

THE BUZZ

WISHING YOU ALL
A POT OF GOLD AND
ALL THE JOY YOUR
HEART CAN HOLD!!



**Wishing a Very
Happy St.
Patrick's Day to
our BUZZ
READERS!!**

THE BUZZ



YOUR PRESIDENT'S REPORT

Greetings to our loyal Buzz readers:

For those that live in the "rest of Canada" I can report we are getting an uncommon taste of real winter here on the wet coast. But with that winter reality, I regret to note that one of our Unit #68 comrades found herself with a broken leg after a serious fall. Get Well Soon Vera!

It is regrettable that some of the focus on Veterans and their needs is overshadowed with the political drama unfolding in Ottawa these past days. But whenever possible we as members of our Association and other concerned citizens must still persevere to offer information and assistance to those that served our country.

Leading by example will perhaps inspire others in our community to see the real priority: the "Veteran". Our efforts in the clubhouse and outside at fraternal tournaments and meetings should always demonstrate our commitment to those ends.

The Provincial Command's Convention is being held in Sidney next month. It will allow us to share our experiences, struggles and of course strategies-for success. We want to keep in mind that the unseen scars, both physical and mental, are part of the sacrifice those that have "served" carry.

As a last thought in this report... we must ever be willing to be healers.

May fair weather come your way in March.

Fraternaly yours truly,

Bill Ritchie

President

Unit #68

anavet68@yahoo.com

Shoulder to Shoulder



During the World Wars commemoration period (2014-2020), Canada is proudly recognizing those who bravely served and sacrificed on our behalf.

MARCH NEWS FROM YOUR HONOURARY PRESIDENT



Comrades:

I have come to the conclusion, after disagreeing with my wife Rose for many years, that everything in life is pre-determined for you, or as Rose refers to it as "Your Destiny." Your date of birth, parents and ultimately your death are in the cards the day you are conceived. Neither wealth, social status or religion will change your course in life. Rich or poor we all end up at the same place.

You ask? Why do some people have all the luck, or only one person survives a plane crash-- "Destiny" is the only answer. Yes you can to some degree change your direction, such as turning right or left on a highway, but inevitably you will end up at your destination because that was in your plan to start with.

So what am I getting at with all this wisdom? *I am totally disgusted* with politicians who feel that an abortion at 9 months is perfectly sane. That a woman can dispose of a baby (Infanticide) for whatever reason she feels it might adversely effect her life. Of course she would need the consent of a doctor, but there are doctors out there who believe in this insanity. I am not at all a total pro-lifer, as an abortion for obvious reasons such as rape, incest or a fetus that has no chance of survival, would therefore warrant an abortion. Of course that decision should be made at the earliest period in the pregnancy. But to physically kill a full-grown baby even after birth, questions where our liberated "ME TOO MOVEMENT" has brought us. Of

course women have a right to determine what happens with their bodies, but maybe those decisions are required at the appropriate time and definitely not after bringing a fetus to full term.

At the moment this idiocy seems to be in the USA, but watch out for it coming to Canada next. I was born 8 weeks premature during WWII at just over 4 lbs. Thank God that choice was never even thought of in 1945 or I would not be here.

If some feel my opinion is politically incorrect, then it was my destiny to speak up.

Fraternally Yours
Bob Rietveld
Honorary President
East Vancouver Unit #68

PS:

On February 27, 2019 the US Senate had the opportunity to vote in legislation prohibiting the killing of babies after any botched 9th month abortion as referred to as Infanticide.

The vote ended up 53 to 44 against the legislation, it required 60 votes to pass. All 2020 Democratic Presidential candidates voted against this bill, allowing each state to now implement this outrageous murder of a new born baby.

I commend my editor Mardi for allowing my article to be posted this month as she originally was going to use it in May for the Mothers Day edition.

It is prominently currently in the news and I felt that it was important to convey my opinion on this subject ASAP.

Bob Rietveld

VETERAN'S AFFAIRS REPORT . . .



Comrades

It's been a few years since I submitted a Veterans Affairs Report to our Buzz because of my relocation to Penticton. However an important date is soon upon us . . . April 1, 2019. It is when the Liberal government "*New Pension for Life Plan*" takes effect.

The new plan has been blasted by many veterans as a betrayal of the Liberals campaign pledge. Prime Minister Justin Trudeau came under fire last year after he said, the pre-2006 pension plan was asking too much from the government. Retired Major Mark Campbell, who lost both legs in Afghanistan led an unsuccessful lawsuit against the government and Yves Giroux, government budgetary watchdog found the incoming system will short change most severely injured service members.

