

THE BUZZ

**WISHING OUR VERY SPECIAL COMRADE
AGNES KEEGAN A VERY JOYOUS and
HAPPY 95th BIRTHDAY!**



**HAPPY BIRTHDAY
AGNES!**



**President Bob and Agnes Keegan as they
celebrated at the Victory over Japan
Ceremony in China Town on August 15th.**

THE BUZZ



YOUR PRESIDENT'S REPORT

Comrades:

Please note on your calendar: a **General Membership Meeting** is called for 1:00 P.M. Sunday October 18, 2015 for East Vancouver Unit #68+++ LOCATION: Anavets Building 951-East 8th Avenue Vancouver. A notice will be mailed to all our members. All new members who wish to be initiated please attend; a lot of members do not realize that their membership is not on the record books until you are initiated.

Something I have always been very proud of is that although we are small in numbers, over 90% of our members attend our meetings. These meetings are very important, as it gives your executive permission to conduct our financial affairs according to our by-laws. We only have 3 general membership meetings per year, but your executive keeps our unit very active by having regular executive meetings online or thru physical meetings when required.

Thank You to my editor for the beautiful cover in the September issue of The Buzz.

We now transport our veterans in parades who are unable to march any longer and the response from the public when they see our veterans is overwhelming.

Unit #68 wishes to extend a **Special "HAPPY BIRTHDAY"** to our comrade **Agnes Keegan** who turns 95 this month. Agnes loves driving in the Hummer on parade and we hope she does this until at least 100, she feels like royalty when she waves out the window.

Agnes was born September 10, 1920 in Hawick, Roxburghshire, Scotland. She volunteered for the British army in 1943 and served in the 27th Lancaster Company as a truck driver in Manchester, England. She was discharged in 1945 and awarded the 1939-1945 Volunteer Medal. After the war Agnes worked in a munitions factory in Birmingham, England. She had six brothers who served in the Armed Forces, including one who died in Germany. Agnes was awarded the Palm Leaf, one of the highest Royal Canadian Legion's honours.

In 2011 Canada had 5,825 people 100 and over with 80% women, so Agnes we hope you enjoy the ride for a long time.

P.S. a Unit #68 membership is good for your health.

See you all at the meeting.

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

PROVINCIAL COLOUR GUARD REPORT

Comrades,
Your B.C. Command Colour Guard attended 2 very special events in August; **The VJ Day Ceremony** and the **71st Anniversary of the Warsaw Uprising**.

We received a thank you letter From Elizabeth Skrzymowska, President of PVA/SPK which represents the Polish Veteran's Association. We made quite an impact on the ceremony with our flag parade. A special presentation was made to six Polish Veterans by the Consul General of the Republic of Poland, giving them the highest civilian award achievable. All these veterans were in the 90's and fought in WW11.

The VJ Day Commemorative Ceremony or Victory over Japan was organized by Unit #280. Your Colour Guard again did a superb job representing our organization. It was nice to see Bernie Turner there representing our B.C. Command. A special acknowledgement goes to Alfred Woo and Edmund Wu of Unit #280 who were masters of ceremony on that day. There were 9 Consul Generals in attendance from nine allied countries and the occasion marked the 70 anniversary of the end of the war in Asia.

Visiting us for seven weeks are Charlie and Cheryl Calvert from England. These two comrades have maintained their Unit #68 membership even though they have been in England for over 3 years. Cheryl is looking forward to marching with the Colour Guard in the next two months and we hope they enjoy their visit.

Bob Rietveld
Past Color Sergeant

VETERAN'S AFFAIRS REPORT

Comrades

Since there is a Federal Election happening, your opportunity to speak to candidates on veterans issues couldn't be better. They will listen and of course they will promise the world but now is the time to address any concerns that you might want to convey.

The Chinese Military Museum is hosting a 70th Anniversary Commemorative Gala Dinner on Saturday October 24, 2015 to honour veterans that are left from the Second World War; most are in their 90s.

To make this year truly special, we have invited the Honorable Lieutenant General (Ret'd) Romeo Dallaire and he has accepted to be our keynote speaker for the evening. Although he is a high profile speaker, he does not take money for himself. However, he does use his speaking fees to raise money for his humanitarian work - - specifically his mission to end the use of child soldiers.

Dinner tickets are \$100.00 per plate. Please send payment to -- CHINESE CANADIAN MILITARY MUSEUM SOCIETY-- 555 Columbia St. Vancouver, B.C. V6A4H5. Book early as the dinner may be sold out.

