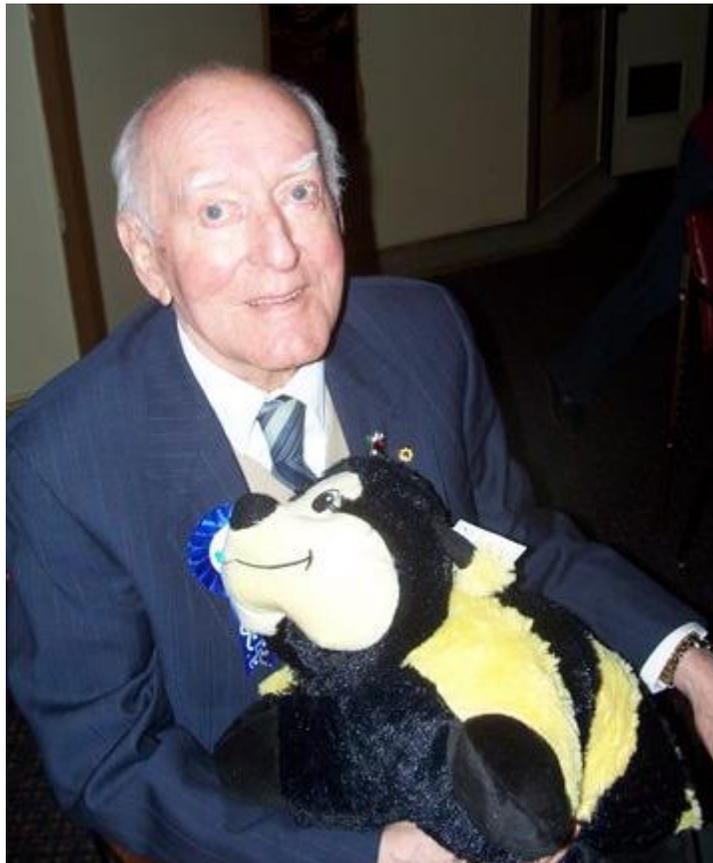


# THE BUZZ

**A VERY SPECIAL BIRTHDAY WISH FOR  
OUR SPECIAL VALENTINE!!!**



**HAPPY 92nd BIRTHDAY TO OUR STAR  
COLUMNIST, RON ROBINSON**

# THE BUZZ



## YOUR PRESIDENT'S REPORT

Comrades:

Now that was quite a **"Shoulder to Shoulder" Installation Ceremony** with all three Units #68, #26 and #100 sworn in together under one roof!!

Provincial Command President Bruce Wight came from Victoria to preside as swearing-in officer and called up the three Presidents to stand together followed by the three Vice Presidents and finally all the executives in one group.

This was probably a *'first'* for our organization and enjoyed by all our comrades as the club was packed with members from every lower mainland unit represented.

2013 was a difficult year for both our Veterans organizations with one A.N.A.F. Unit and 3 R.C.L Branches closing their doors in the Vancouver area. A bright light was Steveston Unit #284 with their new clubhouse and currently achieving 1,500 members in 2013. I was extremely proud of being appointed Sergeant-At-Arms for Unit #284 where I have been a member for over 12 years.

Unit # 68 members please note **Sunday, March 9, 2014 at 1:00 P.M.** for our annual **A.G.M. General Meeting** to be held at the ANAVETS building on 8th Ave in the social room. This meeting is extremely important as there will be a vote on a financial matter which requires 2/3 approval.

This Buzz newsletter is read by many comrades across Canada and even other countries. The Buzz keeps our members informed of happenings and events in our unit and the entire Veterans community. It is our only way of communicating on a monthly basis with our members since we closed our clubhouse and since we only have 3 general meetings per year.

Therefore, we always urge our members to attend our AGM meetings if at all possible, because we want to hear *your* voice as to the direction and progress of our Unit in the future. So please mark your calendars for March 9<sup>th</sup> and come out and make your voice heard!!!

*Fraternally,*

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

---

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

## PROVINCIAL COLOUR GUARD REPORT

Comrades,

Our **Colour Guard Elections** were held January 11th and the following comrades are your B.C. Command Colour Guard Executive for 2014.