The new system is very complex, it is nothing more than a cost-saving measure on the part of the government disguised behind a bunch of numbers. A report came out February 23, 2019 which put a dollar figure on the systems, it would cost \$40 Billion on the pre-2006 pensions and \$25 Billion under the new Pension for Life Plan. I quote Mr. Brian Forbes, chair of the National Council of Veterans Association

who confirms the Liberal Plan was either a "*slap dash effort*" or a "*shell game*" aimed at Veterans. How can a \$15 billion dollar saving be a better plan?

I would request every comrade to go to the Veteran Affairs web site and learn the true facts behind this new plan and then send a warning to your MLA that they will hear from our Veterans at the ballot box in October. The citizens of this country make a pledge to our soldiers, I expect our representatives to honour this pledge, they fought our enemies for your freedom, they should not have to fight at home.

**Fraternally Yours,
Bob Rietveld**

Be silly. Be fun.
Be different. Be crazy.
Be you, because life is
too short to be anything
but happy.





MISSION

To honour and support Canada's ill and injured Canadian

Armed Forces members, Veterans, First Responders and their families.

On September 18, 2006, a suicide bomber traveling on a bicycle detonated a bomb 30-km west of Kandahar City. This incident killed four Canadian soldiers and injured a number of others – including innocent civilians and children. Amidst this carnage, three seriously wounded Canadian Military Engineers lay wounded and dying.

Since its inception in September 2006, it has become the beneficiary of the nation's empathy towards Canadian soldiers. The outpouring of support from individual Canadians and Canadian businesses has been overwhelming. Wounded Warriors Canada is a success story borne out of a horrible tragedy that continues to support those in need.

Today, we continue our legacy of care and compassion as the nation's leading, wholly independent, Veteran's charity focusing on mental health. Our innovative and wide-ranging programming, which will exceed 1.8M in 2017, is changing the lives of ill and injured Veterans, First Responders and their families. This is only made possible as a result of the compassionate trust and support of individual Canadians and Canadian businesses, enabling us to carry forward our guiding ethos: Honour the Fallen, Help the Living.

Go to woundedwarriors.ca for the entire background story.

WOUNDED WARRIORS CANADA AND THE SINGING SOLDIERS ANNOUNCE NEW PARTNERSHIP

The Singing Soldiers are making their mark across Canada bringing music and entertainment to raise funds and awareness for Wounded Warriors Canada mental health programs.

Graham Trude is a Nashville recording artist and song writing award winner from Ontario. Graham is an Afghanistan Veteran now proudly serving as a First Responder. Chris Earl is a serving member of the Canadian Forces, a veteran in the music industry, a Nashville recording artist, and chorus entertainment rising star winner.

Together, these artists have joined forces to travel across Canada as the Singing Soldiers –helping to end the stigma and create mental health awareness.

“As a serving member of the Canadian Forces I'm humbled and honoured to be part of this journey. It's an amazing cause that's very close to my heart”. – Chris Earl

“This means everything to me and has become a strong point in my life. As someone who suffers from PTSD, I cannot express enough how important the awareness and programming support is for so many frontline men and women” – Graham Trude

“We are extremely proud to join forces with the Singing Soldiers. Chris and Graham are true ambassadors for the cause we serve and we thank them for their willingness to pay it forward to help us help our ill and injured Veterans, First Responders and their families.” – Scott Maxwell, Executive Director, Wounded Warriors Canada

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Patrick Buchannon, Executive Director
Telephone: 604-395-4370
Fax: 604-395-4376
E-mail: admin@newchelsea.ca

VETERANS AFFAIRS CANADA
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please contact 572-3242 or 1 – 800 – 268-0248.

Wise sayings often fall on
barren ground, but a kind word
is never thrown away.

--- Arthur Helps

ANAF UNIT #68
MEMBERSHIP . .



It is now the time to enroll
for the current year 2019 so you may
continue receiving all of the wonderful
benefits membership accords.

SPECIAL OFFER: membership is still
available at \$35.00 for the year or **\$60.00**
for a couple!!

Jan Holt is our Unit #68 Membership chair
assisted by Leslie Leoppky.

If you wish to mail in your membership fee,
the following is the address for all of our
Unit #68 correspondence:

A.N.A.F. Unit #68 Membership
c/o Bill Ritchie
122-6362 Fraser Street
Vancouver, BC V5W 0A1

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

HAPPY BIRTHDAY to our
Unit #68 MARCH Celebrants!



