

THE BUZZ



**WISHING ALL
OF OUR
COMRADES
AN AWESOME
2020!!**

THE BUZZ



YOUR PRESIDENT'S REPORT

Greetings to our Comrades and Friends:

Temporary circumstances have me unexpectedly submitting a Unit President's report for January 2020.

Of course the first order of business is to wish **EVERYONE** the happiest and healthiest of 2020 and beyond.

This past season has given me an opportunity to reflect upon the state of our Unit and the Association. Our philosophies of Service, Respect, Camaraderie and Remembrance - especially through Volunteerism - are solidly in place. But I confess at despairing over how many (or few) are embracing and living those philosophies.

I know from my own experiences in 2019 I saw the best of efforts of the few and, regrettably, little or no effort from the many. As a Unit President it is incumbent upon me to inspire and lead by example. My legacy is not the "success" I had hoped for.

Yes, I have seen a few more of our members step up and perform unselfish community duty - but there are still so many more that could. Please be one that steps up to assist Veterans and their families in even a single one of the many, many different ways possible.

At any rate, on those thoughts, as President of East Vancouver Unit #68 I bid a final farewell and best-of sentiments to all of our faithful readers. But I assure you as Past President it will be my commitment and intention to continue to respect the memory of my great-grandfather, father, uncles, cousins, nephews and nieces that have served and are serving. ... ***Age shall not weary them nor the years condemn. At the going down of the sun and in the morning, We will remember them.***

Fraternally yours
Bill Ritchie
President Unit #68
 anavet68@yahoo.com

Shoulder to Shoulder

JANUARY NEWS FROM YOUR HONOURARY PRESIDENT



Comrades:

There is a new term "*Cancel Culture*" which describes the elimination of expressing opinions that might offend someone. The social media world gives the smallest audience a stage to be judge and jury.

Thankfully not all opinions have been cancelled. The firing of Don Cherry from "*Coaches Corner*" demands my opinion.

Don is a true Canadian, I understand that he sometimes goes overboard with what he says but he is someone that a lot of Canadians adore. He has done so much for Canadian Junior and Minor Hockey awareness. It was too bad that he was removed from Sportsnet and he has decided to also step down from coaching the CHL/NHL Prospects game with Bobby Orr.

A Veteran here in the Okanagan I befriended knows first-hand what Don has done for our veterans. Don has always supported the Military here and overseas, he is truly a Patriot. I understand not everyone shares this opinion and that is their right but for those who do, please take the time to support Don by purchasing a pin which shows Canadians we care.

The \$5.00 pin will be shipped throughout Canada for free and \$1.00 of every pin sold goes to support Veterans with PTSD or Mental healthy issues. Grapes is Don Cherry's nickname. By wearing this pin people are also showing their support for

a true Canadian that did so much for our country.



Contact Doug Oggelsby
< hockeystepstones@gmail.com >
to get your pin.

Fraternally Yours
Bob Rietveld,
Honorary President
East Vancouver Unit #68

As
long as we
have
Memories,
Yesterday
remains.
As
long as we
have
Hope,
Tomorrow
waits.
As
long as we
have
Love,
Today is
Beautiful.



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AND THEN IT IS WINTER

THIS IS RIGHT ON THE NOSE.READ IT SLOWLY... I DON'T KNOW WHO WROTE IT, BUT I AM GUESSING IT WAS A SENIOR THIS IS VERY THOUGHT-PROVOKING. MAKES YOU STOP AND THINK.

EDITOR'S NOTE: *This item has been in our Buzz before but I felt with 2020 now upon us it deserves a reread!!!*

You know... time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life and it catches me by surprise... How did I get here so fast? Where did the years go, and where did my youth go?

I remember well seeing older people through the years and that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like. But, here it is...my friends are retired and getting gray....they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change....Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore.. it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!

But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth... it's NOT over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!

Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life... so, live for today and say all the things that you want your loved ones to remember... and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY!

REMEMBER :....

"It is health that is real wealth and not pieces of gold and silver.

"LIVE HAPPY IN THIS YEAR AND EVERY YEAR!

LASTLY, CONSIDER THE FOLLOWING: TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE SO - ENJOY THIS DAY WHILE IT LASTS.