Colour Sergeant-- Bob Rietveld  
2.I.C.-- Inder Malawarair  
3.I.C.-- Shirley Gibbons  
Treasurer-- Chuck Mc Donald  
Secretary--Jan Holt

We look forward to another exciting parade year. In addition, two conventions are scheduled for 2014 in our province. The B.C. Provincial Convention in April at Unit #284 Steveston, and the Dominion Convention in Penticton in September. I am sure your Colour Guard will play an active role at both these events.

Our first parade of 2014 is The St. Patrick's Day Parade in Vancouver and since the popular addition of the Cadets in the 2 Santa Clause parades last year we hope to involve them on a regular basis.

Of course we are always looking for new members. All you require is a current unit membership in good standing and an application which can be accessed on our Colour Guard web site or from any Colour Guard member.

Always remember that we are the front line for our organization to the public, and we proudly represent our past and present veterans.

**Fraternally,**  
**Bob Rietveld**  
**Color Sergeant**

## VETERAN'S AFFAIRS REPORT

Comrades.

All veterans should remember the Canadian government's treatment of our Canadian Armed Forces members in the upcoming 2015 election year.

We live in a free democracy, thanks to the sacrifices of our armed forces, whether it was a peacekeeping mission, a conflict, or a war. Yet the Canadian government has failed to provide adequate support for our veterans when they return home.

Eight suicides in just over two months should be proof enough and yet they recently closed eight Veterans Affairs district offices.

Does the government care about our veterans? Apparently not. Perhaps it is time for a change!!!!

*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 FEBRUARY Celebrants!**



Janet Lothian      Dick Moore  
Ron Robinson      Mardi Zipursky  
*It is at this time of year that we are  
renewing our memberships so we may  
inadvertently miss some of our members  
and for this we apologize.*

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

**SHUFF N' STUFF . . .**

We have had no one register for the  
**Provincial Command Bowling  
Tournament** in Sidney by the sea.

Upcoming in March is the **Provincial  
Command Shuffleboard Tournament**.  
As soon as the information comes  
available it will be posted on the club  
bulletin board.

**Dick Moore  
Director, Sports**



*Don't throw out all that  
leftover wine.  
Freeze into ice cubes  
for future use  
in casseroles and  
sauces.*

**Left-over  
Wine??????  
HELLO!!!!!!**

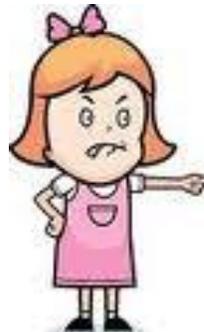
**SCHOOL HUMOUR - - -  
GOTTA LOVE THOSE KIDS!!**

The 6th grade science teacher, Mrs Parks,  
asked her class, "*Which human body part  
increases to ten times its size when  
stimulated?*"

No one answered until little Mary stood up,  
angry, and said, "*You should not be asking  
sixth-graders a question like that! I'm  
going to tell my parents, and they will go  
and tell the principal, who will then fire  
you!*"

With a sneer on her face, she then sat back  
down.

Mrs Parks ignored her and asked the  
question again, "*Which body part  
increases to 10 times its size when  
stimulated?*"



Little Mary's mouth fell  
open; then she said to  
those around her, "*Boy, is  
she going to get in big  
trouble!*"

The teacher continued to  
ignore her and said to the  
class, "*Anybody?*"

Finally, Billy stood up, looked around  
nervously, and said, "*The body part that  
increases 10 times its size when  
stimulated is the pupil of the eye.*"

Mrs Parks said, "*Very good, Billy.*"

She then turned to Mary and continued,  
"*As for you, young lady, I have three  
things to say:  
One, you have a dirty mind,  
Two, you didn't read your homework,  
and three, one day you are going to be  
very, very disappointed.*"



### **CORRECT TIME TO DRINK WATER - Very Important Advice From A Cardiac Specialist!**

Drinking water at a certain time maximizes its effectiveness on the body: 2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

### **MAYO CLINIC ON ASPIRIN ...**

Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.



Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

**The reason:** Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

### **Why keep Aspirin by your bedside? It's about Heart Attacks -**

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by.

- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival and ...**DO NOT LIE DOWN!**

**PLEASE REMEMBER . . . .  
FEBRUARY IS . . .**



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Patrick Buchannon, Executive Director  
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Fax: 604-395-4376  
E-mail: admin@newchelsea.ca

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"Good friends are like quilts-  
they age with you, yet never lose  
their warmth."

--- Author Unknown

**THE WORLD IS MINE...**

Author unknown

Today, upon a bus, I saw a very beautiful woman and wished I were as beautiful. When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and used a crutch. But as she passed, she passed a smile.

*Please forgive me when I whine. I have two legs; the world is mine.*

I stopped to buy some candy. The lad who sold it had such charm. I talked with him, he seemed so glad. If I were late, it'd do no harm. And as I left, he said to me, "*I thank you, you've been so kind. It's nice to talk with folks like you. You see,*" he said, "*I'm blind.*"

*Please forgive me when I whine. I have two eyes; the world is mine.*

Later while walking down the street, I saw a child I knew. He stood and watched the others play, but he did not know what to do. I stopped a moment and then I said, "*Why don't you join them, Dear?*" He looked ahead without a word. I forgot, he couldn't hear.

*Please forgive me when I whine. I have two ears; the world is mine.*

*With feet to take me where I'd go.  
With eyes to see the sunset's glow.  
With ears to hear what I'd know.  
Oh, God, forgive me when I whine.  
I've been blessed indeed, the world is mine.*

If this poem makes you feel thankful, just send it to your friends. After all, it's just a simple reminder that we have so much to be thankful for! Give the gift of love - it never comes back empty!

*We have been truly blessed with  
**AWESOME FRIENDS.***

## REMINISCING WITH RON 'ANDY CAPP' ROBINSON



By the time you read this column I will be almost 92 years old – one hell of an age to be. I only hope I live long enough to attend the official opening of our new Unit 26 club rooms and enjoy a few wet ones with my fellow comrades.

And so the race begins! Will Hollywood's Betty White or will Ron 'Andy Capp' Robinson be the Winner???

I was born on a cold morning in Winnipeg, Manitoba on February 15<sup>th</sup>, 1922 (isn't every morning in Winnipeg cold??) My Mother and Dad gave me the name 'Valentine' because it was February 15<sup>th</sup> (why didn't someone tell them that Valentine's Day was on February 14<sup>th</sup> not the 15<sup>th</sup>?)

As I grew up I kept the name 'Valentine' a total secret and then one day in Grade 4 at Fleming School (49<sup>th</sup> and Knight) the teacher was shuffling a bunch of papers on her desk when she suddenly asked me to stand and then asked if 'Valentine' was my real name or just a nickname. Shaking and turning six colors of red I told the teacher that *Valentine* was my real name. The class broke out in giggles, and then all-out laughter.

From that terrible day on I never used the name 'Valentine', only on or near Valentine's Day!! (This story appeared in The Buzz on February 2011)

In a few days I will have lived longer than anyone in our Robinson family, except of course my grandfather (my Dad's father) who became the oldest man in Saskatchewan at the age of 103.

I have often been asked what I'd like to do in my immediate future. First I would like to see my family oftener, as well as my 13

grandchildren and my 3 great-grandchildren. I'm also asked "How do you feel being so close to 92?" My answer to that question is "I feel like I'm 92!"

As mentioned in the 1<sup>st</sup> paragraph, I hope to be around when our new clubrooms are open and I'm having a beer or two with my good friends (and they are buying!)

Of course Lilian and myself are looking forward to a few more trips to Fremont Street in Vegas, which incidentally was recently named "*North America's most exciting street*" by the American Travel Agency, and it really isn't a very expensive street to spend your time on because almost everything on the street is free!

In 1926 my mother and father decided to grab a train and move to Vancouver in the hope that their youngest son (me!) could get thawed out from those cold, cold Winnipeg winters.

When all 8 of us arrived in Vancouver we were greeted by the famous '*liquid sunshine*' Vancouver always bragged about.