Submitted in honour of Roy Blair.

Fraternally,
Bob Rietveld

Always
&
Forever



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



Bobbi Cameron Ken Cameron
Vera Lipsett Brian McKenna
 Harry Oda

And our Special Comrade Agnes Keegan
Happy Birthday!

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

**SPORTS REPORT with LES
JONES**

The Masters Shuffleboard Tournament is scheduled to be held at the 100 club 2211 Kingsway Vancouver, BC on Sept 11, 12, and 13. Watch the October issue of the Buzz for results.

The Bocce Ball Prov. Command Tournament is also slated for Sept. 19th in the park behind the 100 Club. Watch the club bulletin board for more info!

**You are invited to visit our
website at anavets68.com**

ANAF UNIT #68 T- SHIRTS

We still have Ladies' T's left in the following sizes . . .

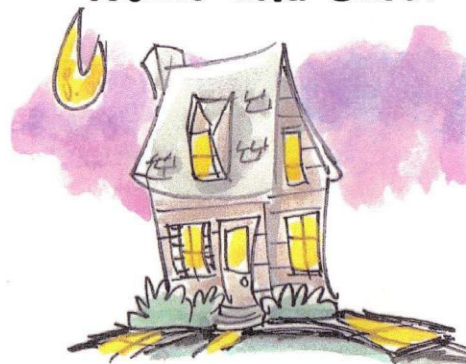
- 4 Ladies White V Neck....Medium
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veterans who make
that possible.

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Remember, if a dog was the teacher you would learn things like:

- When loved ones come home, always run to greet them;
- Never pass up the opportunity to go for a joyride;
- Allow the experience of fresh air and the wind in your face to be pure Ecstasy;
- Take naps;
- Stretch before rising;
- Run, romp, and play daily;
- Thrive on attention and let people touch you;
- Avoid biting when a simple growl will do;
- On warm days, stop to lie on your back on the grass;
- On hot days, drink lots of water and lie under a shady tree;
- When you're happy, dance around and wag your entire body;
- Delight in the simple joy of a long walk;
- Be loyal;
- Never pretend to be something you're not;
- If what you want lies buried, dig until you find it;



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

There comes a time in life, when you walk away from all the drama and people who create it.

You surround yourself with people who make you laugh, forget the bad, and focus on the good, so, love the people who treat you right.

Think good thoughts for the ones who don't ~ life is too short to be anything but happy.

**Falling down is part of LIFE...
Getting back up is LIVING...**

An old snake goes to see his Doctor. "Doc, I need something for my eyes, I can't see very well these days."

The Doc fixes him up with a pair of glasses and tells him to return in 2 weeks.



The snake comes back in 2 weeks and tells the doctor he's very depressed.

Doc says, "What's the problem? Didn't the glasses help you?"

"The glasses are fine doc, but I just discovered I've been living with a water hose the past 2 years!"

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

**VETERANS AFFAIRS CANADA
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Vancouver, B.C. Toll-Free Telephone:
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*"Since time is the one immaterial
object which we cannot influence -
neither speed up nor slow down, add
to nor diminish - it is an imponderably
valuable gift."*

Maya Angelou

40 YEARS OF MARRIAGE

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant.

Suddenly, a tiny yet beautiful fairy appeared on their table. She said, *'For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.'*

The wife answered, *'Oh, I want to travel around the world with my darling husband.'* The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: *'Well, this is all very romantic but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me.'*

The wife and the fairy were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof! - the husband became 92 years old.

The moral of this story:

**Men, who are ungrateful bastards,
should remember fairies are female.**



REMINISCING WITH RON 'ANDY CAPP' ROBINSON . . .



Editor's Note: *The following is a combination of two columns written by our Ronnie in September and October of 2009. He has graciously given us permission to reprint them for your enjoyment, . . . and enlightenment!!!*

The days are getting shorter, it's PNE time, the holidays are over, so it's back to school. Your first class folks, is all about tobacco, and NO class, there's not going to be any preaching for or against smoking!! This column is all about the discovery and history of tobacco. The tobacco plant belongs to the same family as the tomato and potato plant, and that doesn't mean you can put a potato in your mouth and light it up!

The discovery of tobacco was away back in the year 1531 (somewhat before I was born) by the Spaniards. The English name 'Tobacco' derives from the word 'Tobco', an Indian name for some of the early pipes and devices used in smoking.