- ~Your kids are becoming you...
- ~Going out is good... Coming home is better!
- ~You forget names... But it's OK because other people forgot they even knew you!!!
- ~You realize you're never going to be really good at anything.... especially golf.
- ~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore..
- ~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".
- ~You miss the days when everything worked with just an "ON" and "OFF" switch..
- ~You tend to use more 4 letter words... "what?"... "when?".. "what?".... ???
- ~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- ~You notice everything they sell in stores is "sleeveless"?!!!
- ~What used to be freckles are now liver spots.
- ~Everybody whispers.
- ~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But Old is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!!

Stay well, "OLD FRIENDS!"



Laughter is so good for the soul

A man wrote a letter to a small hotel in a Midwest town, which he planned to visit on his vacation.

He wrote, *"I would very much like to bring my dog with me. He is well groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?"*

An immediate reply came from the hotel owner, who said, *"I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bed clothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly.*

And I've never had a dog run out on a hotel bill.



Yes, indeed, your dog is welcome at my hotel, and if your dog will vouch for you, then you're welcome to stay here, too!"

THE GENERATION GAP . . .

The generation gap proved glaringly obvious at the mail-order music company where my wife works as a customer service representative.

Some college students, who were working part-time inputting customer information, wrote the following notes regarding some golden oldies: "Customer is looking for two song titles: 'Shovel Off Two Buffaloes' and 'Honey, Suck a Rose.'"

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*'Tis better to be silent and be thought a
fool, than to speak and remove all
doubt.*

--- Abraham Lincoln (1809 - 1865)

**ANAF UNIT #68
MEMBERSHIP . .**

Memberships for 2020 are
now available.

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

Please see any one of our Executive to
obtain your yearly membership

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 JANUARY Celebrants!**

Gilles Lescure

Bob Rietveld

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



REMINISCING WITH RON 'ANDY CAPP' ROBINSON . . .

EDITOR'S NOTE:

With the situation in the Middle East at this point in time this column seems very appropriate to lift our spirits a little. Issued in October of 2001.

Enjoy! Enjoy!!

In Loving Memory - - -

With those dreaded war clouds suddenly hovering over this world of ours, our thoughts bring about memories of the last war. Of course we all know that there is certainly nothing humorous about war, but there are lighter events to remember.

Mine goes back to June 18th, 1940. Myself and four of my Fraser Street 'Gang' walked all the way down to the Beatty Street Armories and joined the Army. The recruiting officer promised us we would be staying together in the same outfit, the Duke of Connaught's Own Rifles Regiment. I still believe the Canadian Government owes me a medal for being the shortest length of time served in a regiment. Twenty minutes after I took the oath as a member of the Connaught's Rifles I was suddenly discharged and became a Private in the Rocky Mountain Rangers and sent to Salmon Arm for basic training and never saw my 'Gang' ever again. The Army told me I would serve my time with the Rocky Mountain Rangers until I gained more weight then I would be returned to the same outfit as my buddies. It never happened.

My early months in Salmon Arm are times I shall never forget. Our first issue of uniforms consisted of coveralls (large enough to hold three soldiers), a cardboard pith helmet, and a broom handle for a weapon. Twice a week we

'proudly' marched down the main street of Salmon Arm with our wonderful broomsticks slung over our shoulders. The locals watched us from both sides of the street and we never could figure out if they were cheering for us, . . . or laughing at us. I often thought if the enemy ever seen us with our trusty broom handles they would have felt so sorry for us they would have surrendered!

One thing I remember about those first few months of the war that few people today ever knew about, was that members of the armed forces were not allowed in the same restaurants as the Locals, or the beer parlors in some towns (Halifax was the worst city for this).

Now quickly back to my story . . . after about six months in Salmon Arm I was transferred to the Royal Canadian Artillery and became a gunner in the 25th Battery, Anti-Aircraft. It took a team of five to operate the Bofors anti-aircraft gun.

Something happened on a bright, sunny day on Vancouver Island that myself and the other four gunners were responsible for, and the Canadian government made us swear to complete silence about the entire episode. That Order was given almost sixty years ago so I suppose my code of silence is finally over, and I'll tell you the real story in a later column.

