

THE BUZZ



*They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning,
We will remember them.*

NEVER FORGET



LEST WE FORGET

POPPY ROBINSON

THE BUZZ



YOUR PRESIDENT'S REPORT

Comrades:

Unfortunately, every month I seem to begin my report with condolences; last month Unit #280 lost a dear comrade Ed Lee. Our Unit #68 had many wonderful years with this decorated WW II Veteran. We offer our prayers and thoughts to his family and friends.

Sandi and I returned from the Dominion Convention after a busy week. Although some members think it is a big party at these conventions let me tell you, that this is far from the truth. Over 35 Resolutions were debated and accepted, they are then passed on to the government and if implemented, will improve the lives of our veterans or some will become part of our Constitution.

Two Resolutions were as a result of our Unit #68.

Resolution #30-- Liquidation of Major Assets.

This dealt with the assets of a Unit when a club building or major asset is sold and how the funds are to be held jointly by the Unit and their Command. As our members

are well aware, this issue arose last year when B.C. Command attempted to put our funds '*in Trust*'. As a result of many hours I am pleased to announce that the funds will now belong to the membership of a Unit indefinitely, as long as they maintain their Charter. Also the 5 year time limit was removed. We always understood that Command was attempting to add a level of protection for the units but it was the words "*in Trust*" that need to be defined and this has been removed.

Resolution #33-- Amalgamation of a Unit.

This again was a result of Unit #68 and Unit #26 attempting to join together in 2011. We now have a mechanism in place in our constitution which provides for a detailed framework when two units wish to amalgamate and how their assets are to be regulated. It also defines a process by which they can apply for a new charter. Prior to this convention, there was no provision in our Dominion By-Laws governing this procedure.

After listening to many speakers at the convention I personally wish to congratulate B.C. Command for the best Convention ever; an opinion shared by many delegates. Comrades, this organization is worth every nickel you pay for membership for without us, our veterans would have no voice in government.

Canada is once again involved in a war we did not want, but these Islamic extremists would take over the world if they are not stopped.

I quote Mohammed Al-Adrnani, an Islamic leader "*If you kill a disbelieving Canadian, American or European, then rely on Allah*", "*smash his head with a rock, slaughter him with a knife or run him over with your car or choke him or poison him or throw him from a high place* "

Need I say more?

God Bless our current soldiers who are asked once again to protect our freedom and when they come home, sometimes broken men and women, we are here to help them. "**LEST WE FORGET**".

— — — — —

P.S.-- Little did I realize that when I wrote this report over 3 weeks ago, that the two despicable, cowardly acts on Cpl. Cirillo and Warrant Officer Patrice Vincent would be carried out by these terrorists. I pray that fear will not take away our freedom. All Veterans and members of our organization will carry on wearing our uniforms proudly and will not be intimidated.

Fraternally,

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



PROVINCIAL COLOUR GUARD REPORT

Comrades,

My complements to Inder Malawarair for a job well done at the Dominion Convention. Also thanks to Alfred Woo of Unit #280 who assisted me with the amendment to Resolution #30 (It didn't hurt that he is a retired Lawyer.)

Also . . . Thank you to Comrade Charlie Lee for his financial contribution to the Colour Guard. I try to visit Charlie every month at his home in Surrey to keep him informed on happenings. Charlie turns 91 in December.

Our **Annual Colour Guard Christmas Appreciation Dinner** will be Saturday December 13th, 2014 at Unit #284 Steveston. Cocktails at 6:00 P.M. and dinner at 7:00 This is an open invitation to all B.C. Command Officers to show their support for the Colour Guard by attending this event. R.V.S.P. to our secretary Jan Holt is requested.

Election of Executive for 2015 will be in January 2015. All members are required to attend and must show their 2015 membership.

Fraternally,

Bob Rietveld
Past Color Sergeant

*Honouring the
brave
service men &
women
who gave the
ultimate sacrifice
for our freedom*



WE WILL REMEMBER THEM

VETERAN'S AFFAIRS REPORT

Comrades.