Kerr Adamson Fred Laing
Janet Lothian Billie Nash
Andy Picard

*Wishing you all a Very
Happy Birthday!!!!*



REMINISCING WITH RON 'ANDY CAPP' ROBINSON . . .

EDITOR'S NOTE: Another one of my favorite columns that appeared in the May 2011 Buzz – Since it is very apropos to the column on Page 7 about Henry Ford I thought it was a perfect repeat for this month! ENJOY!!

In Loving Memory - - - -

Spring has sprung and they say that's the time a young man's fancy turns to romance. This month's column is all about romance, but not with one of those luscious and beautiful South Hill broads – no, this is about my love affair with my very first car – a **1926 Model T Ford!**



bought it from a fellow I worked with. It cost me \$40 and I paid him off at \$10 per month.

I was the first one of our gang to own a car! I was 16, far too young to drive a car on Vancouver streets but I managed to do so without having a driver's license or medical insurance for all the years I owned the Model T.

My very first passenger in my car was my sister Bessie. She was so proud that her 'little brother' actually owned a car. I was driving her to her house at 47th Avenue and St. Catherine Street. As I was turning off 51st Avenue onto Prince Albert Street the car turned over on its side, directly in front of St. Mary Church. All three of us were uninjured – my sister, myself and the car.

Funny thing about all this – my sister never drove in my car again!

In those days most cars were started by using a crank. They were made from heavy iron and sometimes were rather difficult to use. However, thanks to my very intelligent (and rather weird Robinson brain) I thought up a way of not having to use the crank too often. I told my girl friend that I had just read in Readers Digest that a very famous Hollywood doctor had discovered that young Hollywood starlets who cranked their boyfriend's cars were enjoying larger breasts. My big lie worked! My girlfriend made life a little easier for me, as she insisted on cranking my Model T as often as she could.

Now that I owned a car, my girlfriend and myself began taking in the Drive-In movies once or twice a week. Sometimes we actually watched the movies!

All of my Model T memories were mostly happy ones, except for this one time when I was driving home from work. That day will remain in my memory forever. It was the most embarrassing moment in my entire life, and The Vancouver Sun newspaper didn't help me to get over it as quickly as I had wished. I was driving my Model T home from work. It was around 5 o'clock and the traffic was very heavy. I was turning off Fraser Street onto 49th Avenue. Suddenly the car decided to turn its motor off. Being the only one in the car I had to jump out with the crank in hand and begin cranking amid massive honking, drivers shaking their fists at me, and foul language I had only heard in pool halls. Traffic was building up, not only on Fraser, but also along 49th Avenue.

Amid all of this, I finally got the motor running. I ran back to my car, threw the crank in the front seat, and jumped in the back seat (all alone)!!! Besides the many drivers watching all this, there were just as many people standing on both sides of Fraser waiting for streetcars. Truly, this

was my most embarrassing moment ever, but it got worse! Someone in the crowd must have phoned the Vancouver Sun because the story came out in the following day's newspaper!!

I joined the Army on June 18th, 1940. A few months later I came home on my very first furlough.

The first thing I did was to race out to our garage to see my trusty Model T. The garage was empty!!

I rushed into the house and asked my mother where was my car. She told me my Dad sold it for ten dollars because he didn't think I would be interested in it any more. It was a very, very sad day for me. I had lost my very first love!!!

Following the end of the war and up until 1992 I owned four cars – 2 Fords, 1 Chevy, and 1 Plymouth – all very fine cars, but my 1926 Model T will always remain my all-time favorite automobile!!

Forever in our Memories

BET YOU DIDN'T KNOW

THIS:

Ford Motor Company sold more than one million Ford Model-T's in 1919, and each of those Model-T's used 100 board feet of wood for the parts such as frame, dashboard, steering wheels and wheels.

Because of the amount of wood that had to be used in the cars, Henry Ford decided he wanted to produce his own supply. He enlisted the help of Edward G. Kingsford, a real estate agent in Michigan, to find him a supply of wood. Coincidentally, Kingsford's wife was a cousin of Ford – making the partnership a reality.

In the early 1920s, Ford acquired large timberland in Iron Mountain, Michigan, and built a sawmill and parts plant in a

neighboring area (which became Kingsford, Michigan).

The mill and plants produced sufficient parts for the car but generated waste such as stumps, branches and sawdust. Ford suggested that all wood scraps were to be processed into charcoal.