One last word . . . a famous statesman once said, "*There are no winners in a war*". I wish everyone would think over that remark!

Forever in our Memories

***"If you don't like something,
change it. If you can't change it,
change your attitude."***

Maya Angelou (1928-2014)

A FEW HANDY HINTS FOR YOU and FOR YOUR HOUSEHOLD



Use Clothes Pins for Chip Clips . . .

This tip is so easy, maybe everyone already does it. Don't worry about buying chip and bag clips, use clothes pins! I use clothes pins to seal any bag I need to, from pasta and rice to chips and such. Much cheaper, they don't take up much room, and so handy to use!



Watch the Cash Register Screen When Checking Out . . .

When checking out items at the cashier's desk, always look at the screen to ensure that you pay the right price for the right number of things. There have been times that items are on sale, and they aren't reflected during check-out.

Bring this to the attention of the cashier, at this time is much easier than coming back at a later time.



Cooking Mushrooms . . .

When cooking mushrooms, always be sure that you cook them with low heat and do not allow them to cook too long. If you do, they will become tough and will shrivel. Very little liquid is needed in any recipe in which you use mushrooms, because they themselves are ninety percent water.



Wrapping Gifts in Holiday Tablecloths . . .

At dollar stores or shopping after the holiday clearance sales, try to get a couple of the decorated lightweight disposable tablecloths and store them in your box of gift-wrapping supplies.

Many times a gift or the box that the gift comes in is too large for the usual size bolt of wrapping paper, necessitating piecing several pieces taped together to cover your item. Get out your disposable table cloth, cut it to fit and tape it. The lightweight flannel-backed cloths are also very flexible. Clear packing tape will securely hold the wrap for the heavier weight cloths.



Cleaning Porcelain Sinks . . .

To clean kitchen and bathroom sinks, mix half a wide mouthed mason jar of baking soda with a 1/4 cup of pickling salt (large grained). It works great, is very cheap and simply dissolves as you use it. No chemicals needed. Buy the baking soda in bulk or purchase several boxes when it's on sale. An old cotton tea towel dipped in the mixture makes it very easy to use.



Fix Leaky Toilets . . .

A leaky toilet can waste 50 gallons or more per day. To test to see your toilet is leaking, put drops of food coloring into the toilet tank. Wait 15 minutes. If color has made it's way to the bowl, you have a leak. Try replacing the flush valve in the tank to correct the problem.



Heel Marks on the Floor . . .

First, the best way to prevent heel marks is to have a "no shoes" policy in your house. If you have a heel mark you need to remove, just rub it with a pencil eraser. A "magic" eraser works well for removing heel marks on floors or baseboards.

PROUD TO BE CANADIAN . . .

Here is what Jeff Foxworthy has to say about Canadians, during a recent appearance at Caesars in Windsor:

If someone in a Home Depot store offers you assistance and they don't work there,
You may live in Canada .

If you've worn shorts and a parka at the same time,
You may live in Canada .

If you've had a lengthy telephone conversation with someone who dialed a wrong number,
You may live in Canada .

If 'Vacation' means going anywhere South of Kelowna for the weekend,
You may live in Canada .

If you measure distance in hours,
You may live in Canada .

If you know several people who have hit a deer more than once,
You may live in Canada .

If you have switched from 'heat' to 'A/C' In the same day and back again,
You may live in Canada .

If you can drive 90 km/hr through 2 feet of snow during a raging blizzard without flinching,
You may live in Canada .

If you install security lights on your house and garage, but leave both unlocked,
You may live in Canada .

If you carry jumper cables in your car And your wife knows how to use them,
You may live in Canada .

If you design your kid's Halloween costume to fit over a snowsuit,
You may live in Canada .

If the speed limit on the highway is 80 km -
- You're going 95 and everybody is passing you,
You may live in Canada .

If driving is better in the winter because the potholes are filled with snow,
You may live in Canada .

If you know all 4 seasons:
almost winter, winter, still winter,
and road construction,
You may live in Canada .

If you have more miles on your snow blower than your car,
You may live in Canada .

If you find -2 degrees 'a little chilly',
You may live in Canada .

If you actually understand these jokes, and relate them to all your friends, `you definitely are Canadian and proud to be.

