risk factors that normally increase the chances of heart disease, such as smoking and obesity, also increase your risk of congestive heart failure.

### **Symptoms and Complications of Congestive Heart Failure . . .**

The appearance of symptoms of CHF can be delayed for years. This is because the heart tries to compensate when it is not pumping efficiently. The heart compensates in three ways:

1. dilating (enlarging) to form a bigger pump

2. adding new muscle tissue to pump harder
3. beating at a faster rate

As the heart compensates, several things happen that can result in symptoms. The heart cannot pump well enough to pump the blood through the body and back to the heart again. Blood then backs up into the legs and the lungs, causing fluid buildup. This causes visible swelling of the ankles and legs and shortness of breath.

**The most common symptoms of CHF** include:

- breathing difficulties during the night or when lying down
- coughing and wheezing
- fatigue and weakness
- shortness of breath
- swollen ankles

Other symptoms of CHF include:

- abdominal pain, bloating, or loss of appetite
- accumulation of fluid in the abdomen
- bluish skin around the mouth
- constipation
- pale skin and cold hands or feet
- urination at night

CHF can't always be prevented, but there are many things you can do to help. Try preventing CHF by practicing good heart health. This will also guard against heart attack, stroke, and coronary artery disease.

**Tips to follow include:**

- control high blood pressure
- eat a healthy diet
- exercise
- control blood sugar levels (especially if you have diabetes)
- maintain good blood cholesterol levels
- quit smoking

Source: canoe.ca

## "It's no fun getting old if you can't keep chuckling"

An elderly couple, who were both widowed, had been going out with each other for a long time.

Urged on by their friends, they decided it was finally time to get married.

Before the wedding, they went out to dinner and had a long conversation regarding how their marriage might work.

They discussed finances, living arrangements and so on.

Finally, the elderly gentleman decided it was time to broach the subject of their physical relationship.

"How do you feel about sex?" he asked, rather tentatively.

"I would like it infrequently," she replied.

The old gentleman sat quietly for a moment, adjusted his glasses, leaned over towards her and whispered, "Is that one word or two?"



## **REMEMBER,**

*If you haven't got a smile on  
your face*

*And laughter in your heart,*

*Then you are just,*

*A sour old fart!*

*"Have a Great Day, unless you've  
made other plans"*

## TWO HORSES

Author Unknown

Just up the road from my home is a field, with two horses in it. From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing . . . .

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him.

This alone is amazing. If you stand nearby and listen, you will hear the sound of a bell.

Looking around for the source of the sound, you will see that it comes from the smaller horse in the field.

Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray.

When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges.

He watches over us and even brings others into our lives to help us when we are in need . . . .

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives.

Other times we are the guide horse, helping others to find their way....

Good friends are like that... You may not always see them, but you know they are always there . . . and remember . . .

***Be kinder than necessary-  
Everyone you meet is fighting  
Some kind of battle.***



Dogs know . . . .

When someone is having a bad day, be silent, sit close by and nuzzle them gently.



**DAMN GOOD ADVICE . . .**

Two married buddies are out drinking one night at the Club 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. I take my shoes off before I go into the house, I sneak up the stairs, I get undressed in the bathroom. I ease into bed and my wife STILL wakes up and yells at me for hours for staying out so late!"*



His buddy 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, throw my shoes into the closet, jump into bed, slap her on the butt and say, 'You as horny as I am?' . . . and, she always acts like she's sound asleep!"*

**DOUBLE CHECK THAT PRESCRIPTION . . .**

An older man strode in to his doctor's office and said, *"Doc, my druggist said to tell you to change my prescription and to check the prescription you've been giving to a Mrs. Vinnie Smith."*



*"Oh, he did, did he?" the doctor shot back. "And since when does a druggist second guess a doctor's orders?"*

The old man says, *"Since he found out I've been on birth control pills since December, and that a certain Mrs. Vinnie Smith got pregnant."*