Each month I try to keep you informed of any initiatives from Veteran Affairs Canada but this month after listening to a veteran speak at the convention on his PTSD. I thought a little history on this mental condition would enlighten you.

During the First World War the term was "*shell shock*". A soldier was diagnosed as having shell shock when no obvious physical injury could be found. This at the time was perceived as coward-nice or faking on the part of the soldier to avoid being sent to the front lines. Some were even put on trial and executed.

During the Second World War the term was "*combat fatigue*". Soldiers who showed signs of combat fatigue were taken off the front lines and placed in makeshift mental wards; some were given barbiturate drugs to help ease the stress. The Hollywood movie "*Patton*" showed this attitude when the General slapped a soldier for being a coward.

During the Vietnam War the term "*PSTD*" became recognized but it was not until 1987 that the definition was revised to include a family's member and revised again in 1994 to include experiencing severe injury, or witnessing an event.

The latest definition of PTSD outlined in the diagnostic manual's fifth version in 2013 included traumatic events and sexual assault.

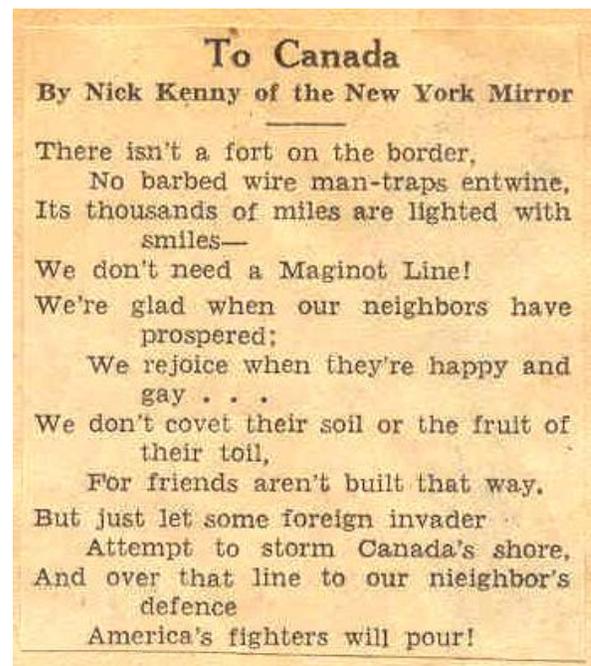
So we have come a long way, but still today the general public does not realize the extent of this injury. As a veteran at the convention told us, he relives the nightmares of Afghanistan every night.

I am proud to announce that our Unit #68 will be asked to sponsor a dog for a veteran who might be suffering and I ask every unit in Canada to do the same. The cost is around \$5,000.00 per animal but the results for the veteran are worth a million. Please go to (CITADEL CANINE SOCIETY) www.citadelcannine.com or contact Vice-President Jordy Anderson for detailed information or myself by email at sirbob999@hotmail.com

I also wish to thank all the B.C. units who responded and donated to my fund raising efforts on behalf of "*Wounded Warriors in Canada*". To date I have sent them \$1,410.00, again for their work with PTSD. Please if you haven't yet replied, it's never too late.

Respectfully submitted in honour of Roy Blair.

Fraternally,
Bob Rietveld



Source: Stories We Remember
A Tribute to Canadian Veterans
The true "Spirit of Canada."

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



Charlie Calvert Bertrand Darvault
Ann Kimoff Rose Rietveld
Al Stronstad William Wonnacott

*We do apologize if we have missed any of
our member's birthdays.*

Happy Birthday Everyone!!!!

SHUFF N' STUFF . . .

The Annual Provincial Command Snooker Tournament will be held at Steveston Unit No. 284, located at #105 - 11900 No. 1 Road in Richmond on Saturday, November 22nd, 2014.

Registration commences at 10:30 AM with play beginning at 11:00AM. Steveston Unit 284 is hosting.

Registration form will be posted on the bulletin board. Each Unit is allowed 2 teams of 2 members. Kindly provide all the information the registration form requires.