A GREAT QUOTE

"I don't care what is written about me so long as it isn't true."

--- Dorothy Parker (1893 - 1967)

The 12 commandments of growing old...

#1 - Talk to yourself, because there are times you need expert advice.

#2 - Consider "*In Style*" to be the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "*I don't need to write that down. I'll remember it.*"

#6 - These days, "*on time*" is when you get there.

#7 - Even duct tape can't fix stupid - but it sure does muffle the sound.

#8 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#9 - Lately, You've noticed people your age are so much older than you

#10 - You thought growing old would take longer.

#11 - Aging sure has slowed you down, but it hasn't shut you up.

#12 - You still haven't learned to act your age, and hope you never will.

And one more:

So you know you are growing old when "*one for the road*" means taking a pee before you leave the house

A RETIREMENT PLAN

Every year when travelling I meet people who are on their way to or from visiting their parents. It never ceases to amaze me how much some people spend on retirement homes. These days the average seems to be around \$300 a day, and very few of the parents are happy where they are. The rooms are small, they can't do this and can't do that, and the atmosphere is half way between jail and hospital, and the only Internet access is in the lobby and is always in use.

Wake up folks!

How much does it cost to stay at a nice hotel ? \$40 - \$100 If you ask them for an annual rate, they will knock that down 30% or more and roll out the red carpet. They will treat you like royalty! Wireless DSL from pool to park, fitness room, room service, laundry service, phone in the room, coffee machine in the room and no need to bribe nursing home staff for extra packets of coffee, and on and on.

Many hotels have free limousine service, and in scenic areas they often have sight-seeing tours or are connected with tour companies that stop at the hotel.

With the difference between \$30 and \$300 you can travel around and check out where you will stay the next year, if you want a change of scenery or climate.

If you slip and fall down, instead of whining and sniveling at you, they make a bigger fuss than if the Queen had come for a visit.

If you are planning your or a relative's retirement, take notes!

Anonymous author

THE YEAR IS 1919 --- ONE HUNDRED YEARS AGO !!!

The year is 1919 "*One hundred years ago.*"
What a difference a century makes!

Here are some statistics for the Year 1919:
(authored in the U.S.A.)

The average life expectancy for men was
47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of the homes had a
bathtub.

Only 8 percent of the homes had a
telephone.

The maximum speed limit in most cities
was 10 mph.

The tallest structure in the world was the
Eiffel Tower.

The average US wage in 1919 was 22 cents
per hour.

The average US worker made between
\$200 and \$400 per year.

A competent accountant could expect to
earn \$2,000 per year.

A dentist earned \$2,500 per year.

A veterinarian between \$1,500 and 4,000
per year.

And, a mechanical engineer about \$5,000
per year.

More than 95 percent of all births took
place at home.

Ninety percent of all Doctors had NO
COLLEGE EDUCATION! Instead, they
attended so-called medical schools, many
of which were condemned in the press
AND the government as "substandard."

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a
month, And, used Borax or egg yolks for
shampoo.

Canada passed a law that prohibited poor
people from entering into their country for
any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars ...

The population of Las Vegas, Nevada was
only 30.

Crossword puzzles, canned beer, and iced
tea hadn't been invented yet.

There was neither a Mother's Day nor a
Father's Day.

Two out of every 10 adults couldn't read or
write

And, only 6 percent of all Americans had
graduated from high school.

Marijuana, heroin, and morphine were all
available over the counter at local corner
drugstores.

Back then pharmacists said, "Heroin
clears the complexion, gives buoyancy to
the mind, regulates the stomach, bowels,
and is, in fact, a perfect guardian of
health!" (Shocking?)

Eighteen percent of households had at
least one full-time servant or domestic
help...

There were about 230 reported murders in the ENTIRE U.S.A.

It is impossible to imagine what it may be like in another 100 years.



**We've come a long way
OR have we?**

Source: Facebook

When signing and dating legal documents, do not use 20 as the year 2020.
March 3rd, 2020 being written as 3/3/20 could be modified to 3/3/2017 or 3/3/2018.
Protect yourself.
Do not abbreviate 2020.