A University of Oregon chemist, Orin Stafford, had invented a method for making pillow-shaped lumps of fuel from sawdust and mill waste combined with tar and bound together with cornstarch. He called the lumps "charcoal briquettes." Thomas Edison designed the briquette factory next to the sawmill, and Kingsford ran it. It was a model of efficiency, producing 610 lb (280 kg) of briquettes for every ton of scrap wood. The product was sold only through Ford dealerships.

Ford then named the new business Ford Charcoal and changed the name of the charcoal blocks to "briquets". At the beginning, the charcoal was sold to meat and fish smokehouses, but supply exceeded demand.

By the mid-1930s, Ford was marketing "Picnic Kits" containing charcoal and portable grills directly from Ford dealerships, capitalizing on the link between motoring and outdoor adventure that his own Vagabond travels popularized. "Enjoy a modern picnic," the package suggested.

"Sizzling broiled meats, steaming coffee, toasted sandwiches." It wasn't until after World War II that backyard barbecuing took off, thanks to suburban migration, the invention of the Weber grill and the marketing efforts. An investment group bought Ford Charcoal in 1951 and renamed it to Kingsford Charcoal in honor of Edward G. Kingsford (and the factory's home-base name) and took over the operations.

The plant was later acquired by Clorox in 1973.

How cool is that, huh? The story of Kingsford charcoal isn't merely "an American story," as their website proclaims. It's the bone and sinew of Americana itself, from start to finish.



Funny, too, how grouchy old Henry always seemed to find a way to make his famous parsimony pay off somehow—and if he couldn't find a way, he'd manufacture one himself. He was a creative fellow, full of unconventional ideas that he wasn't the least bit timid about pursuing.

A FUN QUOTE FOR YOU . . .

"My education was dismal. I went to a series of schools for mentally disturbed teachers."

--- Woody Allen (1935 -)

A GREAT IRISH TALE FOR YOU . . .

An attractive blonde from Cork, Ireland arrived at a casino in New Zealand. She seemed a little intoxicated and bet twenty-thousand dollars on a single roll of the dice.

She said, *"I hope you don't mind but I feel much luckier when I am completely nude."*

With that, she stripped from the neck down, rolled the dice and with an Irish brogue yelled, *"Come on, baby. Mama needs new clothes."*

As the dice came to a stop, she jumped up and down and squealed, *"YES! YES! I WON! I WON!"*

She hugged each of the dealers and then picked up her winnings and her clothes and quickly departed.

The dealers starred at each other, dumbfounded. Finally, one of them asked, *"What did she roll?"*

The other answered, *"I don't know - I thought you were watching."*

MORAL OF THIS STORY:

Not all Irish are drunks. Not all blondes are dumb, but all men . . . are men.



A FEW HANDY HINTS FOR YOU and FOR YOUR HOUSEHOLD



Chill Your Jello Mold . . .

Place your Jello mold in fridge to chill before adding the Jello mixture. This will keep the "skin" off the mold.

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Cooking Sausage Links . . .

Stick two toothpicks through three links of breakfast sausage before cooking. It makes them easy to flip over, they cook evenly and stay together in the pan or on your griddle.

— — — — —

Hanging Linens . . .

To prevent creases when hanging linens from wire hangers, take a cardboard tube from a used up roll of paper towels and cut lengthwise. Then slip it over the wire hanger and apply tape where you cut the tube. Then you can rest your linens on the tube instead of the wire.

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The Fine Print with Your Statement . . .

When banks make a change to your account or fee schedule, they usually include a small pamphlet with your bank and credit card statements, usually on thin paper in extremely small print.

Make sure you read it, even if you need to get a magnifying glass.

*A Hug a Day Keeps
the Blues at Bay!!!*

LAUGHTER IS ALWAYS GOOD MEDICINE

Overheard in the clubrooms . . .

Curious when I found two black-and-white negatives in a drawer, I had them made into prints. I was pleasantly surprised to see that they were of a younger, slimmer me, taken on one of my first dates with my husband.

When I showed him the photos, his face lit up. "Wow, look at that!" he said with appreciation. "It's my old Plymouth!"