**Dick Moore
Director, Sports**

A Quote for life

*"Try to be a rainbow in someone's
cloud"*

Maya Angelou

A TRIBUTE TO THE VETERANS

IT IS THE VETERAN

As we approach Remembrance Day once again, let's pay tribute to our Comrades, the "Veterans."

It is the veteran, not the preacher, who has given us freedom of religion.

It is the veteran, not the reporter, who has given us freedom of the press.

It is the veteran, not the poet, who has given us freedom of speech.

It is the veteran, not the campus organizer, who has given us freedom to assemble.

It is the veteran, not the lawyer, who has given us the right of fair trial.

It is the veteran, not the politician, who has given us the right to vote.

It is the veteran, who salutes the flag, who serves under the flag.

***Eternal rest grant them O Lord, and let
perpetual light shine upon them.***



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**AN ANONYMOUS QUOTE BUT OH
SO TRUE**

Wrinkled was not
one of the things
I wanted to be
when I grew up.

A SOLDIER'S FORTUNE

by Irving E. Rice 2006

They left us with a
fortune,
We spend it here and
there.
It's a fortune we can't
buy,
But it's something we
can share.

They were more than just
good soldiers,
Who answered their last
call.
They were the type of
soldiers,
Who wouldn't let us fall.

Soldiers of this kind,
How could we replace.
Deep within our hearts,
We hold an empty space.

We thought for fame and
fortune,
You had to be a star.
These soldiers taught us
all,
It's really who we are.

One day they went with
angels,
To their homes above.
Their fortune wasn't
money,
They left us all their love.



REMINISCING WITH RON 'ANDY CAPP' ROBINSON



Yep! Summer is officially over. If you were unable to go on a trip this summer, cheer up! I'm about to take you on a trip right now . . .

It's a trip down Memory Lane! My gawd, I didn't realize how corny my introduction to this column really was until I read it myself.

Anyways, here it goes . . . It's about things close to my neighbourhood that are gone and will never return.

When we were kids our favorite fishing spot was off the Fraser Street Bridge located at the south end of Fraser Street. The bridge no longer exists, and neither do the fish. In those days all the gangs on Fraser had their own beaches along the Fraser River, but nobody swims there anymore. Most of us learned to swim in the Memorial Park pool but it's been bone dry these past 20 years. There used to be wonderful summer band concerts in Memorial Park, but no more. Even the round bandstand is gone.

Ah summer! I can still remember chasing after the girls down Fraser on those warm Sunday evenings, but I can't remember why!

Woolworth's 15¢ store was located at 45th and Fraser during the Thirties. I did all of my Christmas shopping there. When the 15¢ store closed for good in the early Fifties, I never shopped for Christmas presents again . . . but now I notice dollar stores are popping up all over Fraser so I just might start Christmas shopping again.

Most Sunday evenings my family gathered around the radio to listen to Edgar Bergen and Charlie McCarthy. Edgar Bergen died many years ago, but Charlie ended up in the Smithsonian Institute in Washington,

D.C. When we were kids we made our own radios from an empty, round Quaker Oatmeal box, a roll of copper wire and a 35¢ crystal. They worked! And no batteries or electricity were required. They weren't called radios but were called 'crystal sets.'

Another Sunday treat for the family was a trip on the open-air, sight-seeing observation streetcar that took you all over Vancouver for 35¢. During those years there were 10 gas stations on Fraser between Kingsway and Marine – now there is only one!

One thing I shall never forget while growing up in Vancouver was the arrival of the Ringling Bros. Circus. It landed at the old CNR station (now called Pacific Central). The sight of ten huge elephants marching single-file up Main Street, then turning left onto the old Georgia Viaduct on their way to the Cambie Street grounds where the circus would spend a week, was a sight to behold!

Why this item holds wonderful memories for me is because my cousin Slug and myself always got a job feeding and watering the elephants every summer when the circus arrived. I really feel sad that most kids will never have the opportunity to enjoy the fun and excitement of a real circus unless they get down to Seattle the next time the circus is appearing there . . . quite a few years ago, Vancouver voted to stop circuses from appearing here.

Another memory I shall never forget is 10¢ beer in the club, and those free plates of cheese and crackers that were served every Saturday night at 9 p.m. to every table, in the early Fifties – gone forever! Has the world gone mad??