Cigarettes are a fairly modern invention that only happened with the discovery of fine paper. Cuba is famous for their cigars, mainly because the cigars are hand-made – in most other countries cigars are machine-made.

I hate to admit this but back in the seventies I was puffing on thirty or so cigarettes a day as well as a couple of cigars. Smokey Robinson appeared here in Vancouver a few weeks ago but I beat the singer (name-wise) by about forty years because that's the name everyone called me up in Unit 26 – "Smokey Robinson".



Now I'm going to tell you my introduction to smoking. WARNING!!!! It ain't a pretty story! I was about 14 years old and myself and three buddies (all around the same age) headed up to Little Mountain (now called Queen Elizabeth Park) on a very hot summer day. On the way from 49th and Fraser Street we shared our money and bought a package of Zig Zag cigarette papers (total cost 5¢) – we couldn't afford a package of tobacco (10¢) but we had that all figured out. When we got to the park we gathered some dried maple leaves, and shred them to appear like tobacco. We then rolled them into cigarettes. After smoking them for over two hours we decided to start our long walk back to 49th and Fraser. We got as far as 33rd and Main when one by one we all began to get terribly sick. I can't remember being that sick in all my life. We were hoping a street car would come along . . . not to get a ride on it, but to stand in FRONT of it and end our suffering. A couple of hours later we made it home. We pledged we would NEVER smoke again. Unfortunately I started to smoke in my late teens and smoked for over 60 years. I quit in 1990.

What I find quite amazing in my smoking over all those years I never bought more than 4 or 5 packages of cigarettes. I smoked only 'roll your own'. In those early days a package of tobacco was 10¢. I know this is going to be hard to believe but a package now costs (are you ready for this???) \$16!!

The continuation of our tobacco story begins in the early 1930's and late 1940's. The United States Congress discovered that the four major tobacco companies, Old Gold, Camel, Chesterfield and Lucky Strike, were paying actors and Hollywood studios large sums of money to promote smoking in their motion pictures. If you would like to see this actual happening I suggest you switch your television set to channel 46 (Turners Classic Movies) and if

there's an old black and white movie on as well as early colour movies, you'll see it all. Every time you see your favorite movie start light up a cigarette they are not only being paid by the movie studios but were receiving a large bonus from the tobacco companies.

Clark Gable, John Wayne and Spencer Tracy to name just a few, were being paid an extra \$5,000 or more for smoking in their movies. At today's prices those bonuses would actually be around \$75,000. And you may ask, did all this pay off for the large tobacco companies? It sure did! I know from first hand. Let me explain.

When I was a teen and prowling Fraser Street with my buddies looking for the sweet young girls of South Hill we wanted to appear like tough guys so we copied three of the most popular stars at that time – James Cagney, Edward G. Robinson and Humphrey Bogart (they all played tough gangsters in the movies), and of course the three of them smoked cigarettes one after another! I took the role of Bogart – my two buddies became Edward G. Robinson and James Cagney. It worked!! With cigarettes dangling out of our pimpled faces and talking tough we took the three best looking Fraser Street girls by storm!! (years later I actually married the blonde one and the other two beauties were our bridesmaids. And just like the Hollywood marriages, it ended in divorce after five years.)

In those days it was very rare to see a woman smoking. Suddenly the movie studios must have noticed that too, because they decided to get the women smoking. They shoved a cigarette into Bette Davis's mouth and she never again made a movie without the cigarettes, so it opened a whole new world of women smokers. So if any of you girls from the Fraser Street district blame us nice South

Hill boys for your smoking habits, blame Bette Davis instead!!

How many of you remember the movie "Lassie and Timmy" (1957)? I swear if the studios could have taught Lassie how to smoke he would have dived into that farm well to save little Timmy from drowning with a cigarette in his mouth!

FACEBOOK FOR SENIORS



For those of our generation who do not and cannot comprehend why **Facebook** exists:

I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom.

I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, swinging a golf club and doing what anybody and everybody does every day.

I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook . . .

I already have four people following me: two police officers, a private investigator, and a psychiatrist.



AHHHH – RETIREMENT!

A few years ago, my wife and I moved into a retirement development on Florida's southeast coast. We are living in the "Delray/ Boca/Boynton Golf, Spa, Bath and Tennis Club on Lake Fake-a-Hachee". There are 3,000 lakes in Florida; only three are real.