— — — — —

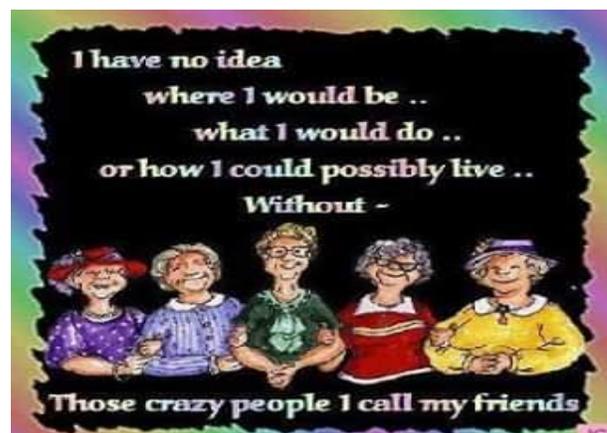
A little boy came home from the playground with a bloody nose, black eye, and torn clothing. It was obvious he'd been in a bad fight and lost.

While his father was patching him up, he asked his son what happened.

"Well, Dad," said the boy, "I challenged Larry to a duel. And, you know, I gave him his choice of weapons."

"Uh-huh," said the father, "that seems fair."

"I know, but I never thought he'd choose his big sister!"



Greg Howard writes . . .

Many of us are between 65 and death, i.e. old. My friend sent me this excellent list for aging . . . and I have to agree it's good advice to follow. The guy who sent this highlighted #19.

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 investments, even if it seems wonderful or fool-proof. They only bring problems and worries. 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, do tests 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. Like paying a little extra on price quotes. 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 what 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 that yesterday's wisdom 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 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

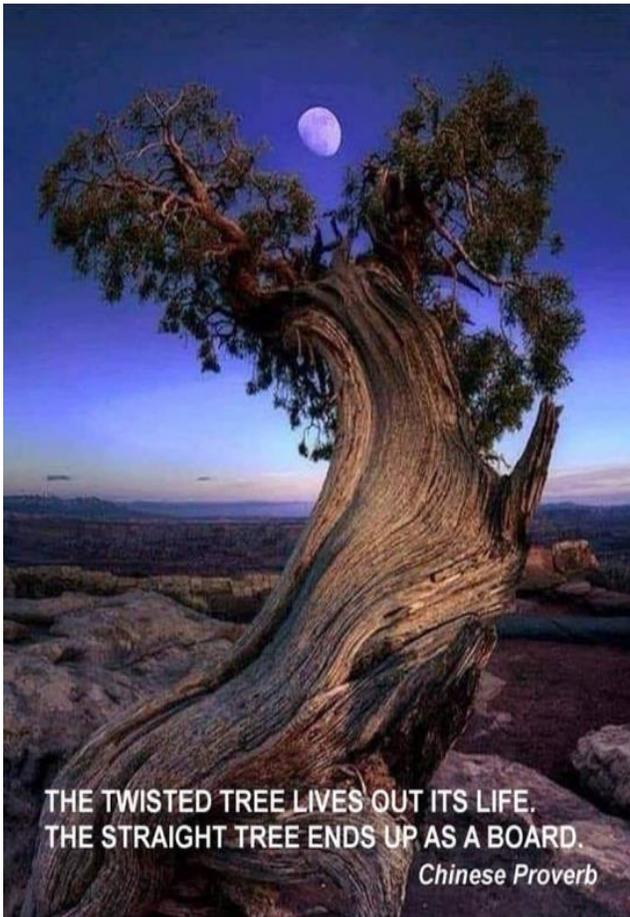
what's not to laugh about? Find the humor in your situation.

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!

REMEMBER: *"Life is too short to drink bad wine and warm beer."*

1. Source: FaceBook

2.



THE TWISTED TREE LIVES OUT ITS LIFE.
THE STRAIGHT TREE ENDS UP AS A BOARD.

Chinese Proverb

WASHING CLOTHES RECIPE

Imagine having a recipe for this! ! !

Years ago an Alabama grandmother gave the new bride the following recipe: this is an exact copy as written and found in an old scrapbook - with spelling errors and all.

WASHING CLOTHES

build fire in backyard to heat kettle of rain water. set tubs so smoke wont blow in eyes if wind is pert. shave one hole cake of lie soap in boilin water.

sort things, make 3 piles

1 pile white,

1 pile colored,

1 pile work britches and rags

to make starch, stir flour in cool water to smooth, then thin down with boiling water.

take white things, rub dirty spots on board, scrub hard, and boil, then rub colored...

don't boil, just wrench and starch.

take things out of kettle with broom stick handle, then wrench, and starch.

hang old rags on fence.

spread tea towels on grass.

pore wrench water in flower bed.

scrub porch with hot soapy water.

turn tubs upside down.

go put on clean dress, smooth hair with hair combs. brew cup of tea, sit and rock a spell and count your blessings.

paste this over your washer and dryer. next time when you think things are bleak, read it again, kiss that washing machine and dryer, and give thanks.