**AW-W-W-W . . FIRST DATES!!**

At the end of their first date, a young man takes his favorite girl home. Emboldened by the night, he decides to try for that important first kiss. With an air of confidence, he leans with his hand against the wall and, smiling, he says to her, *"Darling, how 'bout a goodnight kiss?"*

Horrified, she replies, *"Are you mad? My parents will see us!"*

*"Oh come on! Who's gonna see us at this hour?"*

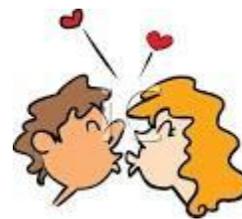
*"No, please. Can you imagine if we get caught?"*

*"Oh come on, there's nobody around, they're all sleeping!"*

*"No way. It's just too risky!"*

*"Oh please, please, I like you so much!!"*

*"No, no, and no. I like you too, but I just can't!"*



*"Oh yes you can. Please?"*

*"NO, no. I just can't."*

*"Pleeeeeease?"*

Out of the blue, the porch light goes on, and the girl's sister shows up in her pajamas, hair disheveled.

In a sleepy voice the sister says: *"Dad says to go ahead and give him a kiss. Or I can do it. Or if need be, he'll come down himself and do it. But for crying out loud tell him to take his hand off the intercom button!"*

## LOVE IS ACCEPTING GOOD OR BAD . . .

**Editor's Note:** This is an "Oldie but such a Goodie" – well worth repeating for you:

When I was a kid, my mom liked to make breakfast food for dinner every now and then. And I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my mom placed a plate of eggs, sausage, and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed! Yet all my dad did was reach for his Biscuit, smile at my mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said: "*Honey, I love burned biscuits.*"



Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "*Your momma put in a long hard day at work today and she's real tired. And besides ... a burnt biscuit never hurt anyone!*"

You know, life is full of imperfect things... and imperfect people. I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else. What I've learned over the years is that learning to accept each other's faults and choosing to celebrate each other's differences, is one of the most important keys to creating a healthy, growing, and lasting relationship.

So...please pass me a biscuit. And yes, the burned one will do just fine!

*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!**

"**The Related Sale**" was the subject of a pep talk given recently by the manager of a certain super-drug store.

"*For instance, if a customer wants razor blades,*" he told employees, "*ask him how he's fixed for shaving cream and after-shave lotion. That way you can turn a small sale into a bigger one and make more commission.*"

The youngest clerk was very impressed with the talk and was eager to try the technique on his very next customer. This turned out to be a rather embarrassed gentleman who shyly requested a box of Tampax for his wife.

Ten minutes later, the manager of the store was amazed to see The customer staggering out loaded down with assorted fishing equipment, tackle, nets, boots and a one-man inflatable life raft.

"*What happened?!*" The manager gasped, and the clerk modestly attributed his success to "*The Related Sale.*"



"*Related Sale!*" Exclaimed the manager. "*But all he wanted was a box of Tampax.*"

"*I know,*" said the clerk. "*So I said, 'Look, mister, there isn't going to be much doing around your house this weekend. Why don't you take a fishing trip?'*"

## 65 YEARS AGO . . .

***This is PRICELESS..... and a true story!!***

A little old lady from Wisconsin had worked in and around her family dairy farms since she was old enough to walk, with hours of hard work and little compensation.

When canned Carnation Milk became available in grocery stores in the 1940s, she read an advertisement offering \$5,000 for the best slogan.

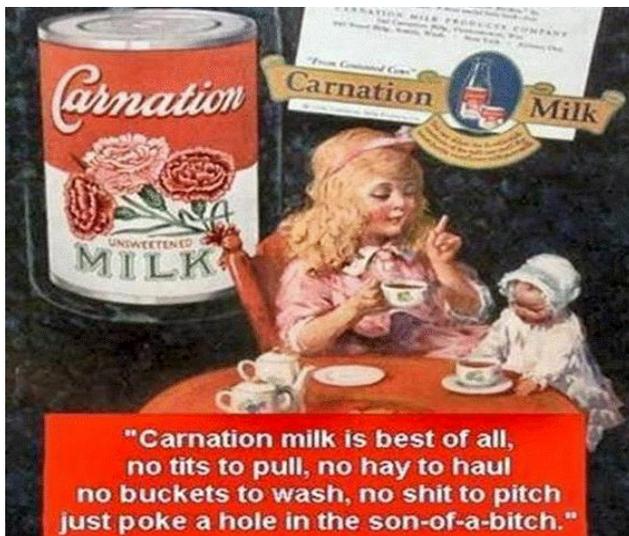
The producers wanted a rhyme beginning with '*Carnation Milk is best of all.*'