Our biggest retirement concern was time management. What were we going to do all day? No longer. Let me assure you, passing the time is not a problem.

Our days are eaten up by simple, daily activities. Just getting out of our car takes 15 minutes. Trying to find where we parked takes 20 minutes. It takes a half-hour in the check-out line in Wal-Mart, and 1 hour to return the item the next day.

Let me take you through a typical day: We get up at 5:00 am, have a quick breakfast and join the early morning Walk-and-Fart Club. There are about 30 of us, and rain or shine, we walk around the streets, all talking at once. Every development has some late risers who stay in bed until 6:00 am. After a nimble walk, avoiding irate drivers out to make us road kill, we go back home, shower and change for the next activity.

My wife goes directly to the pool for her underwater Pilates class, followed by gasping for breath and CPR. I put on my 'Ask me about my Grandchildren' T-shirt, my plaid mid-calf shorts, my white socks and sandals and go to the clubhouse lobby for a nice nap. Before we know it, it's time for lunch.

We go to Costco to partake of the many

tasty samples dispensed by ladies in white hair nets. All free! After a filling lunch, if we don't have any doctor appointments, we might go to the flea market to see if any new white belts have come in or to buy a Rolex watch for \$2.00.

We're usually back home by 2:00 pm to get ready for dinner. People start lining up for the early bird about 3:00 pm, but we get there by 3:45 because we're late eaters.

The dinners are very popular because of the large portions they serve. We can take home enough food for the next day's lunch and dinner, including extra bread, crackers, packets of mustard, relish, ketchup and Splenda, along with mints.

At 5:30 pm we're home, ready to watch the 6 o'clock news. By 6:30 pm we're fast asleep. Then we get up and make five or six trips to the bathroom during the night, and it's time to get up and start a new day all over again.

Doctor-related activities eat up most of our retirement time. I enjoy reading old magazines in sub-zero temperatures in the waiting room, so I don't mind.

Calling for test results also helps the days fly by. It takes at least a half-hour just getting through the doctor's phone menu. Then there's the hold time until we're connected to the right party. Sometimes they forget we're holding, and the whole office goes off to lunch.

Should we find we still have time on our hands, volunteering provides a rewarding opportunity to help the less fortunate.

Florida has the largest concentration of seniors under five feet and they need our help. I myself am a volunteer for 'The Vertically Challenged Over 80.' I coach their basketball team, The Arthritic Avengers. The hoop is only 4-1/2 feet from

the floor. You should see the look of confidence on their faces when they make a slam dunk.

Food shopping is a problem for short seniors, or 'bottom feeders' as we call them, because they can't reach the items on the upper shelves. There are many foods they've never tasted. After shopping, most seniors can't remember where they parked their cars and wander the parking lot for hours while their food defrosts.

Lastly, it's important to choose a development with an impressive name. Italian names are very popular in Florida. They convey world travelers, uppity sophistication and wealth. Where would you rather live: Murray's Condos or the Lakes of Venice? There's no difference -- they're both owned by Murray, who happens to be a cheap bastard.

I hope this material has been of help to you future retirees. If I can be of any further assistance, please look me up when you're in Florida. I live in the Leaning Condos of Pisa in Boynton Beach.

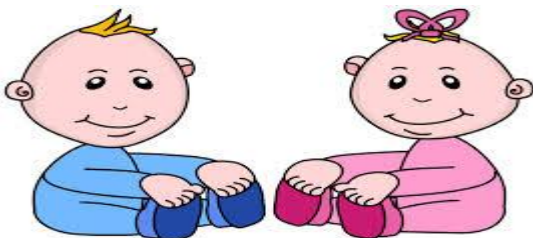
Two babies in a hospital nursery: *"I'm a little girl."*

"I'm a little boy."

"How do you know you're a little boy?"

"Wait till the nurse goes out and I'll show you."

When the nurse left, the baby pulled up his gown. *"See? Blue booties."*



BARTENDERS KNOW . . .

Bob went to a psychiatrist. "Doc," he said, *"I've got trouble. Every time I get into bed, I think there's somebody under it. I get under the bed, I think there's somebody on top of it. Top, under, top, under ... you gotta help me, I'm going crazy!"*

"Just put yourself in my hands for two years," said the shrink. *"Come to me three times a week, and I'll cure your fears."*

"How much do you charge?"

"A hundred dollars per visit."

"I'll sleep on it," said Bob.