First thing each morning you should run and hug your washer and dryer, also your toilet --- those two-holers used to get mighty cold!

For you non-southerners - wrench means rinse. :)

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



EASY ENCHILADA CUPS

These Yummy and Easy Enchilada Cups are quick and simple to make, easy to customize with your favorite enchilada ingredients, and totally delicious!!!



INGREDIENTS

- 1 (10-count) package Old El Paso Small Flour Tortillas
- 1 (10-ounce) can Old El Paso Red Enchilada Sauce
- 1 (14-ounce) can black beans, rinsed and drained
- 1 (4-ounce) can Old El Paso chopped green chiles
- 2 cups shredded cooked chicken (*or other desired filling, see options below)
- ½ cup whole-kernel corn
- 1 cup shredded Mexican-blend cheese
- ¼ cup chopped fresh cilantro
- ¼ cup thinly-sliced green onions

DIRECTIONS

1. Heat oven to 350°F.
2. Tuck each of the tortillas into the cups of a standard-sized muffin pan, gently pleating the edges of

the tortillas so that they fit snugly inside each cup, careful not to let the tortillas fold too closely into the middle (since we'll need an opening for the filling later). Bake for 10-12 minutes, or until the tortilla cups have hardened slightly on all sides. Remove and set aside.

3. While the tortillas are baking, combine the enchilada sauce, black beans, green chiles, chicken, and corn together in a large mixing bowl. Toss until the ingredients are evenly combined.
4. Once the tortilla cups are ready, carefully spoon the filling into each cup until it is filled nearly to the brim. Place a pinch of cheese on top of each tortilla cup. Then return the pan to the oven and bake for 15 minutes, or until the cheese is melted and the filling is warmed through.
5. Remove from the oven, and sprinkle the top of each cup evenly with cilantro and green onions. Serve warm.

*Feel free to substitute 2 cups total of another cooked protein (steak, fish, shrimp, etc.) and/or cooked vegetables in place of the chicken.

**The greatest happiness of life is
the conviction that we are loved**

. . . .

**loved for ourselves, or rather,
loved in spite of ourselves.**

--- Victor Hugo

Dust if You Must was written by Mrs Rose Milligan from Lancaster in Lancashire, England, and first published on September 15th 1998 in the 21st edition of *The Lady* ("in continuous publication since 1885 and widely respected as England's longest running weekly magazine for women").

Dust If You Must
by Rose Milligan

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and
need?

Dust if you must, but there's not much
time,
With rivers to swim, and mountains to
climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in
your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

**No matter what happens in your life,
you can start over ♡**



SPORTS REPORT:

The Provincial Command Dart Tournament is scheduled for Saturday, April 6, 2019. Vernon Unit 5, located at 2500 46th Avenue is the host.



Registration begins at 9:30 a.m. with play commencing at 10:00 a.m. Unit 68 is entitled to two teams of four players.

Three Units are required to register by Friday, March 22, 2019 in order for the event to go forward.

Recommended accommodation and appropriate phone numbers accompany registration form on notice board at the 100 club.

Please provide all the information registration form requires.