And another thing that is gone forever and never coming back . . . that's the hair on my head!!



PLEASE WEAR A POPPY

*"Please wear a poppy,"
the lady said*

And held one forth, but I shook my head.
Then I stopped and watched as she
offered them there,
And her face was old and lined with care;
But beneath the scars the years had made
There remained a smile that
refused to fade.

A boy came whistling down the street,
Bouncing along on care-free feet.
His smile was full of joy and fun,
"Lady," said he, "may I have one?"
When she's pinned it on he turned to say,
"Why do we wear a poppy today?"

The lady smiled in her wistful way
And answered, "This is
Remembrance Day,
And the poppy there is the symbol for
The gallant men who died in war.
And because they did, you and I are free -
That's why we wear a poppy, you see.

*"I had a boy about your size,
With golden hair and big blue eyes.
He loved to play and jump and shout,
Free as a bird he would race about.
As the years went by he learned and grew
and became a man - as you will, too.*

*"He was fine and strong,
with a boyish smile,
But he'd seemed with us such a little while
When war broke out and he went away.
I still remember his face that day
When he smiled at me and said, Goodbye,
I'll be back soon, Mom, so please don't cry.*

*"But the war went on and he had to stay,
And all I could do was wait and pray.
His letters told of the awful fight,
(I can see it still in my dreams at night),
With the tanks and guns and cruel*

*barbed wire,
And the mines and bullets, the bombs
and fire.*

*"Till at last, at last, the war was won -
And that's why we wear a poppy son."*

The small boy turned as if to go,
Then said, "Thanks, lady, I'm glad to know.
That sure did sound like an awful fight,
But your son - did he come back all right?"
A tear rolled down each faded cheek;
She shook her head, but didn't speak.

I slunk away in a sort of shame,
And if you were me you'd have
done the same;
For our thanks, in giving, if oft delayed,
Thought our freedom was bought -
and thousands paid!

And so when we see a poppy worn,
Let us reflect on the burden borne,
By those who gave their very all
When asked to answer their country's call
That we at home in peace might live.
Then wear a poppy! Remember - and give!

~~By Don Crawford.~~

EDITOR'S NOTE: We have reprinted this poem once again for this Remembrance Day as it is so very appropriate.



**A Canadian soldier in Afghanistan
marks Remembrance Day**

CINNAMON AND HONEY WHOEVER THOUGHT?

Honey is the only food on the planet that will not spoil or rot. What it will do is what some call 'turning to sugar'. In reality, honey is always honey. However, when left in a cool dark place for a long time it will "crystallize". When this happens *loosen* the lid, boil some water and sit the honey container in the hot water, but turn off the heat and let it liquefy naturally. It is then as good as it ever was. Never boil honey or put it in a microwave. This will kill the enzymes in the honey.



Facts on Honey and Cinnamon:

It is found that a mixture of honey and Cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without side effects for any kind of diseases. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Bet the drug companies won't like this one getting around.

Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon, as researched by western scientists:

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply it on bread instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also, those who have already had an attack, when they do this process daily, they are

kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS:

Arthritis patients may take daily (morning and night) one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of

cholesterol.

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from its root.

GAS:

According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM:

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks.. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

INFLUENZA:

A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly, arrests the

ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of water and boil to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

RASPY OR SORE THROAT:

When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES:

Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS:

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS:

Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one

tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

BAD BREATH:

People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

HEARING LOSS:

Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!



You might want to share this information with a friend, kinfolks and loved ones. Everyone needs healthy help information ~ what they do with it is up to them ~ share with your comrades... They deserve to be healthy too!!!

*Here's something to think about:
How come you never see a headline like
'Psychic Wins Lottery'?*

--- Jay Leno (1950 -)

THE CUTEST T-SHIRT EVER!!! AND THE MOST MEANINGFUL!!!



LOVE STORY FOR ANYONE OVER FIFTY...

I will seek and find you.

I shall take you to bed and have my way with you.

I will make you ache, shake & sweat until you moan & groan.