She thought to herself, I know everything there is to know about milk and dairy farms. I can do this! She sent in her entry, and several weeks later, a black car pulled up in front of her house.

A large man got out, knocked on her door and said, "Ma'am, ... *The president of Carnation milk absolutely LOVED your entry so much, in fact, that we are here to award you \$1,000 even though we will not be able to use it for our advertisements!*

*He did, however, have one printed up to hang on his office wall.*

*Here it is:"*



## A BEDTIME STORY . . . .

Husband: *Oh, come on.*

Wife: *Leave me alone!*

Husband: *It won't take long.*

Wife: *I won't be able to sleep afterwards.*

Husband: *I can't sleep without it.*

Wife: *Why do you think of things like this in the middle of the night?*

Husband: *Because I'm hot.*

Wife: *You get hot at the darnedest times.*

Husband: *If you love me I wouldn't have to beg you.*

Wife: *If you love me you'd be more considerate.*

Husband: *You don't love me anymore.*

Wife: *Yes I do, but let's forget it for tonight.*

Husband: *Please...go on.*

Wife: *All right, I'll do it.*

Husband: *What's the matter? You need a flashlight?*

Wife: *I can't find it in the dark.*

Husband: *Oh, for heaven's sake, feel for it!*

Wife: *There! Are you satisfied?*

Husband: *Oh, yes.*

Wife: *Is it up far enough?*

Husband: *Yeah! that's good.*

Wife: *Right! Now go to sleep.*

*And the next time you want the bloody window open, do it yourself.*

## IF THERE'S A WILL THERE'S A WAY . . .

An old farmer stopped by the local mechanics shop to have his truck fixed. They couldn't do it while he waited, so he said he didn't live far and would just walk home. On the way home he stopped at the hardware store and bought a bucket and a gallon of paint. He then stopped by the feed store and picked up a couple of chickens and a goose.

However, struggling outside the store he now had a problem - how to carry his entire purchases home. While he was scratching his head he was approached by a little old lady who told him she was lost. She asked, *'Can you tell me how to get to 1603 Mockingbird Lane?'*

The farmer said, *'Well, as a matter of fact, my farm is very close to that house. I would walk you there but I can't carry this lot.'*

The old lady suggested, *'Why don't you put the can of paint in the bucket. Carry the bucket in one hand, put a chicken under each arm and carry the goose in your other hand?'*

*'Why thank you very much,'* he said and proceeded to walk the old girl home.

On the way he says *'Let's take my short cut and go down this alley. We'll be there in no time.'*

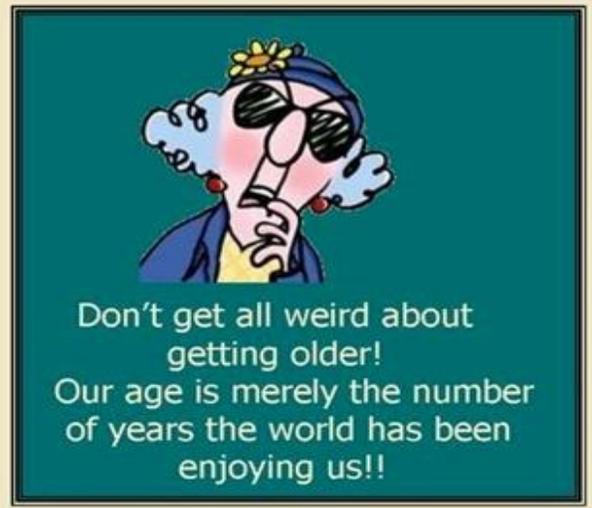
The little old lady looked him over cautiously then said, *'I am a lonely widow without a husband to defend me. How do I know that when we get in the alley you won't hold me up against the wall, pull up my skirt, and have your way with me?'*