Dick Moore
Director - Sports

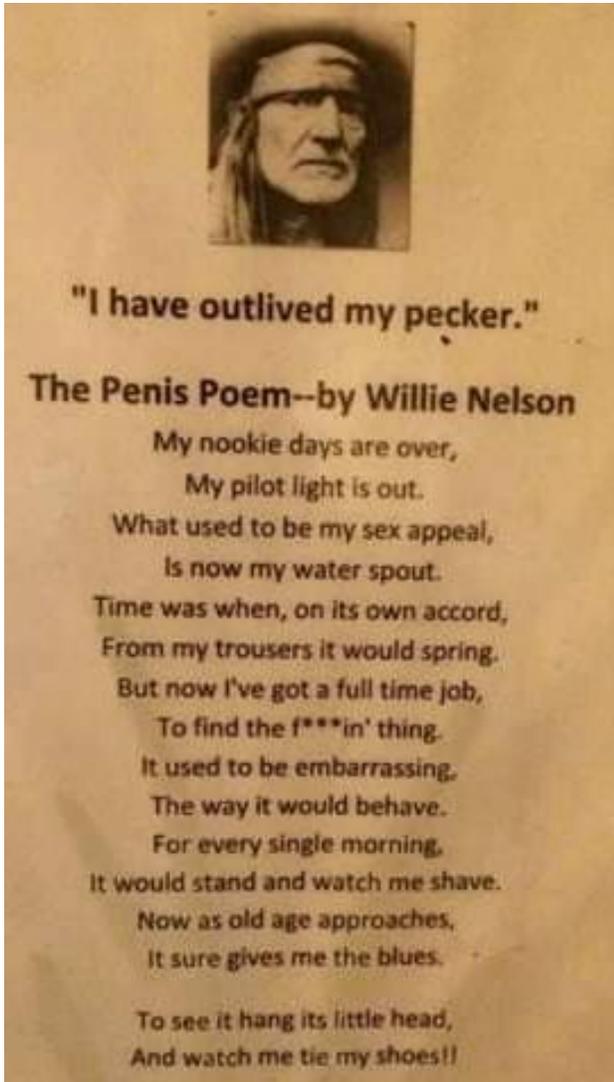
***LAUGHTER IS THE BEST
MEDICINE***

One day a mother took her 6-year-old son with her to visit a friend at work. Everyone there knew her, and she was offered a cup of coffee. That day, as one of the employees went to make more coffee, her son followed her and asked, "What are you doing?"

"I'm making your mom's favorite drink," she answered.

Imagine the woman's shock when she heard her son say, "Wow! You know how to make beer?"

AND NOW FOR A TOUCH OF RAUNCHY HUMOUR . . .



ANOTHER GREAT QUOTE

"Walking with a friend in the dark is better than walking alone in the light."

Helen Keller

THE STRONG BOND OF FRIENDSHIP . . .

"The strong bond of friendship is not always a balanced equation; friendship is not always about giving and taking in equal shares. Instead, friendship is grounded in a feeling that you know exactly who will be there for you when you need something, no matter what or when".

Simon Sinek



Gotta love little Johnny . . .

Little Johnny was having problems in English class, so his teacher, Miss Figpot, decided to stop by Little Johnny's house on her way home.

She wanted to discuss Johnny's poor performance directly with his parents.

When she rang the door bell, Little Johnny answered.

"Hello Johnny, I'd like to talk to your mother or father," she said.

"Sorry, but they ain't here." He replied.

"Johnny!" She said, "what is it with your grammar?"

"Haven't got a clue," Johnny replied, "but dad sure was mad that they had to go bail her out again!"

A CAMOUFLAGE TREE



The camouflage tree observation post is one of the more unusual objects in the collection at The Imperial War Museum.

This highlight from our First World War Galleries tells us much about the way that the war was fought, and also how its impact is still with us today in unexpected and surprising ways.

By 1915, the Western Front had become deadlocked with both sides failing to achieve victory. In a bid to outmanoeuvre one another, vast networks of trenches soon stretched across the continent as armies dug in to defend their existing positions.

This made observation of the enemy – reading their movements and strengths – even more challenging. The art of camouflage offered a way to see without being seen.

Soldier-artists would select and accurately sketch a tree in no man's land. This would then be used to build an exact and hollow

replica with a steel core, positioned behind the lines.

Carefully and courageously, the real tree would be removed at night time and the replica erected so as not to arouse the attention of the enemy.

An observer could then crawl up inside the tree and observe the enemy undetected and protected by his steel tree.

The French Army were the first to create an observation post from a fake tree.

Their military camouflage unit, the very first in existence, was established in February 1915.

Its ranks included artists, some of whom had been Cubists before the war, who pioneered the use of colourful 'disruptive' patterns to help conceal larger guns from being seen by enemy aircraft.

They provided inspiration and guidance to the British Army and when they turned their skills to observation, the British were soon to follow.

Under the supervision of artist Lieutenant-Colonel Solomon J Solomon, the British Army erected their first fake tree in March 1916.

Imperial War Museums acquired this tree in 1918. It is believed that there are only two museums in the world with a camouflage tree in their collections.

The legacy of the work of these 'camoufleurs' can be still be felt today, from the uniforms of armies across the globe to high street fashion.