I will make you beg for mercy, beg for me to stop.

I will exhaust you to the point that you will be relieved when I'm finished with you.

And, when I am finished, you will be weak for days.

All my love,

Now get your mind off of sex and go get your flu shot!

PONDER THIS . . . The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

A TRIBUTE TO EX SERVICE WOMEN

Rene Wolfe

ROLL CALL

Where are the girls of
Canada's forces
All volunteers from
across our fair land,
Who set aside their
civilian priorities,
Marched bravely forth
with the torch in
their hand?

Where are the lassies
from across our
Dominion,
The tall and the short,
the young and the fair,
They never looked back
in homeward direction,
But stood and were
counted, so proud
to be there?

Where are these
daughters that stood
at attention,
To honour their flag at
the set of the sun,
Who solemnly marched
in a funeral procession,
Went back to their
barracks when their day
was done?

Where are these young
ladies, the pride of
our nation,
The girls that stepped
forth to answer the call,
Worked side by side with
the men of their station,
Rose to the occasion and
gave it their all?

Where are they now
these girls of integrity,

Where did they go when
the battle was won,
Where are the veterans
of Canada's forces,
The girls that were part
of a job well done?

They adjusted their lives
to the realms of society,
Worked many hours to
support a good cause,
Fought for their rights on
behalf of humanity,
Cared for their families
and respected the laws.

They have now joined the
ranks of the next
generation,
Silver haired seniors with
stars in their eyes,
Some have gone on to a
higher location,
March now with the
angels in heavenly skies.

They gather together to
relive their memories,
To bring back the sound
of trumpet and drum,
Through laughter and
tears they will always
remember,
That time long ago when
they were so young.



GOD BLESS OUR SHE-ROES

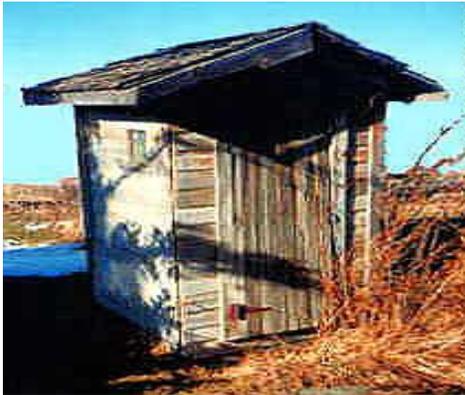
THE outhouse POEM



The service station trade was slow
The owner sat around,
With sharpened knife and cedar stick
Piled shavings on the ground.

No modern facilities had they,
The log across the rill
Led to a shack, marked His and Hers
That sat against the hill.

"Where is the ladies restroom, sir?"
The owner leaning back,
Said not a word but whittled on,
And nodded toward the shack.



With quickened step she entered there
But only stayed a minute,
Until she screamed, just like a snake
Or spider might be in it.

With startled look and beet red face
She bounded through the door,
And headed quickly for the car
Just like three gals before.
She missed the foot log - jumped
the stream

The owner gave a shout,
As her silk stockings, down at
her knees
Caught on a sassafras sprout.

She tripped and fell - got up, and then
In obvious disgust,
Ran to the car, stepped on the gas,
And faded in the dust.

Of course we all desired to know
What made the gals all do
The things they did, and then we found
The whittling owner knew.

A speaking system he'd devised
To make the thing complete,
He tied a speaker on the wall
Beneath the toilet seat.



He'd wait until the gals got set
And then the devilish tike,
Would stop his whittling long enough,
To speak into the mike.

And as she sat, a voice below
Struck terror, fright and fear,
*"Will you please use the other hole,
We're painting under here!"*

He who works with his hands
is a laborer.

He who works with his hands
and his head is a
craftsman.

He who works with his hands
and his head and his
heart is an artist.