Through the years we lived in 10 different houses (all in South Vancouver). One house located on 49<sup>th</sup> Avenue and St. George Street is now a shrine. Naturally I don't expect anyone reading this will believe it, but it's true!! Talk a walk down 49<sup>th</sup> and find the house with 535 on it. That's the house that is now a shrine. I mentioned that house once before in The Buzz (the story about the runaway turkeys). When you are looking at the 535 address on the front of the house, look up at the third floor and you will see a balcony. That's where my brother Ken and myself slept out during the summer months - also my teddy bear!!

**Editor's Note:** *Love this one, Ronnie!*

## WHERE THE HECK DO CASHEWS COME FROM?



Ever wonder where cashews come from? You might think they grow inside a shell like any other nut, but their true origins are far more bizarre.

First of all, cashews are not actually nuts, but rather fruits from the cashew tree, a large evergreen tree that thrives in tropical climates. The tree produces red flowers, which in turn produce yellow and red oval structures resembling apples. These so-called **cashew apples** are very juicy and pulpy, and their juice is often added to tropical fruit drinks.



***The cashew apple and fruit.***

However, cashew apples are not actually fruits in a scientific sense; the real fruit of the cashew tree is the kidney-shaped formation growing at the end.

These fruits, also called drupes, are harvested and become what we know as a

cashew nut. In their raw form, the outer layer of the fruit contains multiple toxins including anacardic acid, a powerful skin irritant similar to the toxin found in poison ivy that must be removed prior to eating.

Roasting the cashews destroys the toxins, but roasting must be performed carefully outdoors because the smoke can irritate the lungs, sometimes to a life-threatening degree. When they are roasted, cashews change from their natural greenish-gray color to the light brown nut sold in stores.

Next time you crack open a tin of cashews, take a moment to appreciate the long journey those little c-shaped nuts took from the tree to your table!

---

### *The Wit of Phyllis Diller*

*"I'm eighteen years behind in my ironing. The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron."*

*"Best way to get rid of kitchen odors: Eat out."*

---

When I get old I don't want people thinking  
"What a sweet little old lady"...  
I want 'em saying  
"Oh Crap! What's she up to now?"



## IMPORTANT HEALTH INFORMATION:

Do you have feelings of inadequacy?  
Do you suffer from shyness?  
Do you sometimes wish you were more assertive?

If you answered yes to any of these questions, ask your doctor or pharmacist about **Cabernet Sauvignon**.

**Cabernet Sauvignon** is the safe, natural way to feel better and more confident about yourself and your actions. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of **Cabernet Sauvignon** almost immediately and, with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living.

**Cabernet Sauvignon** may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

### SIDE EFFECTS:

Side effects may include: Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.

### WARNINGS:

1. The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.
2. The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.
3. The consumption of Cabernet Sauvignon may cause you to think you can sing.
4. The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.



*Now, just imagine what you could achieve with a decent Shiraz, Pinot Noir or Merlot???????*

**A TOUCH OF MANITOBA HUMOUR...**

**It's THAT COLD here!!!!**



## **AGING IS DELIGHTFUL, AND A LOT OF FUN . . . .**



I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play on the computer, until 4 AM, or sleep until noon?

I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have

my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be.

And I shall eat dessert every single day (if I feel like it).

---

## **A TOUCH OF ADULT HUMOUR 4 U . . . . .**

We are all adults, and hope we all have a good sense of humor. This was just too funny to not share.

A lady helps her man install a new computer. Once it is completed, she tells him to select a password, a word that he'll always remember.

As the computer asks him to enter it, he looks at his wife and with a macho gesture and a wink in his eye, he selects a word but he is annoyed with her reaction, when he selects: penis.

As he hits "enter", to validate the selection, his wife collapses with laughter and rolls on the floor in hysteria.

The computer had replied:

**TOO SHORT- ACCESS DENIED!**

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

### THE DEAF WIFE PROBLEM

Bart feared his wife Peg wasn't hearing as well as she used to and he thought she might need a hearing aid.

Not quite sure how to approach her, he called the family Doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss.

*'Here's what you do,' said the Doctor, 'stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response.'*

That evening, the wife is in the kitchen cooking dinner, and he was in the den. He says to himself, *'I'm about 40 feet away, let's see what happens.'* Then in a normal tone he asks, *'Honey, what's for dinner?'*

No response.