Source: IWM

To celebrate International Women's Day, we're recognizing amazing female heroes in our areas! Today's hero is Hope Swinimer, founder of Hope For Wildlife



Hope Swinimer
founder of
Hope for Wildlife
Est. 1997

While working at Dartmouth Veterinary Hospital in 1995, Hope Swinimer received as a patient a robin that had been attacked by a cat, and while taking care of the bird she developed an eagerness to learn more about taking care of injured wildlife. Her passion quickly led her to start doing wildlife rehabilitation as a full-time career, turning her home into a makeshift rehabilitation center, starting with a few cages in the backyard and using her spare room as a nursery. In 1996, the Department of Natural Resources (DNR)^[2] required Hope to obtain a wildlife rehabilitation permit for her makeshift wildlife center even though such a permit did not exist in Nova Scotia at the time. Hope worked with DNR to establish a licensing process that allowed for wildlife rehabilitation in the province. In 1997 she received her rehabilitation permit and moved to Winnie's Way in Seaforth, Nova Scotia. Here she established the Eastern Shore Wildlife Rescue and Rehabilitation Centre. The centre became the first fully operating wildlife rescue facility in Nova Scotia. After just a few years the demands for the centre's help outgrew the property and in 2001 Hope moved again. Staying in Seaforth, Hope moved to a farm property which allowed for expansion to her growing business. Five years after this move, the Eastern Shore Wildlife Rescue and Rehabilitation Centre officially became known as Hope for Wildlife, a registered charitable organization that continues to grow.

Mission:

1. Rescue, rehabilitate and reintroduce to the wild injured and orphaned wildlife.
2. Educate others about the importance of conserving wild animals and the ecosystems that sustain them.
3. Research and develop the knowledge and understanding necessary for the conservation and management of wildlife.

Since 1997 the facility has grown phenomenally, starting with development of the education centre which allowed for people to visit the facility and learn about wildlife and what the organization does. The education centre itself grew and now consists of one building, an outdoor pavilion and wildlife gardens. Many accomplishments have been made on the rehabilitation side of the facility too. Hope for Wildlife became the first in the province to legally rehabilitate and release white tailed deer and birds of prey, developing a 100-foot-long flight cage for large birds and a deer enclosure which consists of over an acre of field and a small barn designed for raising orphaned white-tailed deer. The facility hit a milestone when they opened the first wildlife veterinary hospital in the province back in 2012. The next big projects consisted of building a marine unit, for the growing number of injured seal pups and sea birds. Following the marine unit a large mammal unit was constructed at the back of the property for the larger predator mammals, such as bobcats. On average, the centre sees about 3,500 animals a year, continuing to take in more animals each year. The centre receives approximately 10,000 callers a year to its wildlife helpline, which is put in place for anyone who comes into contact with a wild animal in need of assistance.

IN LOVING MEMORY . . .

This section is dedicated to my beloved partner and soul mate Fred, who is sadly missed every moment of every day . . .

Remembering . . .



At this time of the year Fred and I would already be deep into Fishing Adventure plans . . . starting to book our special resorts at our favorite lakes up in the

Cariboo and Eastern British Columbia – these always included Watch Lake, Loon Lake, Sheridan Lake, Face Lake, and Horse Lake. I have hundreds of pictures of our times at these lakes and they are a treasure to cherish!! Memories abound!

These were always incredible times and those fish were always jumping for Fred – but I didn't mind if my catches were few and far between because I got to man our boat! And . . . I was pretty good at it too – HaHa! It is wonderful memories like these that keep me going . . . we truly shared an awesome life together . . . and this life goes on in my book of cherished memories!

My mind still talks
to you and my heart
still looks for you.
But my Soul knows
you're at peace.



FROM YOUR EDITOR MARDI . .



May we all enjoy a very joyful and happy St. Patrick's Day as we reminisce with all of our comrades about the years gone by and the many friends who have gone before us, and who we miss a lot!!

As always, I extend a special thank you to all of our loyal readers who send me great items, stories and cartoons, etc. for The Buzz every month – and that includes my special Kousin Keith back home in Manitoba who sends me such interesting and often times, very funny items!! Please keep these contributions coming as they are always very much appreciated!

As I have said before, any repeat items you see from time to time are because I feel they are meaningful and/or funny and deserve another read!!

Our BUZZ is on our Website every month. Look up www.anavets68.com and ENJOY!!

Many Thanks also to our loyal Buzz readers – hope you continue over the coming year to read and to enjoy all that is contained within these pages.

Until next month my wish for you all is to stay healthy and happy and live life to the fullest!! Enjoy!! Enjoy!!

**Your Editor
MARDI**

Everyone is Irish
on St. Patty's Day!