The farmer said, *'Holy smokes lady! I'm carrying a bucket, a gallon of paint, two chickens, and a goose. How in the world could I possibly hold you up*



*against the wall and do that?'*

The old lady replied, *'Set the goose down, cover him with the bucket, put the paint on top of the bucket, and I'll hold the chickens.'*



## BASIC TRAINING CAN GET YOU KILLED . . .

During basic training for the Army Nurse Corps, we were required to spend one week in the field roughing it. It rained the entire week. We arose daily in our swampy tent, took a cold-water beauty bath from our helmets, donned our pistol belts and ponchos, and trudged through the mud to set up field hospitals. Obviously, our personal appearance frequently left much to be desired.

The final blow to our feminine pride occurred while we waited in the mess line in the mud and rain.

A young private came by with a camera and asked to take our picture. *"It will prove to my girl,"* he said, *"that she has NO reason to be jealous!"*

He lived, barely.

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

### **REAL MOTHERS . . . .**

Real Mothers don't eat quiche; They don't have time to make it.

Real Mothers know that their kitchen utensils are probably in the sandbox.

Real Mothers often have sticky floors, filthy ovens and happy kids.

Real Mothers know that dried play dough doesn't come out of carpets.

Real Mothers don't want to know what the vacuum just sucked up.

Real Mothers sometimes ask 'Why me?' And get their answer when a little voice says, '*Because I love you best.*'

Real Mothers know that a child's growth is not measured by height or years or grade ... It is marked by the progression of Mummy to Mum to Mother...

### **The Images of Mother:**

**4 YEARS OF AGE** - My Mummy can do anything!

**8 YEARS OF AGE** - My Mum knows a lot! A whole lot!

**12 YEARS OF AGE** - My Mother doesn't know everything!

**14 YEARS OF AGE** - My Mother? She wouldn't have a clue.

**16 YEARS OF AGE** - Mother? She's so five minutes ago.

**18 YEARS OF AGE** - That old woman? She's way out of date!

**25 YEARS OF AGE** - Well, she might know a little bit about it!

**35 YEARS OF AGE** - Before we decide, let's get Mum's opinion.

**45 YEARS OF AGE** - Wonder what Mum would have thought about it?

**65 YEARS OF AGE** - Wish I could talk it over with Mum.

The beauty of a woman is not in the clothes she wears, the figure she carries, or the way she combs her hair.

The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul.

It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman with passing years only grows!

### **RYE BREAD**

Two old guys, one 80 and one 87, were sitting on a park bench one morning. The 87-year-old had just finished his morning jog and wasn't even short of breath. The 80-year-old was amazed at the guy's stamina and asked him what he did to have so much energy.

The 87-year-old said, "*Well, I eat rye bread every day. It keeps your energy level high and you'll have great stamina with the ladies.*"

So, on the way home the 80-year-old stopped at the bakery. As he was looking around, the saleslady asked if he needed any help.

He said, "Do you have any rye bread?"

She said, "Yes, there's a whole shelf of it. Would you like some?"

He said, "I want five loaves."

She said, "My goodness, five loaves! By the time you get to the 3rd loaf, it'll be hard."

He replied, "I can't believe everybody knows about this shit but me."

## 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.**

**A GREAT SENIOR'S BUMPER  
STICKER . . .**

At my age, the only thing  
that gets hard is my arteries.



[www.cafepress.com/GeezerShop](http://www.cafepress.com/GeezerShop)

## WHAT DOES LOVE MEAN??

A group of professional people posed this question to a group of 4 to 8 year-olds, 'What does 'love' mean?'

The answers they got were broader and deeper than anyone could have imagined. See what you think:

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.'