MORE HUMOUR MEDICINE:

A nursing home resident, suffering from dementia, decided to shed all of her clothes and "*streak*." She passed two male residents sitting in their wheel chairs in the hallway.

The first male asked the second, "*Who was that?*"

Second: "*I THINK it was 'Miss Rita.'*"

First: "*Well, what was that she had on?*"

Second: "*I don't know, but I think it needs ironing.*"

— — — — —

An annoyingly self-righteous man went to the doctor for a check-up. He said, "*I feel terrible. Please examine me and tell me what's wrong with me.*"

"*Let's begin with a few questions,*" said the doctor, "*Do you drink much?*"

"*Alcohol?*" said the man. "*I'm a teetotaler. Never touch a drop.*"

"*How about smoking?*" asked the doctor.

"*Never,*" replied the man. "*Tobacco is bad, and I have strong principles against it.*"

"*Well, uh.*" asked the doctor, "*do you have much of a sex life?*"

"*Oh, no,*" said the man. "*Sex is sin. I'm in bed by 10:30 every night and I always have been.*"

The doctor paused, looked at the man hard, and asked,

"*Well, do you have pains in your head?*"

"*Yes,*" said the man. "*I have terrible pains in my head.*"

"*O.K.,*" said the doctor. "*That's your trouble. Your halo is on too tight!!*"

The Veterans Transition Network is the only Canadian charity delivering mental health services specifically for Veterans from coast to coast.



For some, the battle continues at home.

One third of Canadian Veterans report difficulties in transition.

Veterans who have difficulties with the transition to civilian life are the most vulnerable: feeling isolated from the world saps the strength they need to combat depression, post-traumatic stress, or substance abuse.

This period after they leave service has been shown as the critical point keeping our Vets from winding up on the streets.

Losing touch with family & community . . .

Our troops tend to be natural protectors, shielding the people they care about from their struggles. Unfortunately, this often creates a distance between them that grows over time, leaving our Veterans unable to reach out for the support they need when they need it the most.

There aren't many places for them to go outside the home either. Men and women who spent their adult lives working in disciplined teams with delicate equipment suddenly find themselves in a job market where military skills are often not recognized.

What Our Programs Provide:

Connection . . .

Our groups connect Veterans not only to their peers going through the same struggles as them, but with Vets who've successfully overcome their difficulties. For many, this is the first time they can talk openly about their problems and be certain their situation can be understood.

Communication . . .

Here Vets learn and practice the skills required to communicate effectively in civilian society.

This new ability to be understood rebuilds their relationships, removing their isolation and strengthening families and friendships.

Self-Maintenance . . .

Post-Traumatic Stress and depression can be debilitating, leaving Vets unable to enjoy or even take part in daily life.

Our course not only teaches them how to manage and cope with their symptoms, but makes sure they leave connected to local supports that help them stay healthy.

Future Planning . . .

After a job where priorities were following orders, protecting others and staying alive, it's common among Vets to feel unfulfilled and aimless after leaving the military.

We help Vets define what gave their service personal meaning, and use that to

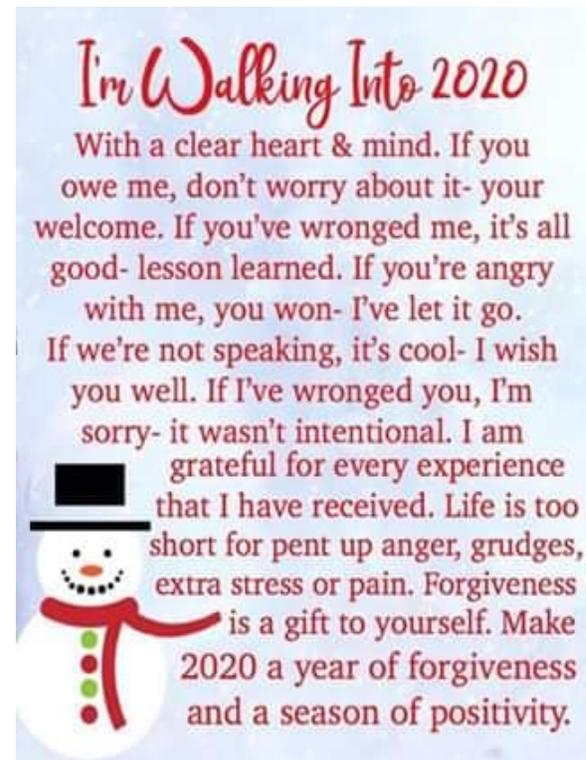
help them plan a future they can be proud of.