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats, *'Peg, what's for dinner?'*

Still no response.

Next he moves into the dining room where he is about 20 feet from his Wife and asks, *'Honey, what's for dinner?'*

Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away. *'Honey, what's for dinner?'*

Again there is no response.

So he walks right up behind her. *'Peg, what's for dinner?'*

(I just love this)

*'For F\*-\*k's sake, Bart, for the FIFTH time, CHICKEN!'*

— — — — —

For some time many of us have wondered just who is **Jack Schitt?**

We find ourselves at a loss when someone says, *'You don't know Jack Schitt!'*

Well, thanks to genealogy efforts, you can now respond in an intellectual way.

Jack Schitt is the only son of Awe Schitt.

Awe Schitt was married to O. Schitt, the fertilizer magnate, and owner of Needeep N. Schitt, Inc. They had one son, Jack.

In turn, Jack Schitt married Noe Schitt. The deeply religious couple produced six children: Holie Schitt, Giva Schitt, Fulla Schitt, Bull Schitt, and the twins Deep Schitt and Dip Schitt.

Against her parents' objections, Deep Schitt married Dumb Schitt, a high school dropout.

After being married 15 years, Jack and Noe Schitt divorced. Noe Schitt later married Ted Sherlock, and because her kids were living with them, she wanted to keep her previous name. She was then known as Noe Schitt-Sherlock.

Meanwhile, Dip Schitt married Loda Schitt, and they produced a son with a rather nervous disposition who was nick-named Chicken Schitt.

Two of the other six children, Fulla Schitt and Giva Schitt, were inseparable

throughout childhood and subsequently married the Happens brothers in a dual ceremony.

The wedding announcement in the newspaper announced the Schitt-Happens nuptials.

The Schitt-Happens children were Dawg, Byrd, and Horse.

Bull Schitt, the prodigal son, left home to tour the world. He recently returned from Italy with his new Italian bride, Pisa Schitt.

Now when someone says, 'You don't know Jack Schitt,' you can correct them.

Sincerely,  
Crock O. Schitt

— — — — —

## THE HUSBAND STORE

A store that sells new husbands has opened in New York City, where a woman may go to choose a husband. Among the instructions at the entrance is a description of how the store operates:

You may visit this store **ONLY ONCE!** There are six floors and the value of the products increase as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

So, a woman goes to the Husband Store to find a husband. On the first floor the sign on the door reads:

**Floor 1** - These men Have Jobs  
She is intrigued, but continues to the second floor, where the sign reads:

**Floor 2** - These men Have Jobs and Love Kids.

*'That's nice,' she thinks, 'but I want more.'*

So she continues upward. The third floor sign reads:

**Floor 3** - These men Have Jobs, Love Kids, and are Extremely Good Looking.  
*'Wow,' she thinks, but feels compelled to keep going.*

She goes to the fourth floor and the sign reads:

**Floor 4** - These men Have Jobs, Love Kids, are Drop-dead Good Looking and Help With Housework.  
*'Oh, mercy me!' she exclaims, 'I can hardly stand it!'*

Still, she goes to the fifth floor and the sign reads:

**Floor 5** - These men Have Jobs, Love Kids, are Drop-dead Gorgeous, Help with Housework, and Have a Strong Romantic Streak.

She is so tempted to stay, but she goes to the sixth floor, where the sign reads:

**Floor 6** - You are visitor 31,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that women are impossible to please. Thank you for shopping at the Husband Store.

**PLEASE NOTE:** — — — — —

To avoid gender bias charges, the store's owner opened a **NEW WIVES STORE** just across the street.

The **first floor** has wives that love sex.

The **second floor** has wives that love sex and have money and like beer.

The third, fourth, fifth and sixth floors have never been visited.

**I BELIEVE . . . .****I Believe...**

That we don't have to change friends if  
We understand that friends change.

**I Believe...**

That no matter how good a friend is,  
They're going to hurt you  
Every once in a while  
And you must forgive them for that.

**I Believe...**

That true friendship continues to grow,  
Even over the longest distance.

**I Believe...**

That you can do something in an instant  
That will give you heartache for life.