Six months later the doctor met Bob on the street. *"Why didn't you ever come to see me again?"* asked the psychiatrist.

"For a hundred buck's a visit? Three times a week for two years? I may be crazy but I am not stupid."

Jim, my bartender cured me for ten dollars."

"Is that so! And just how, if I may ask?"

"He told me to cut the legs off the bed!"



"Today you can go to a gas station and find the cash register open and the toilets locked. They must think toilet paper is worth more than money."



--
- Joey Bishop (1918 -)

21 RULES FOR A GOOD OLD AGE



Some of us have reached our golden years, and some of us have not. But these suggestions should be read by everyone. They have been collected from many a senior,

each with his or her own piece of advice. Some you know, some may surprise you, and some will remind you of what's important. So read well, share with your loved ones, and have a great day and a great life!

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries and this is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and

be aware of your medical and physical needs. Keep in touch with your doctor, get tested even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks.

You'll be surprised which old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them of yesterday's wisdom that still applies today.

11. Never use the phrase: "In my time". Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items.

Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone - forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other

person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

AND REMEMBER THIS

***"Life is too short
to drink bad
wine."***



**OLD is good in some things:
old songs
old movies**

And best of all OLD FRIENDS!!

CAREFUL WHAT YOU WISH FOR!!!

A man was walking along the beach and found a bottle. He looked around and didn't see anyone so he opened it. A genie appeared and thanked the man for letting him out. The genie said, "*For your kindness I will grant you a wish, but only one - none of that three wishes jazz Okay?*"

The man thought for a minute and said, "*Well, I have always wanted to go to Hawaii but have never been able to because I'm afraid of flying, and ships make me claustrophobic and ill. So, I wish for a road to be built from here to Hawaii.*"

The genie was taken aback a bit, but after some thought said, "*No, I don't think I can do that; think about the pilings needed to hold up the highway and how deep they would have to be to reach the bottom of the ocean. Think of all the pavement and steel and concrete that would be needed. I'm sorry, you will have to choose another wish.*"



The man thought for a minute and then told the genie, "*There is one other thing that I have always wanted. I would like to be able to understand women. What makes them laugh and cry, why do they get upset at us so easily, what are their true desires and needs? What do they mean when they say 'Oh, Nothing'. Basically... what makes them tick?!?"*

The genie stared at him and blinked a couple times, then finally said: "*So, on that bridge, do you want two lanes or four?*"

RETARDED GRANDPARENTS

(this was actually reported by a teacher)

After Christmas, a teacher asked her young pupils to write an essay on how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!



They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore. They go to a building called a wreck centre, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out. And, they eat the same thing every night --- early birds.

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked centre for 'bring a plate'.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

PRICELESS!

Homesick Snowbird



I was in Mesa, Arizona last week and I spotted a bumper sticker on a parked car that read, "I miss Surrey, B.C."

So, I broke the window, stole the radio, shot out two tires and left a note that read, "I hope this helps!"

EDITOR'S NOTE: you have to live in Surrey, like we do, to appreciate this humour!!!

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

A Scotsman moves to Canada and attends his first baseball game.

The first batter approaches the batters' box, takes a few swings and then hits a double. Everyone is on their feet screaming "Run!!!"

The next batter hits a single. The Scotsman listens as the crowd again cheers "RUN!! RUN!!".

The Scotsman is enjoying the game and begins screaming with the fans.

The fifth batter comes up and four balls go by, The Umpire calls: "Walk." The batter starts his slow trot to first base.

The Scot stands up and screams, "Run ye lazy bastard, run!"

The people around him begin laughing. Embarrassed, the Scot sits back down.

A friendly fan notes the man's embarrassment, leans over and explains, "He can't run -- he has four balls."

The Scot stands up and screams: "Walk with pride, Laddie!"

— — — — —
God bless little old Ladies! We need more people like her!!!

BRAVO!!!!!!

It happened in a Metro station in Montreal.

There were protesters on the concourse handing out pamphlets on the evils of Canada. I politely declined to take one.

An elderly woman was behind me getting off the escalator and a young (20-ish) female protester offered her a pamphlet,

which she politely declined. The young protester put her hand on the woman's shoulder as a gesture of friendship and in a very soft voice said, 'Lady, don't you care about the children of Iraq?'

The elderly woman looked up at her and said, 'Honey, my father died during World War I, I lost my husband in World War II, I lost a son in Korea, and a grandson in Afghanistan. All fought and died so you could have the freedom to stand here and bad mouth our country. If you touch me again, I'll stick this umbrella up your ass and open it.'