- St. Francis of Assisi

WE'LL MEET AGAIN

(famously sung by Vera Lynn)

We'll meet again, don't know where, don't
know when
But I know we'll meet again some
sunny day
Keep smiling through, just like
you always do
Till the blue skies drive the dark
clouds far away

So will you please say Hello,
to the folks that I know
Tell them I won't be long
They'll be happy to know,
that as you saw me go
I was singing this song

We'll meet again, don't know where,
don't know when
But I know we'll meet again
some sunny day



Dame Vera Lynn, DBE, widely known as "**The Forces' Sweetheart**" is an English singer, songwriter and actress whose musical recordings and performances were enormously popular during the Second World War.

Dame Vera Lynn was the first person to have a UK chart-topping single, and today she has broken records again with the release of a new album to celebrate her 90th year in show business.

Dame Vera announced the release of the record, Vera Lynn: National Treasure - The Ultimate Collection, on March 20, her 97th birthday. The collection will include recently discovered tracks which are yet to be released, as well as some of her most

memorable and morale-boosting songs as the Forces' Sweetheart.

The Ultimate Collection was released on June 2, 2014 to commemorate the 70th anniversary of the Second World War D-Day landings, which occurs four days later.



Dame Vera Lynn at the age of 97!!

Dame Vera said: *"I think it's wonderful that my songs are still enjoyed, especially if it encourages people to commemorate what happened 70 years ago.*

"It's moving for me to relive those days, and humbling to know that people still think of me - after all, it was simply my duty to keep singing."



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

**FOUR OF THE YEAR'S BEST
COMEBACK RESPONSES . .**

NUMBER 1:

If you ever testify in court, you might wish you could have been as sharp as this policeman. He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the police officer's credibility.....

Q: *'Officer --- did you see my client fleeing the scene?'*

A: *'No, sir. But I subsequently observed a person matching the description of the offender, running several blocks away.'*

Q: *'Officer, who provided this description?'*

A: *'The officer who responded to the scene.'*

Q: *'A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?'*

A: *'Yes, sir. With my life.'*

Q: *'With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?'*

A: *'Yes sir, we do!'*

Q: *'And do you have a locker in the room?'*

A: *'Yes, sir, I do.'*

Q: *'And do you have a lock on your locker?'*

A: *'Yes, sir.'*

Q: *'Now, why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?'*

A: *'You see, sir, we share the building with the court complex, and sometimes lawyers have been known to walk through that room.'*

The courtroom EXPLODED with laughter, and a prompt recess was called. The

officer on the stand has been nominated for this year's 'Best Comeback' line -- and we think he'll win.

NUMBER 2:

Now We Know Why He Was a General ----

In an interview, General Norman Schwarzkopf was asked if he thought there was room for forgiveness toward the people who have harbored and abetted the terrorists who perpetrated the 9/11 attacks on America. His answer was classic Schwarzkopf. The General said, "I believe that forgiving them is God's function... OUR job is to arrange the meeting."

NUMBER 3:

Dana Perino (FOX News) describing an interview she recently had with a Navy SEAL. After discussing all the countries that he had been sent to, she asked if they had to learn several languages?

"Oh, no ma'am. We don't go there to talk."

NUMBER 4:

Conversation overheard on the VHF Guard (emergency) frequency 121.5 MHz while flying from Europe to Dubai.

Iranian Air Defense Site: *'Unknown aircraft, you are in Iranian airspace. Identify yourself.'*

Aircraft: *'This is a United States aircraft. I am in Iraqi airspace.'*

Air Defense Site: *'You are in Iranian airspace. If you do not depart our airspace, we will launch interceptor aircraft!'*

Aircraft: *'This is a United States Marine Corps FA-18 Fighter. Send 'em up, I'll wait!'*

Air Defense Site: (... Total silence)

— — — — —

Is Sex Work?

A Canadian Army Officer was about to start the morning briefing to all of his staff. While waiting for the coffee machine to finish its brewing, the Officer decided to pose a question to all assembled.

He explained that his wife had been a bit frisky the night before, and therefore he failed to get his usual amount of sound sleep.

He posed the question; "*How much of the act of sex is "work," and how much is "pure pleasure"?*"

A Captain chimed in with a 75-25% in favour of 'work'.

A Lieutenant said it was probably about 50-50%.

A Warrant-Officer responded with a 25-75% in favour of 'pleasure', depending upon his state of inebriation at the time.