**I Believe...**

That it's taking me a long time  
To become the person I want to be.

**I Believe...**

That you should always leave loved ones  
with loving words,  
It may be the last time you see them.

**I Believe...**

That you can keep going long after you  
think you can't.

**I Believe...**

That we are responsible for what we do,  
No matter how we feel.

**I Believe...**

That either you control your attitude or it  
controls you.

**I Believe...**

That heroes are the people  
Who do what has to be done  
When it needs to be done,

**I Believe...**

That my best friend and I can do anything  
or nothing  
And have the best time.

**I Believe...**

That sometimes the people you expect to  
kick you when you're  
Down will be the ones to help you get back  
up.

**I Believe...**

That sometimes when I'm angry  
I have the right to be angry, but that  
Doesn't give me the right to be cruel.

**I Believe...**

That maturity has more to do with the  
experiences you've had  
And what you've learned from them and  
less to do with how many birthdays you've  
celebrated.

**I Believe...**

That it isn't always enough  
To be forgiven by others,  
Sometimes you have to learn  
To forgive yourself.

**I Believe...**

That no matter how badly  
Your heart is broken,  
The world doesn't stop for your grief.

**I Believe...**

That our background and circumstances  
May have influenced who we are, but  
We are responsible for who we have  
become.

**I Believe...**

That you shouldn't be  
So eager to find out a secret,  
It could change your life forever.

**I Believe...**

Two people can look at the same  
Thing and see something totally different.

**I Believe...**

That your life can be changed  
In a matter of hours  
By people who don't even know you.

**I Believe...**

That even when you think  
You have no more to give,  
When a friend cries out to you,  
You will find the strength to help.

**I Believe...**

That credentials on the wall  
Do not make you a decent human being.

**I Believe...**

That the people you care about  
Most in life are taken from you too soon.

***I Believe...***

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

## 60TH HIGH SCHOOL REUNION

He was a widower and she a widow.

They had known each other for a number  
of years being high school classmates and  
having attended class reunions in the past  
without fail.

This 60th anniversary of their class, the  
widower and the widow made a foursome  
with two other singles.

They had a wonderful evening, their spirits  
high. The widower throwing admiring

glances across the table. The widow  
smiling coyly back at him.

Finally, he picked up courage to ask her,  
*"Will you marry me?"*

After about six seconds of careful  
consideration, she answered, *"Yes,..... yes  
I will!"*

The evening ended on a happy note for the  
widower. But the next morning he was  
troubled. Did she say "Yes" or did she say  
"No?"

He couldn't remember. Try as he would, he  
just could not recall. He went over the  
conversation of the previous evening, but  
his mind was blank. He remembered  
asking the question but for the life of him  
could not recall her response. With fear  
and trepidation he picked up the phone  
and called her.

First, he explained that he couldn't  
remember as well as he used to. Then he  
reviewed the past evening. As he gained a  
little more courage he then inquired of her.  
*"When I asked if you would marry me, did  
you say "Yes" or did you say "No?"*

*"Why you silly man, I said 'Yes. Yes I will.'  
And I meant it with all my heart."*

The widower was delighted. He felt his  
heart skip a beat.

Then she continued. *"And I am so glad you  
called because I couldn't remember who  
asked me!"*



## **YOU GOTTA LOVE LITTLE OLD LADIES . . .**



started."

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get

Her neighbor asks, "What is it supposed to be when it's finished?"

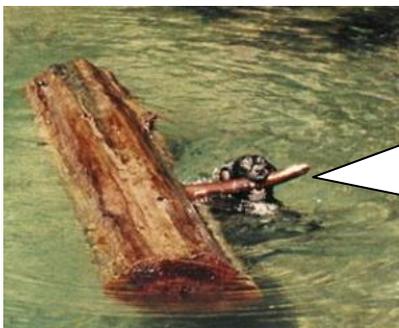
The little silver-haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh ..... "Let's put all the Corn Flakes back in the box."



I'm building me a BIG house in Surrey!!!!

## **GREAT ADVICE from a wise old gent . . .**

I couldn't help but over-hear two guys in their mid-twenties while sitting at a bar.

One of the guys says to his buddy, "Man you look tired."