— — — — —
TWO LADIES TALKING IN HEAVEN

1st woman: Hi Wanda.

2nd woman: Hi Sylvia. How'd you die?

1st woman: I froze to death.

2nd woman: How horrible!

1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?

2nd woman: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.

1st woman: So, what happened?

2nd woman: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.

1st woman: Too bad you didn't look in the freezer---we'd both still be alive.

— — — — —
PRICELESS

YA GOTTA LOVE OLD LADIES

An old woman is riding in an elevator in a very lavish New York City building.

A young and beautiful woman gets into the elevator, smelling of expensive perfume. She turns to the old woman and says arrogantly, "*Romance*" by Ralph Lauren, \$150 an ounce!"

Then another young and beautiful woman gets on the elevator, and also very arrogantly turns to the old woman saying, "*Channel No. 5*, \$200 an ounce!"

About three floors later, the old woman has reached her destination and is about to get off the elevator.

Before she leaves, she looks both beautiful women in the eye, then bends over, raises her skirt and trumpets a fart like the finale of an opera.

Just before the elevator doors close behind her, she turns and whispers into the eyewatering fumes: "*Broccoli*, 49 cents a pound."



The Power of Attitude

"Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst a spark that creates extraordinary results."

THE MODERN CATHOLIC CHURCH

The elderly priest, speaking to the younger priest, said, "*You had a good idea to replace the first four pews with plush bucket theater seats. It worked like a charm. The front of the church always fills first now.*"

The young priest nodded, and the old priest continued, "*And you told me adding a little more beat to the music would bring young people back to church, so I supported you when you brought in that rock 'n roll gospel choir. Now our services are consistently packed to the balcony.*"

"*Thank you, Father,*" answered the young priest. "*I am pleased that you are open to the new ideas of youth.*"

"*All of these ideas have been well and good,*" said the elderly priest, "*But I'm afraid you've gone too far with the drive-thru confessional.*"

"*But, Father,*" protested the young priest, "*my confessions and the donations have nearly doubled since I began that!*"

"*Yes,*" replied the elderly priest, "*and I appreciate that. But the flashing neon sign, 'Toot 'n Tell or Go to Hell' cannot stay on the church roof!*"



"Laughter is the closest distance between two people."

--- Victor Borge (1909 - 2000)

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



**CHICKEN PARMESAN
MEATLOAF MUFFINS**

INGREDIENTS:

- Cooking spray, for coating the muffin pan
- 1/3 cup plus 1/2 cup panko
- 1/3 cup plus 1/2 cup finely grated Parmesan cheese (about 2 ounces)
- 1 tablespoon olive oil
- 1 large egg
- 2 pounds ground dark-meat chicken
- 1/2 cup minced yellow onion (from about 1/2 medium onion)
- 1/4 cup finely chopped fresh basil leaves
- 2 medium garlic cloves, minced
- 1 tablespoon kosher salt
- 1/2 teaspoon dried oregano

- 1/4 teaspoon freshly ground black pepper
- 6 ounces whole-milk mozzarella cheese, medium dice
- 3 cups Basic Tomato Sauce (see recipe intro) or marinara sauce

METHOD:

1. Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with aluminum foil. Place a 12-well muffin pan on the baking sheet and coat the wells and the top of the pan with cooking spray (alternatively you can use olive oil to coat the pan); set aside.
2. Using your fingers, combine 1/3 cup of the panko, 1/3 cup of the Parmesan, and the measured olive oil in a small bowl until evenly moistened; set aside.
3. Place the egg in a large bowl and beat it with a fork to break it up. Add the remaining 1/2 cup panko and 1/2 cup Parmesan, the chicken, onion, basil, garlic, salt, oregano, and pepper. Using clean hands, mix everything until combined (don't squeeze or overwork the mixture).
4. Divide the mixture among the wells of the muffin pan. Evenly divide the mozzarella pieces among the wells, nestling them into the center of the chicken mixture and making sure to enclose them. Smooth out the tops of the "muffins."
5. Sprinkle the reserved panko-Parmesan mixture evenly over the tops of the meatloaf muffins and gently press to adhere.
6. Place the baking sheet with the muffin pan on it in the oven and

bake until the meatloaf muffins are cooked through, about 25 minutes. Meanwhile, heat the tomato or marinara sauce and keep it warm.