There being no consensus, the Officer turned to the Private who was in charge of making the coffee. What was HIS opinion?

Without any hesitation, the young private responded, "*Sir, it has to be 100% pleasure, Sir.*"

The Officer seemed a little surprised and as you might guess, asked, "*And why is that, soldier?*"

"Well, Sir, if there was any work involved, the officers would have me doing it for them, Sir".

The room fell silent.

A policeman was rushed to the hospital with an inflamed appendix. The doctors operated and advised him that all was well, however, the patrolman kept feeling something pulling at his crotch hairs. Worried that it might be a second surgery

that the doctors hadn't told him about it, he finally got enough courage to pull his hospital gown up so he could see what was making him so uncomfortable.

Taped firmly across his pubic hair and private parts were three very wide strips of heavy duty duct tape, the kind that doesn't come off easily... if at all.

Written on the tape in large black letters was the sentence, "*Get well soon, from the nurse in the Ford Mustang you pulled over last week.*"

Kind of brings tears to your eyes doesn't it?

One time I got sick and landed in hospital. There was this one nurse that just drove me crazy. Every time she came in, she would talk to me like I was a little child. She would say in a patronizing tone of voice, "*And how are we doing this morning?*" Or "*Are we ready for a bath?*" Or "*Are we hungry?*"

I had had enough of this particular nurse. One day at breakfast, I took the apple juice off the tray and put it in my bedside stand.

Later I was given a urine sample bottle to fill for testing. So you know where the juice went!

The nurse came in a while later, picked up the urine sample bottle, looked at it and said, "*My, my, it seems we are a little cloudy today.*"

At this, I snatched the bottle out of her hand, popped off the top, and gulped it down, saying, "*Well, I'll run it through again. Maybe I can filter it better this time!*"

The nurse fainted... I just smiled.

DON'T MESS WITH OLD PEOPLE.



ANAF UNIT #68 MEMBERSHIP . . .

The membership chair for Unit #68 is our unit secretary - **Jan Holt** – please renew for the year 2015 as soon as possible so you may continue receiving all of the wonderful benefits membership accords.

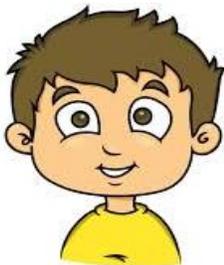
All cards and membership requirements will be done by Jan with a huge thank you from our executive.

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

A VERY SMART KID . . .

There's a little fellow named Junior who hangs out at Tim Alley's Grocery Store. The owner Tim doesn't know what Junior's problem is, but the boys like to tease him. They say he is two bricks shy of a load, or two pickles shy of a barrel. To prove it, sometimes they offer Junior his choice between a nickel and a dime. He always takes the nickel, they say, because it's bigger.

One day after Junior grabbed the nickel, Tim got him off to one side and said, "*Junior, those boys are making fun of you. They think you don't know the dime is worth more than the nickel. Are you grabbing the nickel because it's bigger, or what?*"



Junior said, "*Nah, if I took the dime, they'd quit giving me free nickels!*"

A FEW GOOD QUOTATIONS we have come across . . .

"I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: 'Not good in a bed, but fine up against a wall.'"

Eleanor Roosevelt

What would men be without women? Scarce, sir . . . very scarce!!"

Mark Twain

"Only Irish coffee provides in a single glass all four essential food groups: Alcohol, caffeine, sugar and fat."

Alex Levine

"I am opposed to millionaires, but it would be dangerous to offer me the position."

Mark Twain

The happy couple were being interviewed on their Golden Wedding Anniversary. The society reporter asked, "*In all that time, did you ever consider a divorce?*"

"Oh, no, not divorce, we're too old fashioned for that," the husband replied.

"Murder occasionally," the wife offered "*but never divorce.*"



OLD MAN AT THE TABLE

The whole world is going crazy so what harm can this do.



If you take 1 minute to read this prayer, imagine how many prayers are going up for our country.

Hi God, it's me.

We are getting older and things are getting bad here.