His buddy says, "Dude I'm exhausted. My girlfriend and I have sex all the time. I just don't know what to do."

A fellow about my age (65++++), sitting a couple of stools down had also over-heard the conversation. He looked over at the two young men and with the wisdom of years says, "Marry her. That'll put a stop to that sh#!!"

A new priest, born and raised in Texas, comes to serve in a city parish and is nervous about hearing confessions, so he asks the older priest to sit in on his sessions.

The new priest hears a couple of confessions, then the old priest asks him to step out of the confessional for a few suggestions.



The old priest suggests, "Cross your arms over your chest, and rub your chin with one hand and try saying things like 'yes, I see,' and 'yes, go on,' and 'I understand.'"

The new priest crosses his arms, rubs his chin with one hand and repeats all the suggested remarks to the old priest.

The old priest says, "Now, don't you think that's a little better than slapping your knee and saying, "No shit, what happened next?"

## PRAIRIE COWS . . .

The only cow in a small town in Alberta stopped giving milk. The people did some research and found that they could buy a cow up in Melfort, Saskatchewan, for \$200. So they bought the cow in Melfort, brought it back to Alberta and the cow was wonderful. It produced lots of milk all of the time, and the people were very happy. Then they decided to acquire a bull to mate with the cow to produce more cows like it. They would never have to worry about their milk supply again.

They bought a bull and put him in the pasture with their beloved cow. However, whenever the bull came close to the cow, the cow would move away. No matter what approach the bull tried, the cow would move away from the bull and he could not succeed in his quest.

The people were very upset and decided to ask the local veterinarian, who was very wise, what to do. They told the vet what was happening. *"Whenever the bull approaches our cow, she moves away"* they said. *"If he approaches from the back, she moves forward. When he approaches her from the front, she backs off. An approach from the side and she walks away to the other side."*

The veterinarian thinks about this for a minute and asks, *"Did you buy this cow in Saskatchewan?"*

The people were dumbfounded, since they had never mentioned where they bought the cow. *"You are truly a wise vet,"* they said. *"How did you know we got the cow in Saskatchewan?"*

The veterinarian replied, with a distant look in his eye, *"My wife is from Saskatchewan."*



## Valentine Poem For Seniors

by Julie  
(Reno, NV, USA)

*My dear, my love, my one and only,  
my reason for joy (that's no baloney),  
you're no longer young,  
you have hair on your toes,  
you snore in your sleep,  
there's a wart on your nose.*

*You've aged there's no doubt, I have too.  
In our old age, dear, I still love you,  
more than I did when young and pretty,  
that's why I wrote this Valentine ditty.*

*We've been together for a lifetime it  
seems,  
through good times and bad  
we've shared our dreams.  
We've grown old and saggy,  
turned gray together.  
Skin that was soft now wrinkled like  
leather.*

*You with your walker, me with my cane,  
we shuffle together down life's  
winding lane.*

*Together so long now,  
I'm yours and you're mine.  
We're older than dirt now, Valentine.*



**HAPPY  
VALENTINES  
DAY EVERYONE  
ENJOY! ENJOY!**

**Life is short, break the rules, forgive  
sooner, love with true love, laugh  
without control and  
always keep smiling.**

**Maybe life is not the party that  
we were expecting, but in the  
mean time, we're here and we  
can still dance.....**

## FRANK FELDMAN

A man walks out to the street and catches a taxi just going by. He gets into the taxi, and the cabbie says, "Perfect timing. You're just like Frank."



Passenger: "Who?"

Cabbie: "Frank Feldman. He's a guy who did everything right all the time. Like my coming along when you needed a cab, things happened like that to Frank Feldman every single time."

Passenger: "There are always a few clouds over everybody."

Cabbie: "Not Frank Feldman. He was a terrific athlete. He could have won the Grand-Slam at tennis. He could golf with the pros. He sang like an opera baritone and danced like a Broadway star and you should have heard him play the piano. He was an amazing guy."

Passenger: "Sounds like he was something really special."

Cabbie: "There's more. He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not like me. I change a fuse, and the whole street blacks out. But Frank Feldman, could do everything right."

Passenger: "Wow, some guy then."