Leave a lasting impact on their lives . . .

15 years later, graduates from our first few groups are still volunteering their time today. That's the power of successful transition and the strength of the connections forged between our Vets and their communities.

The only non-governmental service of our kind in Canada, we make sure that each Veteran in need receives at least 100 hours of services from specialized Psychologists *and* leaves with concrete plans for rebuilding their lives.

Source: Internet Research on
VTNCANADA.ORG



A LITTLE GIGGLE TO MAKE YOUR DAY . . .

A drunk staggers into a Catholic Church, enters a confessional booth, sits down, but says nothing.

The Priest coughs a few times to get his attention, but the drunk continues to sit there.

Finally, the Priest pounds three times on the wall.

The old drunk mumbles back,

'Ain't no use knockin, there's no paper on this side either.



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



MEATLOAF MUFFINS . . .



INGREDIENTS

- 2 eggs, lightly beaten
- ½ cup seasoned fine dry bread crumbs
- ½ cup finely chopped fresh mushrooms
- ½ cup shredded carrot (1 medium)
- ⅓ cup chopped onion (1 small)
- 3 tablespoons ketchup
- 1 tablespoon Dijon-style mustard
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 2 pounds lean ground beef
- ½ cup ketchup
- ¼ cup whole cranberry sauce
- 1 teaspoon chili powder

- 1 24 ounce package refrigerated sour cream and chive mashed potatoes
- ½ cup shredded cheddar or Parmesan cheese (2 ounces)
- Snipped fresh chives (optional)

DIRECTIONS

Preheat oven to 350°F. In a large bowl stir together eggs, bread crumbs, mushrooms, carrot, onion, the 3 tablespoons ketchup, the mustard, Worcestershire sauce, and garlic. Add ground beef; mix well.

Lightly press about 1/3 cup of the meat mixture into each of twelve 2-1/2-inch muffin cups. Place muffin pan on a large baking sheet. In a small bowl stir together the 1/2 cup ketchup, the cranberry sauce, and chili powder. Top each meat portion with 1 tablespoon of the ketchup mixture.

Bake, uncovered, about 40 minutes or until internal temperature registers 160°F on an instant-read thermometer.

Meanwhile, heat potatoes according to package directions. Using a 1/4-cup ice cream scoop, top each muffin with potatoes. Sprinkle potatoes evenly with cheese. Return to oven and bake, uncovered, about 5 minutes more or until cheese melts.

Let the muffins stand in pan on a wire rack for 10 minutes. Using a slotted spoon, transfer muffins to a serving platter. If desired, sprinkle tops with snipped fresh chives

ENJOY!! ENJOY!!

ENJOY LIFE . . .

Here's a little poem for you.

Another year has passed
and we're all a little older.
Last summer felt hotter
and winter seems much colder.

There was a time not long ago
when life was quite a blast.
Now I fully understand
about 'Living in the Past'

We used to go to weddings,
football games and lunches.
Now we go to funeral homes,
and after-funeral brunches.

We used to have hangovers,
from parties that were gay.
Now we suffer body aches?
and wile the night away.

We used to go out dining,
and couldn't get our fill.
Now we ask for doggie bags,
come home and take a pill.

We used to often travel
to places near and far.
Now we get sore asses
from riding in the car.

We used to go to nightclubs
and drink a little booze.
Now we stay home at night
and watch the evening news...

That, my friend is how life is,
and now my tale is told.

So, enjoy each day and live it up...
before you're too damned old!

Unknown Author

THE RING . . .

An older, white haired man walked into a jewelry store this past Friday evening with a beautiful much younger gal at his side. He told the jeweler he was looking for a special ring for his girlfriend. The jeweler looked through his stock and brought out a \$5,000 ring.