Gas prices are too high, no jobs, so much corruption, food and heating costs too high. We've lost the way. I know you were taken out of our schools, government and even Christmas, but Lord I'm asking you to come back and re-bless Canada.

We really need you! Badly.

There are more of us who want you than those who don't!

Thank You God.

**AN 'OLDIE BUT A GOODIE'**

Tom was in his early 50's, retired, and had started a second career. However, he just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late.

But he was a good worker, real sharp, so the Boss was in a quandary about how to deal with it.

Finally, one day he called him into the office for a talk.

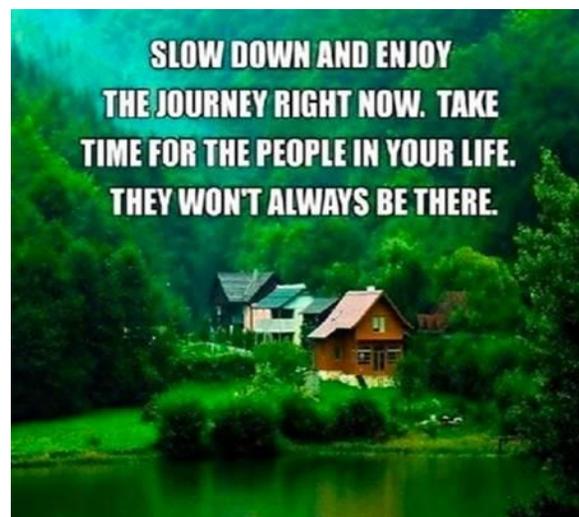
"Tom, I have to tell you. I like your work ethic. You do a bang-up job, but you're being late so often is quite bothersome."

"Yes, I know Boss, and I am working on it."

"Well, good, you are a team player. That's what I like to hear. It's odd though, you're coming in late. I know you're retired from the Air Force. What did they say if you came in late there?"



They said, "Good morning, General. Here is your coffee!"



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

INGREDIENTS:

1 can salmon
1 egg
1/2 cup flour
1/2 onion (chopped, optional)
1/4 cup salmon juice
1 tsp baking powder



METHOD:

Drain and reserve juice from salmon.
Stir together the egg, flour, onion, and salmon.
Stir baking powder into salmon juice and pour into salmon mixture.
Beat well with fork. Mixture will be thin.
Drop 1/2 teaspoon at a time into hot shortening and fry until brown.
Drain on paper towel.
Serves 6.

ENJOY!!!!



**HOUSEHOLD
HINTS 4 U!!**

STORING CHEESE

To keep cheese fresh, upon arriving home from the market take out the cheese and wrap first in wax paper and use tape to make it snug. Then wrap in plastic wrap. Mark each package with the type and date purchased. Then freeze what you don't think you'll use somewhat quickly. This may be a pain to do but it sure beats throwing out moldy cheese and pouring money down the drain.

Also, keep your Saran Wrap in the fridge as it dramatically helps it come out smoother and is easy to "handle".

Source: Jeffs pics
<http://www.thriftyfun.com>

FROM YOUR EDITORS . .

November is on our doorstep – and it is time to remember all of our 'Forever Comrades' who have passed away this past year! It has also been a very sad October for our country!!! Wear your Poppy with pride as we Remember their sacrifice – we will always be proud of what we stand for here in our beloved Canada!!



Now we look forward to a Holiday Season that will bring back the Joy into our hearts!! Please remember to always give your friends and comrades a hug and tell them how very much they mean to you!

As always, we want to extend a **Special Thank You** to all who contribute to our Buzz on a regular basis – and of course to our Special Star Columnist, and Cover Artist, Ron 'Andy Capp' Robinson.

Many Thanks also to our loyal Buzz readers – hope you continue to enjoy all that is contained within these pages.

Keep well and Happy – and enjoy life!!! Until next month we wish you many special memories and cherished moments to treasure well into our new year!!

**Your Editors,
Mardi & Fred**



**WE'VE
DISCOVERED A
NEW KIND OF
WINE!!!**

**HOPE ALL OF OUR
COMRADES HAD A
FUN HALLOWEEN!!!**