7. When the meatloaf muffins are done cooking, set the oven to broil and broil until the panko topping is golden brown, about 3 to 4 minutes. Remove the baking sheet to a wire rack and let cool for 5 minutes. Run a small knife around the perimeter of each well to loosen and remove the meatloaf muffins. Serve immediately with the tomato or marinara sauce.

TO SAVE FOR LATER:

Bake meatloaves as directed. Remove from muffin cups; cool completely. Place in single layer on baking sheet; freeze 1 hour. Transfer to airtight container. May be stored in freezer for up to 1 month. Thaw in refrigerator, then reheat in 375°F oven 20 min. or until heated through.

ENJOY!

What to buy: Panko is a coarse Japanese-style breadcrumb. It's available in the international section of most supermarkets.

Buy all-dark-meat ground chicken for the juiciest possible meatloaf muffins. If you use all-white-meat ground chicken, you'll get a drier and less flavorful result.

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

Albert Einstein

MIDLIFE ZEN

In an effort to maintain, or at least prolong, your sanity, try this series of repetitive exercises designed specifically for the midlife male:



- Stare at the clouds as if you know something.

- Sit alone in the backyard.
- Never take your wallet when you're going to be around young women with cleavage.
- Take an hour a day to let your mind go blank. Some of you will be able to go longer.
- When you're in the bathroom don't do anything in a hurry.
- Hug your wife at least four times a day. It'll confuse the hell out of her.

O-o-o
Sweetie!!!



QUOTE OF THE DAY:

"It is a historical fact that most wars are started by men without wives. Married men are smarter. They know they can't win!"

SIMPLE PLEASURES FOR A MIDDLE-AGED GUY . .

- Holding a TV remote – being able to control one thing in his life.
- Eating a meal with no regrets.
- A day when nobody phones him.
- Being able to remove his shoes at a social function.
- A mall with a hardware store in it.
- Any gasoline engine that starts.

Source: Red Green

THANK YOU SOLDIER

*Have you stopped to thank
a veteran today?*

For the price of freedom they had to pay?

Did you gaze into those distant eyes?

Did you see the ghosts he can't deny?

Did you think a soldier's heart
was made of steel?

Because he was trained to kill,
he couldn't feel?

Did you see the guilt written on his face,
For the loss of life he can't replace?

Did you know he mourns the lives
he couldn't save,

And walks with comrades in their grave?

Did you remember the boy
with innocence lost?

Do you really know war's ultimate cost?

Have you felt the blast of artillery fire?

Do you have the courage it would require?

Have you stood in trenches
consumed with fear?

Felt the enemies breath so very near?

Have you walked with God
on a battleground?

Seen your brothers dead or dying
all around?

Have you stopped to thank a vet today,

Or did you just turn and walk away?

From the pain he'll carry for the
rest of his life,

Did you consider his family,
his children, his wife?

That watch him suffer in silence
each and every day,

As he's haunted by memories
that don't go away?

Did you care that the soldier
is still pulling guard?

That his heart, mind, and soul
will forever be scarred?

Do you know how he suffers from ptsd?

Or that our precious freedom is never
free?

Did you care that he still hears the
blood curdling screams?

Or that he returns to the war each
night in his dreams?

Have you felt the sorrow of a combat vet?
Or would you rather just forget?

That war has pierced his hardened heart,
And torn this soldier all apart?

*Would you rather our heroes
just fade away?*

Or will you stop to thank a vet today?

By Chris Woolnough

10/29/03

FROM YOUR EDITORS . . .

May we all enjoy the
beautiful, and very
colourful days of
September! BUT – no more
wind storms please!!



As always our Special Thanks go out to all
of our loyal contributors for the fun
stories, jokes and great info items sent our
way every month.

As for our Star Columnist Ronnie – he is
truly a very Special Man!!

We apologize for 'Repeats' but it is very
good for us to enjoy a 'repeat giggle' or
two!!! Remember, Laughing is infectious!

And again this month, we ask all of our
Buzz readers who enjoy our recipe column
to share your favorite recipe with us – just
email palmardi@yahoo.ca with BUZZ
RECIPE in the subject line!! We welcome
your input!

So, as we enjoy our Fall Season here in
Lotusland . . . we wish all of our loyal
readers laughter, love, good health
and remember to Hug all of those you
love!!! Hugs are free, and they mean so
very much to those who receive them!

**Your Editors,
Mardi & Fred**