The old man said, *'No, I'd like to see something more special.'*

At that statement, the jeweler went to his special stock and brought another ring over. *'Here's a stunning ring at only \$40,000'* the jeweler said. The lady's eyes sparkled and her whole body trembled with excitement. The old man seeing this said, *'We'll take it.'*

The jeweler asked how payment would be made and the old man stated, *'by check. I know you need to make sure my check is good, so I'll write it now and you can call the bank Monday to verify the funds and I'll pick the ring up Monday afternoon.'*

On Monday morning, the jeweler angrily phoned the old man and said, *'There's no money in that account.'*

'I know,' said the old man, *'But let me tell you about my GREAT WEEKEND!'*

See.....Not All Seniors Are Senile



GOTTA LOVE IRISH HUMOUR!!

Into a Belfast pub comes Paddy Murphy, looking like he'd just been run over by a train. His arm is in a sling, his nose is broken, his face is cut, and bruised, and he's walking with a limp.

'What happened to you?' asks Sean, the bartender.

'Micheal O'Connor and me had a fight,' says Paddy.

'That little O'Connor,' says Sean, 'He couldn't do that to you, he must have had something in his hand.'

'That he did,' says Paddy, 'a shovel is what he had, and a terrible lickin' he gave me with it.'

'Well,' says Sean, 'you should have defended yourself. Didn't you have something in your hand?'

'That I did,' said Paddy, 'Mrs. O'Connor's breast, and a thing of beauty it was; but useless in a fight.'

Old fashioned habits that'll make our lives better in 2020:



Homemade cooking
Reading books
Fixing what's broken
Long walks
Hobbies

Good manners
Kindness
Modesty
Genuineness
Keeping promises



Face to face socialising
Sharing knowledge
Eye contact
Listening
Writing letters



Hold a Good Friend in 2020 and Don't Let Go...

Friends...

They love you, but they are not your lover.

They care for you, but they are not from your family.

They are ready to share your pain, but they are not in your blood relation.

They are.....FRIENDS!

A True friend...
Scolds like a DAD..
Cares like a MOM.
Teases like a SISTER.
Irritates like a BROTHER.



"You have everything to lose by deciding that you're not meant to have friends in your life. Trust that you deserve good friends and will find them."

Maya Angelou

A 'KEEPER' . . .

I grew up in the 40's/50's with practical parents. A mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it... A father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away.

I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, and dish-towel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress
Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.

Sometimes, what we care about most gets all used up and goes away....never to return. So... while we have it..... it's best we love it.... and care for it... and fix it when it's broken..... and heal it when it's sick.

This is true. for marriage..... and old cars.... and children with bad report cards.... and dogs with bad hips.... and aging parents..... and grandparents. We keep them because they are worth it, because we are worth it. Some things we

keep. Like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people we know who are special..... and so, we keep them close!

FROM YOUR EDITOR, MARDI . . .

I received this from someone who thinks I am a 'keeper', so I've sent it via 'The BUZZ' to the people I think of in the same way... Now it's your turn to send this to those people that are "keepers" in your life. The author is unknown .

ALWAYS REMEMBER . . . *Good friends are like stars.... You don't always see them, but you know they are always there. Keep them close!*

You can't stay

young forever.

But you can be

immature for the

rest of your life.



*IN LOVING MEMORY OF ALL
OF OUR COMRADES WE HAVE
LOST THIS PAST WHILE*



*Missing you my Buddy -
always and forever!!*



**FROM YOUR
EDITOR MARDI . . .**



May we all enjoy a Very Happy and an Awesome New Year 2020!!

I wish to send a very appreciative Thank You to our Comrade Rose Rietveld for the amazingly cute New Year cover photo.

As in every other issue, I want to extend a special thank you to all of our loyal readers who keep me up to date with great items, etc. for The Buzz every month – I do really appreciate your input and as always, please remember to include in your emails the source of your items.

Our BUZZ is on our Website every month at www.anavets68.com Hope you continue to ENJOY!!

We have all had a cold, snowy start to our new year here in LotusLand . . . so it can only get better than that as the year unfolds!!!!

Until next month my wish for you all is to stay healthy, stay happy and do remember to give hugs to your family and friends!! Always show them how very much they mean to you!! Enjoy Life – be Happy during this Awesome Year 2020!

Until the next issue I am sending much love and many hugs your way from GiGi and I.

**Your Editor
MARDI**