Rebecca- age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'

Billy - age 4

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.'

Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.'

Chrissie - age 6

'Love is what makes you smile when you're tired.'

Terri - age 4

'Love is when my mummy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK.'

Danny - age 7

'Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mummy and Daddy are like that. They look gross when they kiss'

Emily - age 8

*'Love is what's in the room with you at Christmas if you stop opening presents and listen.'*

Bobby - age 7 (Wow!)

*'If you want to learn to love better, you should start with a friend who you hate.'*

Nikka - age 6

(we need a few million more Nikka's on this planet)

*'Love is when you tell a guy you like his shirt, then he wears it everyday.'*

Noelle - age 7

*'Love is like a little old woman and a little old man who are still friends even after they know each other so well.'*

Tommy - age 6

*'During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore.'*

Cindy - age 8

*'Love is when Mummy gives Daddy the best piece of chicken.'*

Elaine-age 5

*'Love is when Mummy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford.'*

Chris - age 7

*'Love is when your puppy licks your face even after you left him alone all day'*

Mary Ann - age 4

*'I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.'*

Lauren - age 4

*'When you love somebody, your eyelashes go up and down and little stars come out of you.'* (what an image)

Karen - age 7

*'Love is when Mummy sees Daddy on the toilet and she doesn't think it's gross.'*

Mark - age 6

*'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.'*

Jessica - age 8

*And the final one -- Author and lecturer Leo Buscaglia once talked about a con test he was asked to judge.*

*The purpose of the con test was to find the most caring child.*

*The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.*

*When his Mother asked what he had said to the neighbour, the little boy said, 'Nothing, I just helped him cry'*

*When there is nothing left, that is when you find out that love is all you need.*

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### ***The World's Best Babysitters!!***



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



**PIZZA MUFFINS**

*These muffins are so easy, and taste wonderful.*

**INGREDIENTS:**

3/4 cup flour  
3/4 tsp baking powder  
1 Tbl italian seasoning  
pinch of Salt  
pinch of red pepper flakes  
3/4 cup Whole Milk  
1 egg, beaten  
1 cup shredded mozzarella cheese  
1/4 cup grated Parmesan cheese  
1/2 cup cubed pepperoni  
1/2 cup pizza sauce

**METHOD:**

Preheat the oven to 375 degrees.  
Grease a 24-cup mini-muffin pan.  
In a large bowl, whisk together the flour, baking powder, Italian seasoning, salt and red pepper flakes (if using); whisk in the milk and egg.  
Stir in the mozzarella, Parmesan and pepperoni; let stand for 10 minutes.  
Stir the batter and divide among the mini-muffin cups.  
Bake until puffed and golden, 20 to 25 minutes.

Meanwhile, microwave the pizza sauce until warmed through and use as dipping sauce or spread over the top of the muffins with a knife. ENJOY!!

**Go on-line and check out our new  
Unit #68 website!! [anavets68.com](http://anavets68.com)**

**FROM YOUR EDITORS . .**

It has been a sad journey for us during this Spring season – but we now must look ahead to new beginnings for all of us!!! My Mum used to always say that Spring was created for ‘new beginnings’!!!



We can start looking forward to our Annual Trout Lake BarBQ – it is slated for Saturday, July 26<sup>th</sup> this year and promises as always to be a fun event – meeting and greeting old friends and comrades and welcoming new!!! The food is always delicious, and our Raffle is one of the best around this area!!! Loads of great prizes to be won!! And of course – the Bocce – WOW!! Great competition – may the best team win!!!

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.

And as per usual we ask you to please excuse any repeats you notice – some items are either too cute or too funny . . . or just too informative not to repeat!!!

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

Our wish to you again this month – enjoy the coming Summer season, stay well, hug your comrades, laugh out loud . . . and enjoy life – remember to tell all of your friends how much they mean to you!!!! Friendship is a vital link to lean on as we advance onward with our lives!!!

Hugs to all of you . . . .

**Your Editors,  
Mardi & Fred**