Cabbie: "He always knew the quickest way to go in traffic and avoid traffic jams. Not like me, I always seem to get stuck in them. But Frank, he never made a mistake, and he really knew how to treat a woman and make her feel good. He would never answer her back even if she was in the

wrong; and his clothing was always immaculate, shoes highly polished too. He was the perfect man! He never made a mistake. No one could ever measure up to Frank Feldman."

Passenger: "An amazing fellow. How did you meet him?"

Cabbie: "Well, I never actually met Frank. He died and I married his bloody widow."

## IN HONOUR OF GROUNDHOG DAY . . .



### OVERHEARD IN THE CLUBROOMS:

Someone asked me, "and now that you are retired, do you still have a job?"

I replied, "Yes I am my wife's sexual adviser."

"Somewhat shocked, they said "I beg your pardon, but what do you mean by that?"

"Very simple. My wife has told me that when she wants my f#@^king advice, she'll ask me for it."

## Stuff you didn't know you didn't know!

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase... ***'Goodnight, sleep tight'***

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It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his new son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the ***honeymoon***.

-----

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them ***'Mind your pints and quarts, and settle down.'*** . . .

It's where we get the phrase ***'mind your P's and Q's.'***

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Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service.

***'Wet your whistle'*** is the phrase inspired by this practice.

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## YOU KNOW YOU ARE LIVING IN 2014 when...

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.

3. You have a list of 15 phone numbers to reach your family of three.

4. You e-mail the person who works at the desk next to you.

5. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.

6. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries...

7. Every commercial on television has a Web site at the bottom of the screen

8. Leaving the house without your cell phone, which you didn't even have the first 20 or 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it !

10. You get up in the morning and go on-line before getting your coffee

11. You start tilting your head sideways to smile. :)

12 You're reading this and nodding and laughing.

13. Even worse, you know exactly to whom you are going to forward this message.

14. You are too busy to notice there was no #9 on this list.

15. You actually scrolled back up to check that there wasn't a #9 on this list.

***NOW you're LAUGHING at yourself!***

***Blessed are they who can laugh at themselves, for they shall never cease to be amused!"***

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



**SCALLOPED POTATOES & HAM**

**INGREDIENTS:**

6 large potatoes, thinly sliced  
1 – 1 1/2 lbs ham steak, cubed  
1 can cream of mushroom soup  
1 soup can of water  
1 cup shredded cheddar cheese

**METHOD:**

Lightly grease inside of slow cooker.  
Start with a layer of potatoes; top with ham.  
Combine soup, water and cheese.  
Pour over ham and potatoes.  
Cook on high for 4 hours, until potatoes are tender.

**ENJOY!!!**

**A VERY SPECIAL HAPPY 92<sup>nd</sup>  
BIRTHDAY WISH to our Buzz  
Columnist and Cover Artist,  
Ron 'Andy Capp' Robinson.**

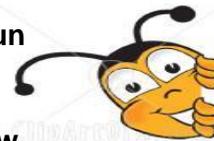


Enjoy Your Day Ronnie  
- Saturday, February  
15<sup>th</sup> - may you  
celebrate many, many  
more happy and  
healthy birthdays in  
the years to come!!! And keep your  
wonderful life stories coming . . .  
we all love them!!

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

**FROM YOUR EDITORS . .**

The New Year 2014 has begun with a fabulous upcoming happening – ANAF Unit #26 will be opening their new clubrooms in the very near future, and we are so very pleased for them.



Congratulations to President Janice Graham, her Executive and all of their members – may you enjoy every success there in the coming years!!!! We will visit often – and enjoy a few 'wet ones' with Andy Capp and all his buddies!!!

As we all know, February is Heart Month, in more ways than one – so please eat healthy, exercise and take care of your heart!!!! *Live, Love and Laugh often!!!* You know the old saying . . . *You don't stop laughing because you grow old. You grow old because you stop laughing!*

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

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

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

Until next month – stay well, hug your comrades, laugh out loud . . . and enjoy life here in Lotus Land – Spring is just around the corner! Right??? If not we could hire that 'wolf' to take care of our groundhog!!!

**Your Editors,  
Mardi & Fred**